

IN SHAPE



If you want to be healthy, have a _____ diet.
Fruit and vegetables are a good _____ of vitamins,
minerals and fibre. Forget c_____, s_____ and
f_____ food. They are d_____ but very, very
unhealthy.



For energy we need f_____,
p_____ and
c_____.



Your b_____ and t_____ need
c_____. D_____ products and vegetables
are also a good source of calcium. Fish gives you lots of
p_____, vitamins and minerals. It's also low in
c_____. Avoid sugary and f_____ drinks.

You must cut down on sugar and s_____.

Drink 6 to 8 g_____ of water
a day.

