

About **healthy  
lifestyle**



# A sliming diet or a lifestyle?

First of all you must understand that healthy eating is your choice for every day.

Any diet gives a short result.



# Step for step

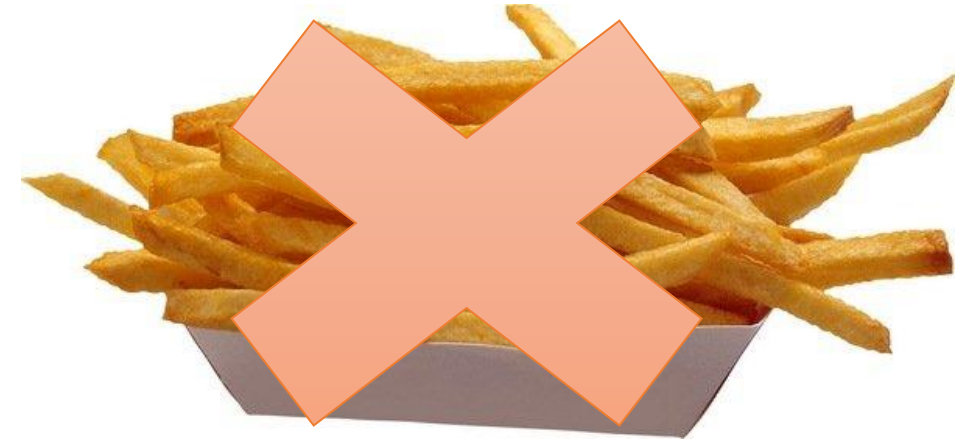
You must refuse  
unhealthy food  
gradually.

Rapid changes in your  
nutrition will have a very  
pernicious influence on  
your stomach.



## Remember!

Fried, grilled food has a very negative influence on your heart, stomach and teeth.



It's a very high calorie. And you will gain weight.

# Fruits and vegetables

Is a main part in a healthy lifestyle.

Fresh vegetables is a very low calories.

As about fruits, only bananas and grape you need to eat less.



# Fruits and vegetables

Some people with high blood pressure have a low level of iron in their organism.



According to statistics they chose apples of different fruits. Because apples include iron.



# Morning

A glass of water it will be perfect before breakfast.



**It will make your metabolism faster and remains less space in the stomach for food.**



# Morning

Oatmeal with low-fat milk without sugar it is a perfect dish.



Any porridge must be whole grain.



# Morning

You may always add fresh and dried berries into your porridge.



Pieces of strawberries will have a positive influence on vision and on blood pressure.

# Morning

Low-fat cottage cheese is a good variety for breakfast.



Stir it with banana and grated apple, bake for 15 minutes in oven. And you will have healthy and tasty souffle.

# Dinner

Fresh or boiled vegetables is the best choice for lunch and dinner.



You may add some boiled chicken, beef or lean fish into your soup or other dishes.

# Supper

For evening meal is better to take a glass of kefir or yoghurt without sugar.



Thanks for watching!  
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