

## Healthy food

A healthful diet includes a variety of fruits and vegetables of many colors, whole grains, starches, good fats, and proteins. By eating a balanced diet, your body



obtains the fuel and nutrients it needs to function properly. Healthy foods like fruits and vegetables are usually very simple foods and **some** of them, like bananas and peaches, are especially good for clearing out the stomach and keeping you from feeling bloated.

Healthy foods and eating habits that suit your lifestyle will ensure that your heart stays free of excessive fat tissue and keeps pumping blood efficiently for a long time.

You can increase your blood sugar level and contract diabetes if you are not careful with your sugar and other carbohydrate intakes. Eating food that has a controlled amount of sugar will prevent diabetes and ensure that you live a long and healthy life, free from diabetic medication.

Healthy eating is all about balance. You can enjoy your favorite foods, even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balancing them with healthier foods and more physical activity.

### I. Read and answer the questions.

1. Why is a balance diet important?

---

2. Why is important to eat some bananas or peaches?

---

3. Can you give an example of food that we should avoid?

---