

A GUIDE TO HEALTHY EATING

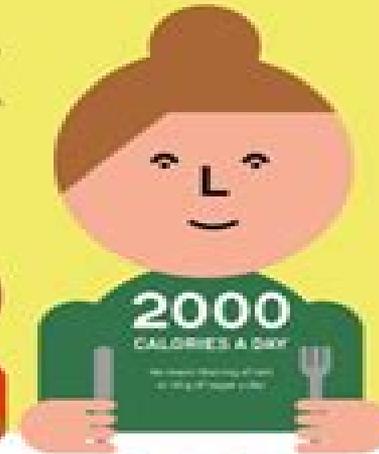
Eating a balanced diet is important for our physical and mental health. This means eating the right kinds of food in the right quantity, to maintain a healthy weight and ensure we're getting the nutrients we need.

GOOD FATS

Lower the risk of disease and keep the heart and brain healthy. These include monounsaturated and polyunsaturated fats, and Omega 3. Sources of good fats include fish, avocados, nuts, seeds and vegetable oils.

BAD FATS

Are harmful to health. These fats found in processed food increase cholesterol and the risk of heart attacks, stroke, cancer and obesity. Saturated fats are less damaging but should still be eaten in moderation. Sources of bad fats include processed food, red meat, butter, cheese, ice cream, cakes and pastries.



SALT

Eating too much salt can cause high blood pressure, which increases the risk of heart disease and stroke.

Guide Lines To Eating Healthy

Sebastian Brünink



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