



# The diet

By Alexandra Grentikova



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The diet is very important if you healthy or sick. If you want to be healthy you should pay special attention to your diet.

People of physical work need more food than people of metal work.

A diet must consist of proteins, fats, carbohydrates, water, minerals and vitamins.

We can treat many diseases by diet.



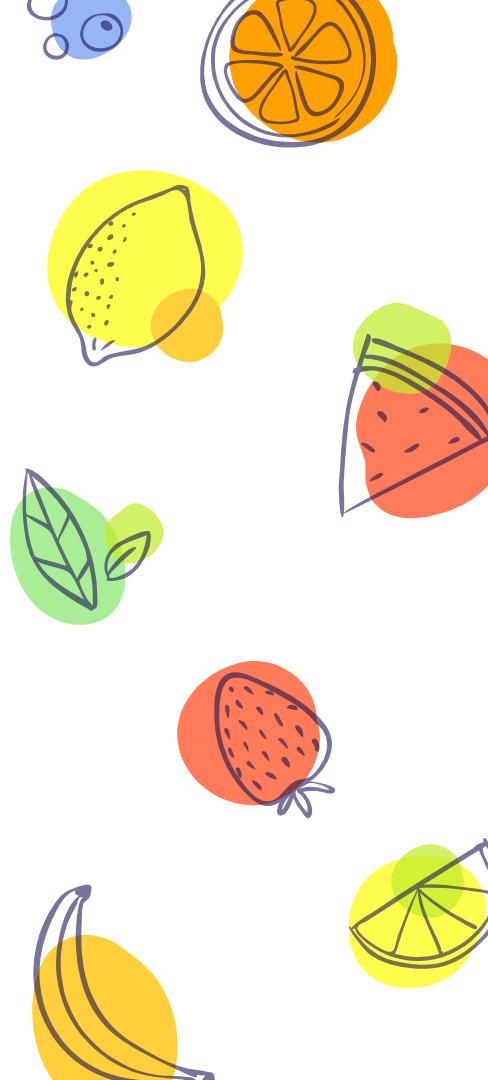
# Vitamins and minerals

People need vitamins to be optimistic, health and strong. There are lots of vitamins in vegetables, fruit and other natural products.

Minerals work hand-in-hand with vitamins.

Minerals are important for bones, teeth, muscles, blood, tissue and nerve cells.

Minerals can be found in dairy, meat, cereals products, vegetables, fruit and nuts.



# Water

Water is very important for human health.

Human body is made 70% of water.

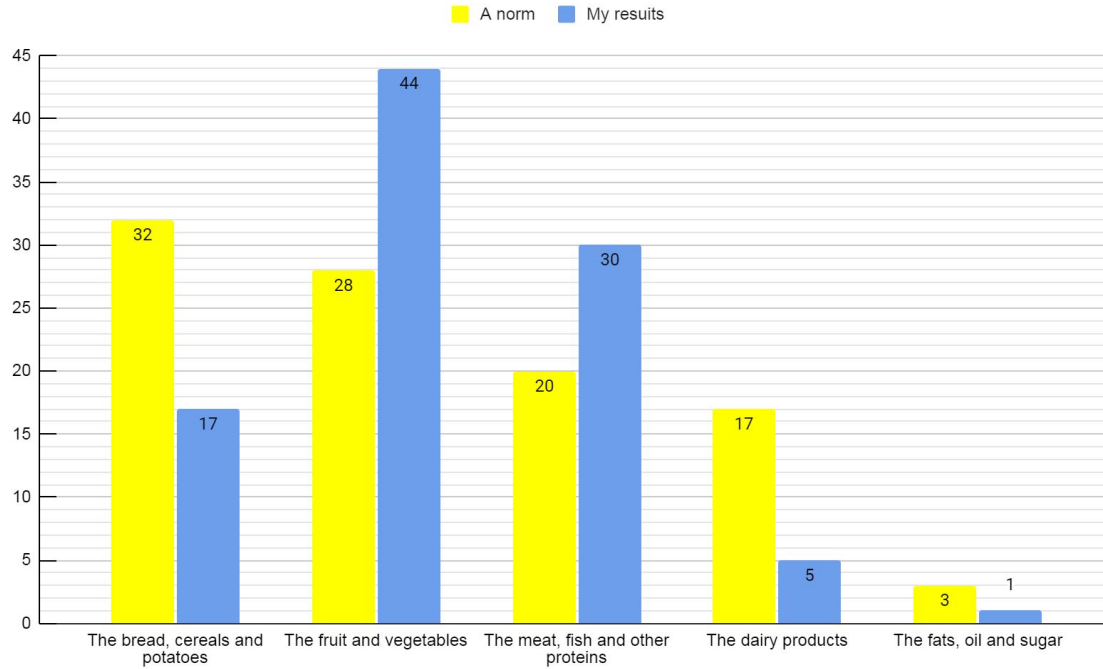
Human body gives off 2,5 litres of water every day. People get one half of water in the food he eats.





People can live without water 7-10 days.

As for me I should drink of water 2,1 litres a day.



# My results





Food give us what we need to grow.

We need proteins for grow and repair muscle and skin, carbohydrates and fats for energy, vitamins and minerals for the chemical reaction than take place in body process.



I usually eat 0,68 kg and drink 1,5 litres a day. My ration is not balance.

The bread, cereals and potatoes makes 17% of my daily ration. It is less than a norm.

The fruit and vegetables makes 44% of my daily ration. It is more than a norm.

The meat, fish and other proteins makes 30% of my daily ration. It is more than a norm.



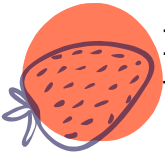
The dairy products makes 5% of my daily ration. It is less than a norm.

The fats, oil and sugar makes 1% of my daily ration. It is less than norm.

I drink not enough water.

So, to sum it up: I should more eat bread, cereals, potatoes, dairy products, fats and more drink water, I should meat and fish.

I think that I should not eat less fruits and vegetables because it contains a lot of vitamins and minerals.



If I want to be healthy I should pay special attention to my diet, eat regular various food.

