additives	balanced diet	convenience foods	eating habits
fresh produce	GM foods	healthy eating	junk food
nutrients	nutrition	organic foods	processed foods

One of the keys to enjoying a fit and active life is a (1) _____. A poor diet, on the other hand, is associated with an increased risk of illness. Two thirds of natural deaths in the West are believed to be linked to diet, according to leading experts in (2) _____ and health. Medical authorities have drawn up guidelines for (3) _____ based on a large body of research into diet-linked diseases throughout the world.

- Eat a wide variety of foods to get the whole range of (4) _____.
- Limit (5) _____ because most contain large amounts of sodium and other (6) _____. Cut down as much as possible on (7) _____, such as burgers and chips, and (8) _____, such as ready-made meals from the supermarket. Eat or cook your own (9) _____ – fruit, vegetables, fish, meat – instead. Where possible, buy (10) _____ – produced without the use of artificial chemicals. (11) _____ may not harm us, but they are not good for the environment.
- Change your (12) _____ gradually.

LIVEWORKSHEETS