

# 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 To Natural And Healthy Eating

**LP Steffe**



## **Guide To Natural And Healthy Eating:**

## Unveiling the Energy of Verbal Art: An Mental Sojourn through **Guide To Natural And Healthy Eating**

In some sort of inundated with screens and the cacophony of quick transmission, the profound energy and emotional resonance of verbal beauty usually fade into obscurity, eclipsed by the regular onslaught of noise and distractions. However, set within the musical pages of **Guide To Natural And Healthy Eating**, a fascinating perform of literary splendor that pulses with raw feelings, lies an remarkable journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that enchanting opus manuals visitors on an emotional odyssey, delicately revealing the latent potential and profound affect embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect its charming publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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