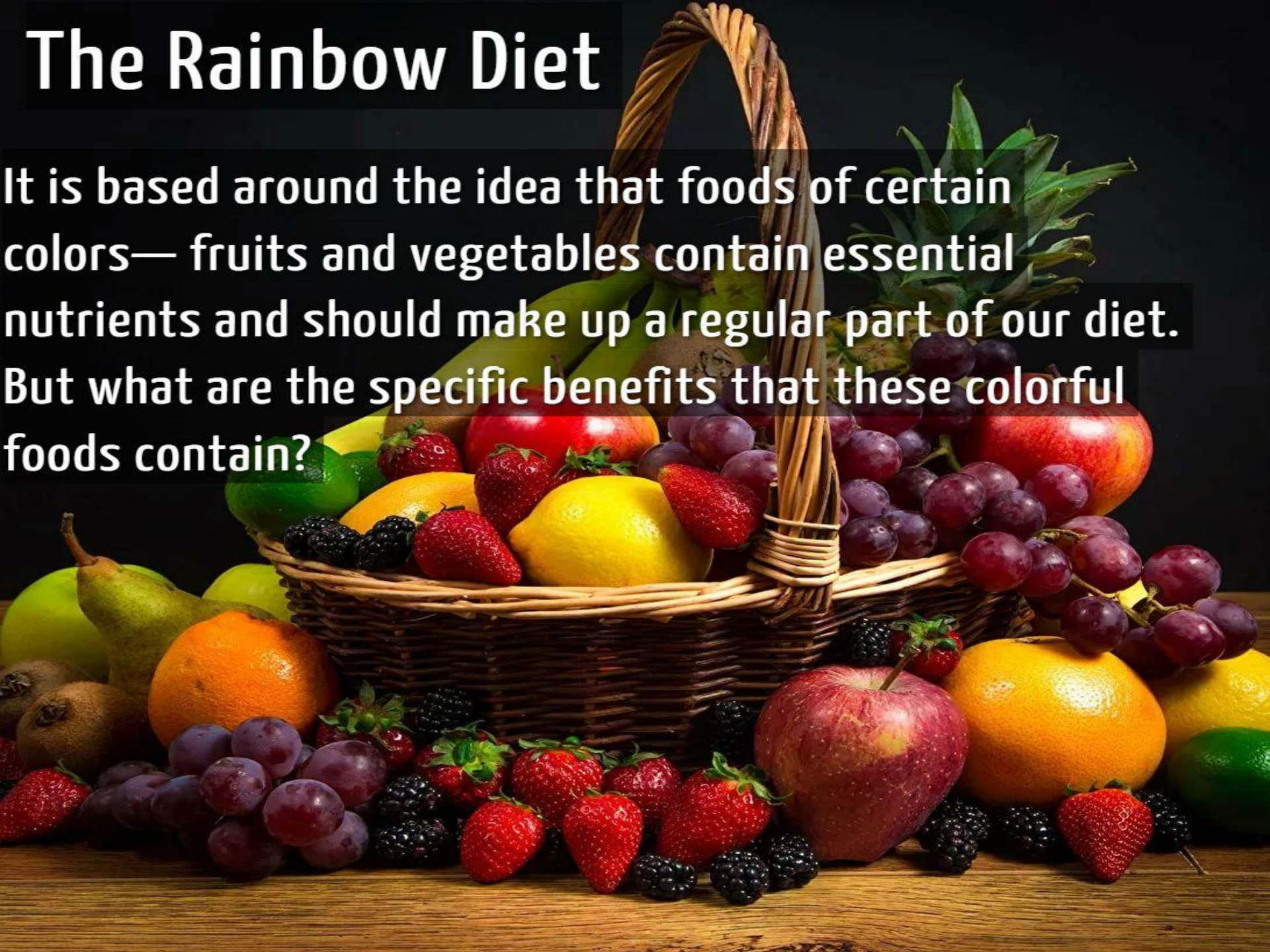


Why should you eat healthy food?

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.

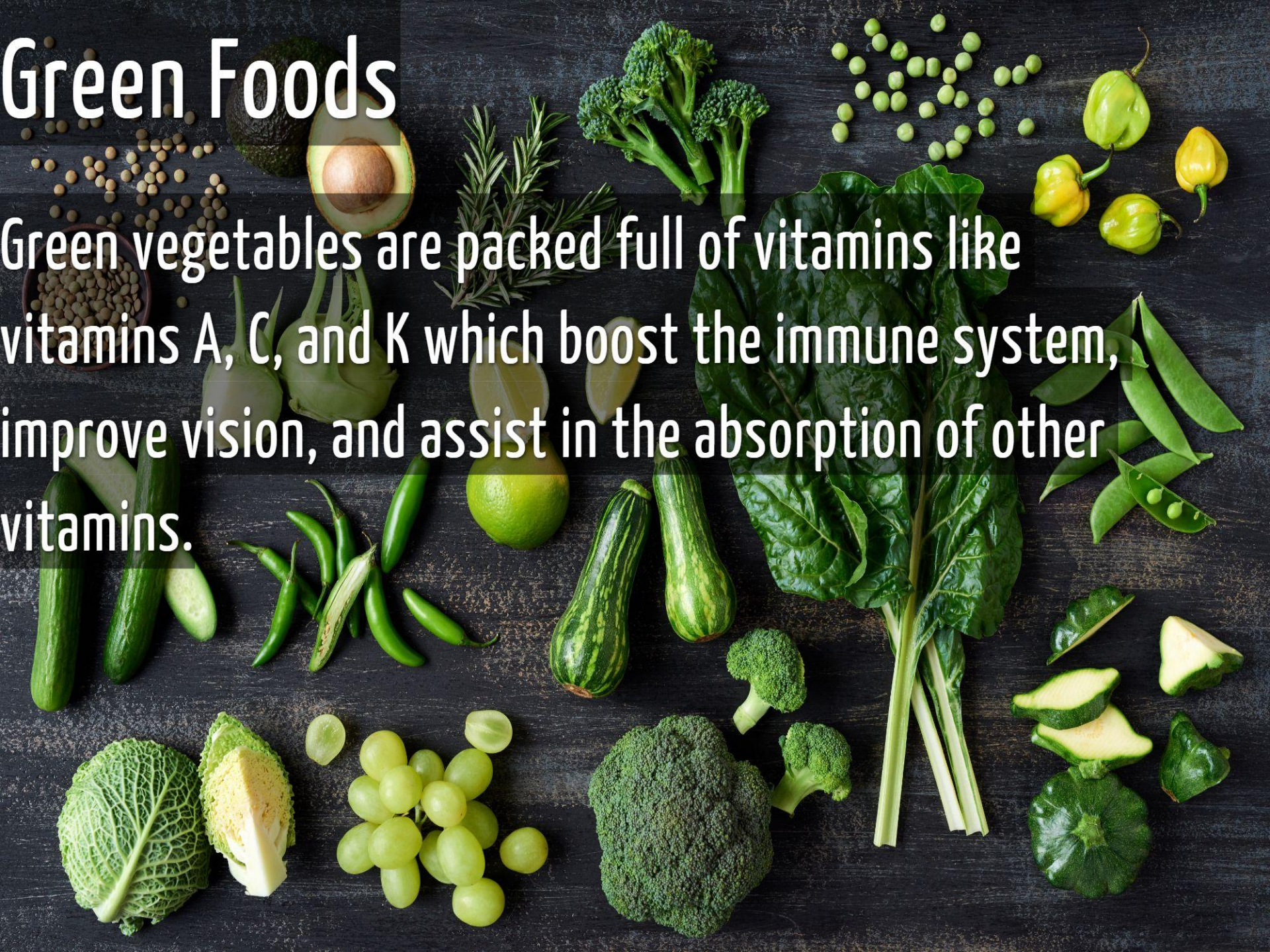
The Rainbow Diet

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

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, revealing 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, some whole and some sliced. On the right side, there are several sweet potatoes. In the top right corner, a small portion of an orange is visible.

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 collage of various blue and purple foods. In the top right is a large, elongated purple eggplant. Below it are several dark purple grapes. To the left of the grapes is a halved purple cabbage, showing its intricate, wavy internal layers. In the bottom right are two artichokes with their characteristic scaly leaves. The background is a dark, textured surface.

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.*