

# 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.

