



**Teacher: Alex John Mosquera Angulo**

## **Healthy foods**

Eat healthy is a need and everybody should try to follow a good diet of a balanced for. For example:

**Fruits, fish and vegetables** are antioxidants, that is to say, they eliminate toxins and uric acid from our body.

**Fish is rich in omega-3** it helps to eliminate fatty acids and depression.

**Jelly** is good for relaxing and fatigue

1. **Healthy Advantages:** have sound body, be athletic, and avoid cancer, good blood pressure, low down weight, having long life, prevent heart diseases and stroke.
2. Diseases caused through **Carbohyde, proteins** and **fats** consumption excess:
  - A. Obesity,
  - B. Diabetes
  - C. Tooth decay

## **Carbohyde lacking**

- A. Bulimia
- B. Anorexia
- C. Miss nutrition

## **Proteins excess**

- A. Heart diseases
- B. Renal calculus
- C. Parkinson
- D. Osteoporosis

## **Fatty** excess produces **Cholesterol**

Important: any way, remember that **everything in excess** is harmful for our body and **the lack of it, too**. You need to keep a proper balance.