

# KEEP FIT FOR TV STARS

Many probably thought about how TV stars always in shape



Now I'll tell you about right eating\*

# Rules is easy

- 1. Eating the right food
- 2. Don't eating fast food



# "Right food"

- Vegetables
- Fruits
- Some meat
- Some nuts



# FAST FOOD

- ⦿ Cheeseburgers
- ⦿ Hotdogs
- ⦿ Many meat
- ⦿ Many cheeps



**If you want to become a TV  
star eat the right food**

*The  
End*