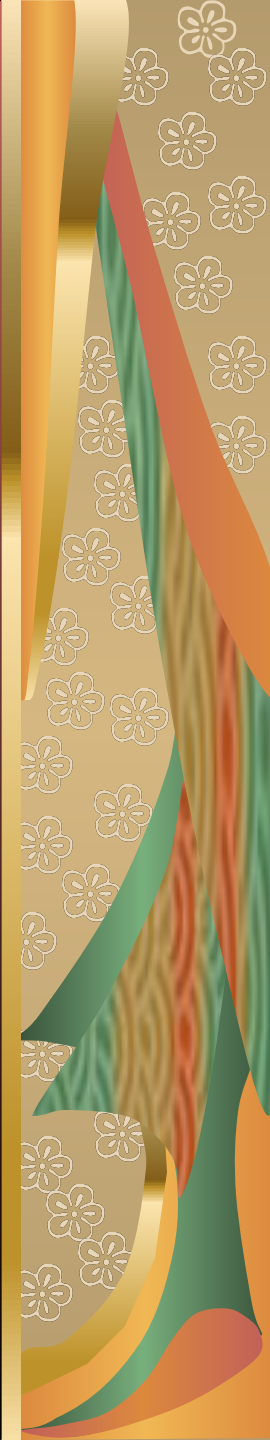


# You are what you eat

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It is very important to have a healthy way of life. If you feel good it is easier to be happy and optimistic.

Nowadays a lot of people are keen on a healthy diet. They believe some products can make you strong, attractive and healthy.









First of all it is really important to eat products rich in vitamins.

Fruit are on the top of the list. It is known that oranges and grapefruit are rich in vitamin C, which, helps to improve ones immune system.

Carrots are good for your eyes and skin.





Bananas make your muscles and nerves strong.

Apples are so rich in vitamins and minerals that Englishmen ever have a proverb: “An apple a day keeps a doctor away.”



Of course, you can not eat only fruits.

We need milk products – a source of calcium, meat and fish to get enough protein. Our meals should be balanced.







By the way, we must learn not only the list of healthy products, but banned ones. If you don't want to become fat or weak you should forget about fast food, excesses of sweets and chocolate.





It is really true that  
you are what you  
eat.

Chernyatina,  
Orlova

