# You are what you eat

## Different products

There are bad and good products.

Today we will talk about which products are good and which are bad.

#### Good products

We know that certain food groups have a positive effect on health because they contain a lot of vitamins and different useful substances. These include vegetables, fruits, fish, legumes, whole grains and unsalted nuts.

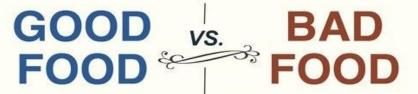


### Bad products

There are also harmful products. They are considered harmful because they lead to obesity, allergies and other diseases. These includes fast food, fried food, bakery products, sausage products and so on.



#### Good products and Bad products

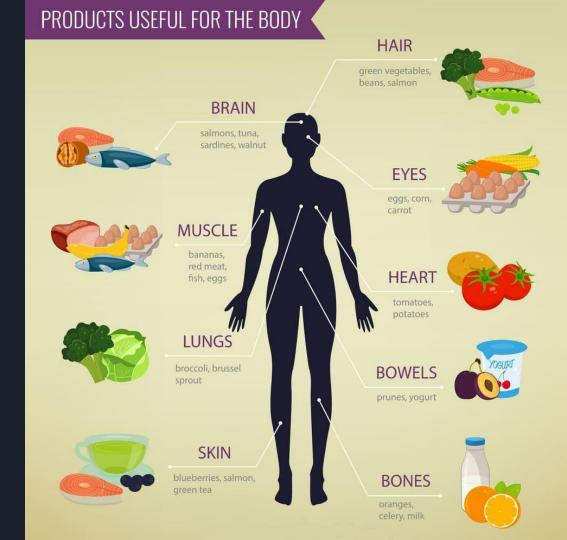








How products affect on different parts of the body



#### Thanks for the attention!

In conclusion, I want to say that a healthy diet is very important for everyone.

It is all that I wanted to tell.