

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

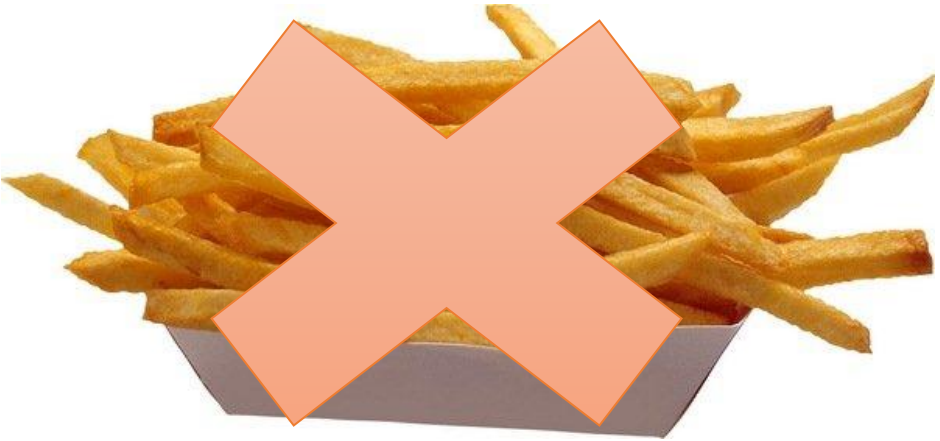
You must refuse
unhealthy food
gradually.

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!
By Anastasiya Izmaylova

