



# Healthy eating



# "We eat to live , not live to eat. "



Each person is able to take care of their own health.

The movement toward this goal should be gradual, step by step. Each step extends the active years of life.

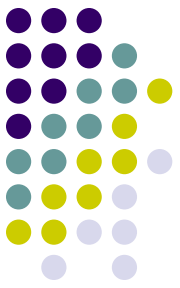




# FAST FOOD "JUNK FOOD".



Fast food is high in calories, contains a lot of fat and few vitamins. In fast food are widely used fats - the unnatural isomers of fatty acids. Their usage is facing the imminent threat of obesity, because they increase the weight more than any other food with the same amount of calories. Not by chance, scientists call them "fat killer".



Carbonated drinks consist of a variety of preservatives, flavorings and colorings that adversely affect the stomach  
Sugar, in a large number present in carbonated water, provokes caries.





In French fries and potato chips, scientists have discovered a number of harmful substances



★It is proved that these substances have toxic effect on the nervous system of animals and humans.



The composition of the chewing gum includes sweeteners, colors ,flavors. It was proven long ago that the longer the contact sugar with teeth, the higher the risk of caries development. Here at bubble gum, and chewing sweets simply no competitors.





Kirieshki not always healthy and tasty food, flavor enhancer in them, and spices are Not useful for feeding baby

The cheese curd is delicious! He gives us the pleasure feelings, But potassium sorbate is so rich That after eating it, not will be very happy.





# The list of harmful food additives



- Smoking-E, E105, E, E, E, E, E, E, E, E152.
- Dangerous-E102, E110, E120, E124, E127.
- Ranoobrazie-E131, E-217, E, E.
- Harmful for skin-E230-232, E239.
- Inducing breach pressure-E250, E251.

# FOOD PYRAMID



Eaten in moderation, sugary and fatty foods can form part of a healthy, balanced diet



Meat, poultry & fish are good sources of iron, zinc & B Vitamins

Milk & dairy products contain calcium - vital for strong teeth and bones - as well as protein and vitamins



Fruits supply most of our dietary vitamin C



Vegetables are imp. to every diet



Breads, Cereals and Potatoes are the main sources of complex carbohydrates



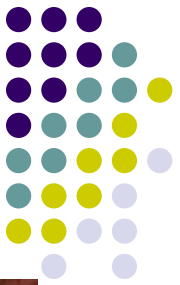
# Vitamin a - vitamin growth.



# ВИТАМИН В



# Vitamin D



# Vitamin C



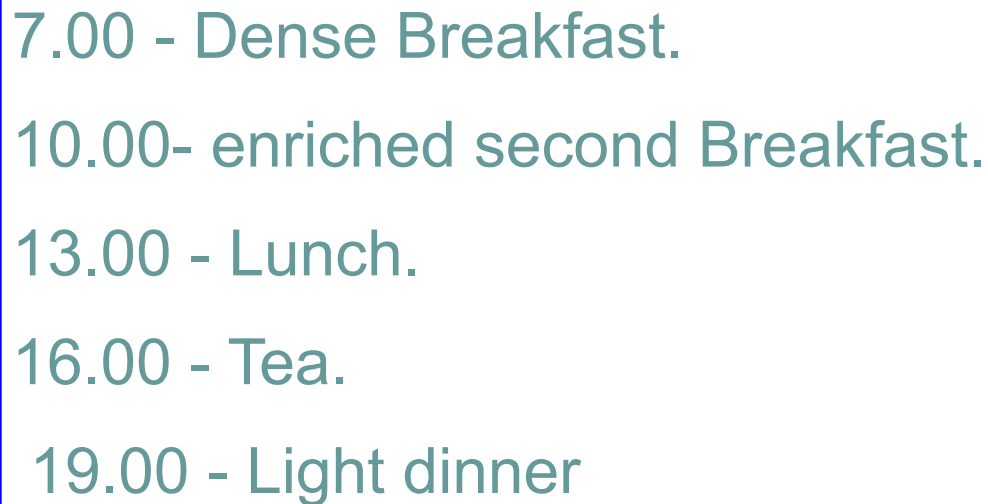
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**abandon  
snacking on  
eat with  
taste**



7.00 – Coffee  
10.00 - Sandwich  
12.00 - instant noodles  
14.00 - Chips, Cola 18.00  
- Crackers  
20.00 - dinner Dense.



7.00 - Dense Breakfast.  
10.00- enriched second Breakfast.  
13.00 - Lunch.  
16.00 - Tea.  
19.00 - Light dinner



Harmonie Santé



And let the food always brings  
you pleasure and benefit .





Thank you for your attention!