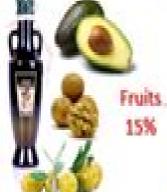
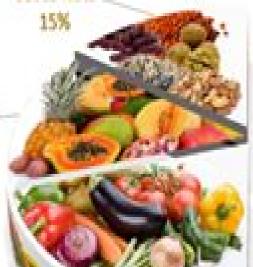


HEALTHY FOOD COMPOSITION

CHOOSE HEALTH OILS **HEALTHY FATS**



Legumes Seeds Nuts.











Fish Meat

Egg 10%

prefer white lean Meat Poultry Meat

Low Fat **Dairy Products** 15%



WITH JUICES PREFER VEGETABLE JUICES



DO NOT FORGET HERBS, SALADS, **ROOTS AN D SPICES**

AVOID OVERWEIGHT BURN **UP THE CALORIES** WITH OVERWEIGHT REDUCE FAST CARBS ESPECIALLY SWEETENED DRINKS



AVOID LONG SITTING HAVE AT LEAST ONE HOUR OF PHYSICAL **ACTIVITY DAILY**

Nutrient Composition Of Food

LP Steffe

Nutrient Composition Of Food:

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