

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_____. 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.