

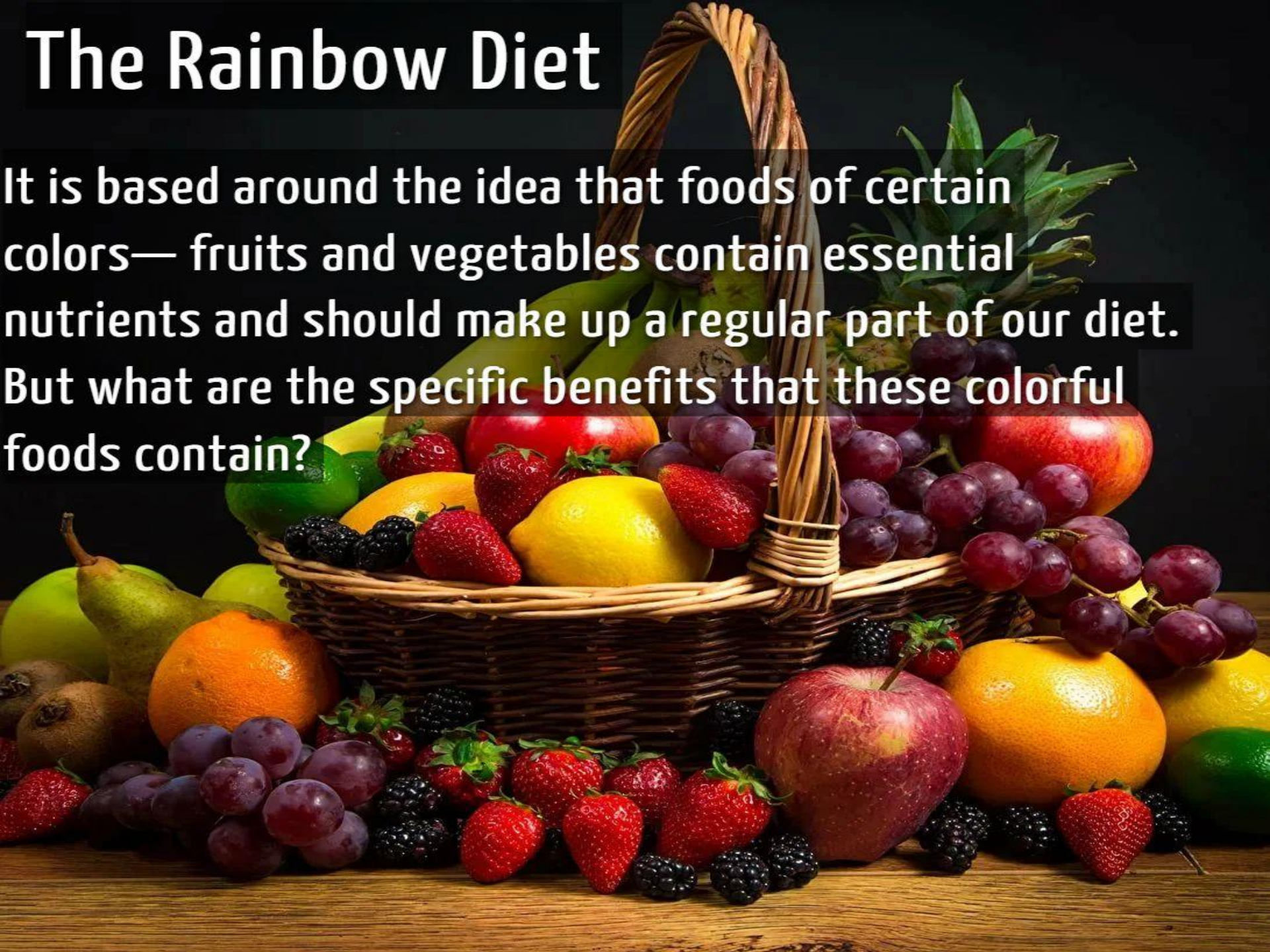
# Why should you eat healthy food?

The image features two silver forks positioned horizontally. The left fork is filled with a variety of high-calorie, high-fat foods, including a slice of pepperoni pizza, a piece of fried chicken, and french fries. The right fork is filled with fresh, nutrient-dense foods, including a green apple, a stalk of asparagus, a head of broccoli, and several blueberries. The background is a plain, light color, and the text is overlaid on a semi-transparent grey band across the middle of the image.

Developing healthy eating habits as an adolescent can help you grow and develop into a strong, healthy adult. Poor nutrition can lead to eating disorders, obesity, delay in reaching your full height potential. It is important to abstain from foods high in calories and fat and maintain a healthy, well-balanced diet.

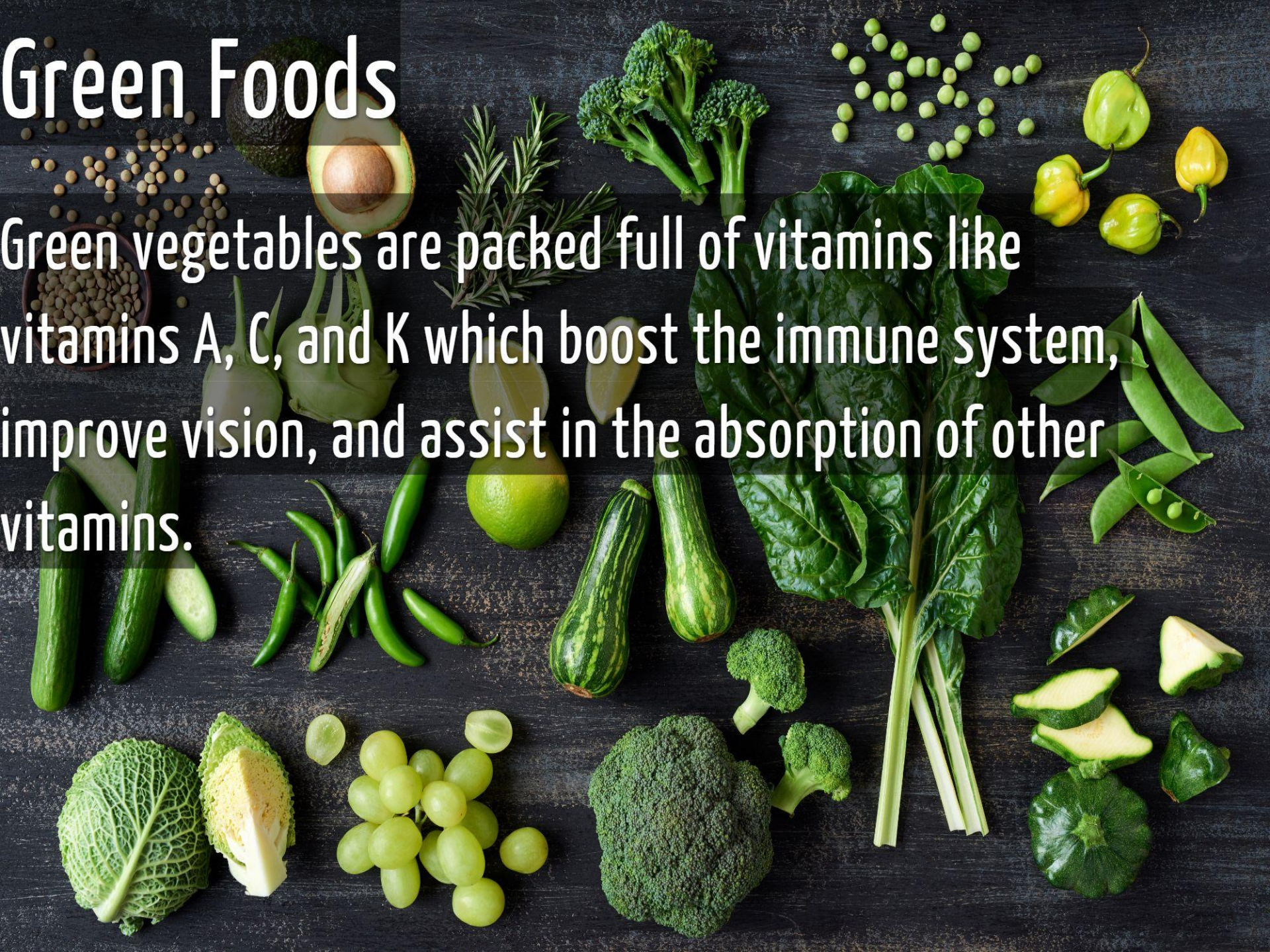
# The Rainbow Diet

It is based around the idea that foods of certain colors—fruits and vegetables contain essential nutrients and should make up a regular part of our diet. But what are the specific benefits that these colorful foods contain?



# Green Foods

Green vegetables are packed full of vitamins like vitamins A, C, and K which boost the immune system, improve vision, and assist in the absorption of other vitamins.



# Red Foods

A top-down view of various red fruits and vegetables arranged on a dark grey surface. The items include several cherry tomatoes on a vine, a cluster of strawberries, a large pomegranate, two apples, a large bell pepper, and several plum tomatoes. The lighting is soft, highlighting the textures and colors of the produce.

Red fruits contain phytochemicals. These phytochemicals also offer many benefits to humans, such as healthier, clearer skin, a lower risk of heart disease, stroke, and certain types of cancer.

# Yellow and Orange Foods

A top-down view of various yellow and orange foods arranged on a dark, textured surface. In the upper left, a large pumpkin is cut open, showing its seeds. To its right are several whole and sliced carrots, some with green tops. In the lower left, there are several bright orange chili peppers, one of which is sliced open to show its seeds. On the right side, there are several sweet potatoes. In the top right corner, a slice of an orange is visible. The overall composition is a variety of fresh produce in warm tones.

Yellow and Orange fruits and vegetables is due to the presence of carotenoids, the chemical compounds which give them their color. This is due to beta-carotene. These compounds also contribute to a lower risk of developing cancer, healthier skin, and a stronger immune system.

# Blue and Purple Foods

A collection of various blue and purple foods arranged on a dark background. In the top left, there is a bunch of dark purple grapes. Next to it is a whole red onion. To the right is a large, elongated purple eggplant. In the bottom left, a purple cabbage is sliced in half, revealing its internal layers. In the bottom center, there is another bunch of dark purple grapes. On the bottom right, there are two purple artichokes.

Because of the antioxidant compounds which give them their deep purple or bluish hue. These compounds include anthocyanins, which help fight inflammation, reduce the risk of cancer and neurodegenerative conditions.

In order to get the most value out of this colorful approach to nutrition, it is important to eat a variety of colors and not focus exclusively on just one.



# Diet for body drying

This type of diet is quite common among athletes. It helps to quickly get rid of fat deposits in problem areas and quickly build muscle. The essence of the diet for body drying is the use of protein foods and food with a small amount of carbohydrates in a certain mode.

It is undesirable to dry the body more than once a year.\*