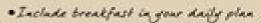
The healthy eating pyramid

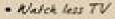


- · Cat more often but smaller portions
- Avoid enting in fast foods
- Eat more regetables and fruits



Eat sparingly:

- red meat, butter and salt
- refined grains: bread, while rice and pusta
- *polatoes
- · sweets and sugary drinks



- · Reduce sedentary activity
- Walk more instead of using your car or public transport
- Exercise more





tlealthy fats and oils: Olive, corn, spy, canola, sunflower and other regetable oils. Trans-free margarine.



Drink I-2 litres of liquid a day, preferably unsweetened.
Caffeinated beverages should be consumed in moderation only.

Nutrition For Healthy Living

Karin Nielsen-Saines

Nutrition For Healthy Living:

Reviewing Nutrition For Healthy Living: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Nutrition For Healthy Living**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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