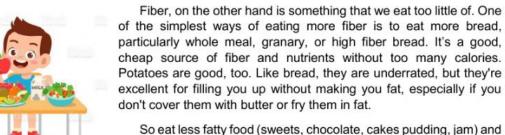
## EAT HEALTHY FOOD

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it.

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either.





So eat less fatty food (sweets, chocolate, cakes pudding, jam) and eat more fiber foods (bread, potatoes, pasta, fresh fruit and vegetables).

