Healthy Eating

Eating a well-balanced diet can reduce your risk of diseases and help you keep to a healthy weight!

Staying healthy

Like laughter, eating healthy is good medicine. Our bodies need all kinds of good things to stay healthy, and if we want to get the most out of what our bodies can do, then we need to drink lots of water and eat healthy food. Eating fruits and vegetables gives our bodies the vitamins and minerals it needs to fight off sicknesses, diseases and cancers, and they help to lower blood pressure too.

Nutrients

Nutrients found in dairy and meat proteins help build and strengthen bones and muscles, but eating less saturated fat is just as important for fighting off sicknesses, diseases and cancers, and lowering blood pressure. The nutrients from these categories give us energy and keep our hearts beating, our brains alert and active, and our muscles working.

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