



A  
healthy  
diet

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We all realize that we have to eat to live. Your diet should include protein, fruits, vegetables, and carbohydrates. The less processed and fat-filled the food is, the healthier you'll be.

## Types of foods:

- Red foods;
- Orange foods;
- Yellow foods;
- Green foods;
- Blue foods;
- Purple foods.





Red foods get you moving. They give you that extra boost when you really need it the most and protect you from illnesses.



Orange foods are brain food. They help you keep your mind on things are really improve your powers of concentration.





Avocado



Green Apples



Green Grapes



Honeydew Melon



Kiwi



Limes



Green Pears



Artichokes



Arugula



Asparagus



Broccoli



Broccoli Rabe



Brussels Sprouts



Napa Cabbage



Green Beans



Cabbage



Celery



Cucumber



Belgian Endive



Kale

Green foods are great when you want to relax, calm yourself or keep your emotions under control.



Blue foods are soothing, both emotionally and physically, and prepare you for a good night`s rest.





Purple foods like figs, prunes and beetroot make people more creative.



Keep a healthy  
diet!