



## HEALTHY AND UNHEALTHY FOOD

**W**e have to eat what we need to get energy and this food has to be healthy. Today, many people love eating food like hamburgers, French fries and mayonnaise but this type of food is not healthy. It is rich in fats and has many calories. Eating too much of this food can cause us serious problems like heart disease. For this reason, experts recommend restricting it only to special occasions like birthday parties or other celebrations. Doctors

also say that we have to reduce sugar in our diet because it is not good for our teeth.

But, what can we eat to stay healthy? Prefer food that is rich in fiber, like whole grain bread and fruits and vegetables because they give us the nutrients we need without too many calories. In conclusion, to have a healthy life, we have to eat less fatty food (sweets, chocolate, cakes, pudding, jam) and eat more fiber foods (bread, potatoes, pasta, fresh fruit and vegetables).

