

# To keep yourself healthy, you have to...



**HAVE A BALANCED  
DIET.**



**AVOID JUNK FOOD AND  
SWEETS.**



**DRINK WATER**

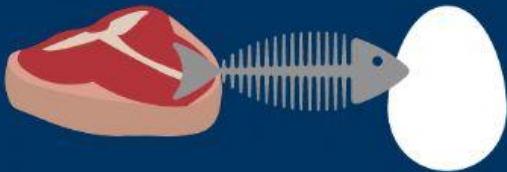
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FRUITS AND  
VEGETABLES



PULSES AND  
CEREALS



DAIRY  
PRODUCTS



MEAT, FISH  
AND EGGS