alert	beneficial effect	carbohydrates	detrimental effect
enhance	in moderation	intake	nutrients
nutritious	obesity	protein	refined sugar
relieve stress	sedentary lifestyle	unprocessed	well-being

Have a balanced diet. You can get all the essential (1) _____ the body needs if your diet contains foods rich in (2) _____ (e.g., fish, beans, dairy products), (3) _____ (e.g., bread, potatoes, pasta), non-saturated fats, and plenty of fruit and vegetables.

Eat (4) _____ . Overeating will make you put on weight and can lead to (5) _____ .

Eat naturally. Cut down on processed foods and food containing (6) _____ and choose (7) _____ foods such as whole grain bread and brown rice, which are more (8) _____ .

Reduce your salt (9) _____ . Too much salt can have a (10) _____ on your health and is associated with high blood pressure and heart disease.

Drink plenty of water. Staying hydrated can have a (11) _____ on your energy level and also keeps your organs and skin healthy.

Stay active and get exercise. Studies suggest that a (12) _____ (e.g., spending long periods sitting in front of the computer or television) is related to a number of illnesses later in life. Staying active is also good for your heart.

Get enough sleep. A good night's sleep can (13) _____ your mood and help you stay (14) _____ throughout the day.

Relax. Activities such as yoga or meditation or taking deep breaths can (15) _____ when you feel under pressure and help you refocus.

Practice the art of appreciation. Not only is "an attitude of gratitude" good for the people around you, but it can also increase your own emotional (16) _____

LIVEWORKSHEETS