

## ENJOY YOUR FOOD

Your food keeps you fit and healthy if what you eat balances with your body's energy needs. Getting the balance right is what healthy eating is all about. There are no good or bad foods but how you combine foods together each day and each week is important. All foods can be enjoyed as part of a healthy eating plan if they are eaten in reasonable amounts.

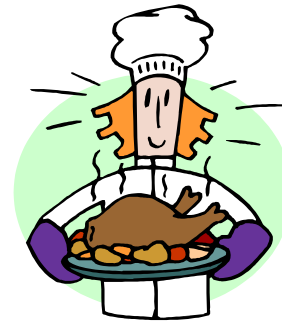


Class 10 B

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## Healthy Food

Live not Eat,  
But Eat to Live

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## ▶ HEALTHY FOOD

The most important food for weight loss

If you want to keep your weight down and live long and healthy, you need to eat foods like apples smeared with peanut butter, vegetables roasted in olive oil, and oatmeal-fruit muffins.

Here's why.

Eating lots of fruits and vegetables is an ideal way to shed pounds and to maintain a healthy weight. Now new research shows plants are packed with powerful compounds that boost your immunity, protect against disease and fight fat.



An Apples Day  
Keeps Doctor Away

The most important foods for weight loss

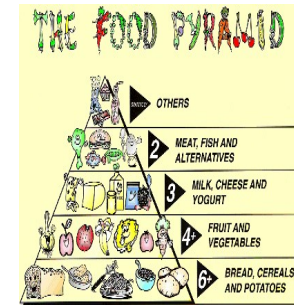
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Eat the Best  
Eat Less

## EAT A VARIETY OF DIFFERENT FOODS USING THE FOOD PYRAMID AS A GUIDE.



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### TRY TO

Eat a variety of different foods using the Food Pyramid as a guide.

Eat the right amount of food to be a healthy weight and exercise regularly.

Eat four or more portions of Fruit and Vegetables every day.

Eat more foods rich in starch - bread, cereals, potatoes, pasta and rice.

Eat more foods rich in fibre - bread

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