

"You should eat 5 fruits and vegetables every day."	It's a good / bad idea to do this
"You can eat more when you are young."	You have / don't have the ability or permission
"You shouldn't drink alcohol every day."	It's a good / bad idea to do this
"You must remember to drink water"	This is an order / prohibited
"You don't have to eat healthy food every meal."	This is an order / You can choose
"You mustn't eat snacks all the time."	This is an order / prohibited
"You have to exercise regularly to protect your health".	This is an order / you can choose
"You can't stop eating completely. It's dangerous."	You have / don't have the ability or permission