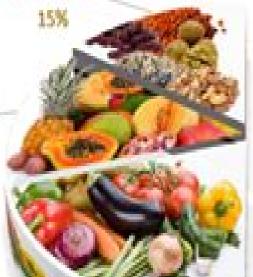


# HEALTHY FOOD COMPOSITION

# CHOOSE HEALTH OILS **HEALTHY FATS**



Legumes Seeds Nuts



DRINK A LOT WATER Whole Grain **Products** 25%



AND TEA

Fish Meat

Egg 10%

prefer white lean Meat Poultry Meat

Low Fat **Dairy Products** 



WITH JUICES PREFER VEGETABLE JUICES

**Vegetables** 

20%



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

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



HOUR OF PHYSICAL **ACTIVITY DAILY** 

# **Nutrient Composition Of Food**

**L** Manion

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