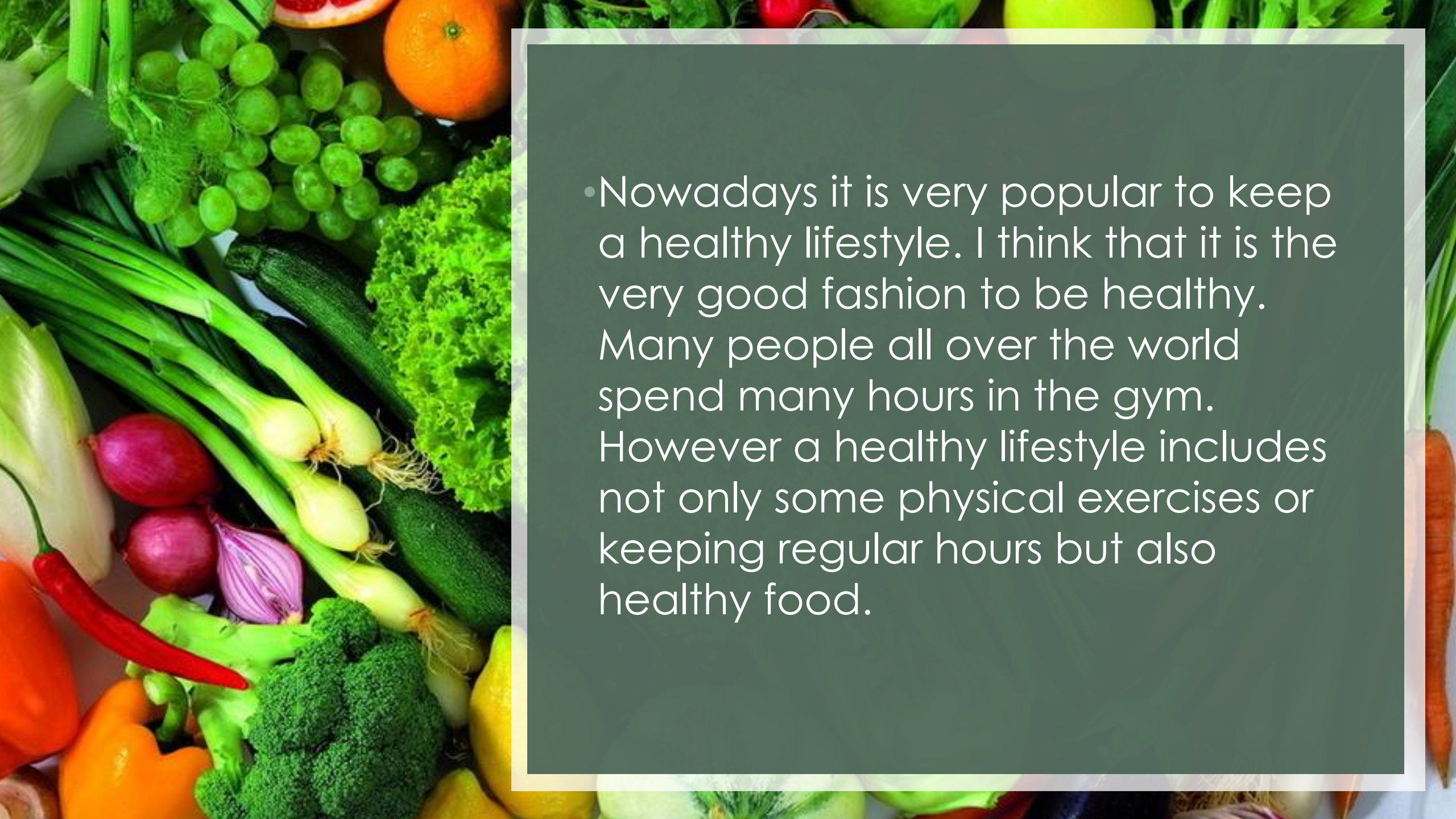




# HEALTHY FOOD

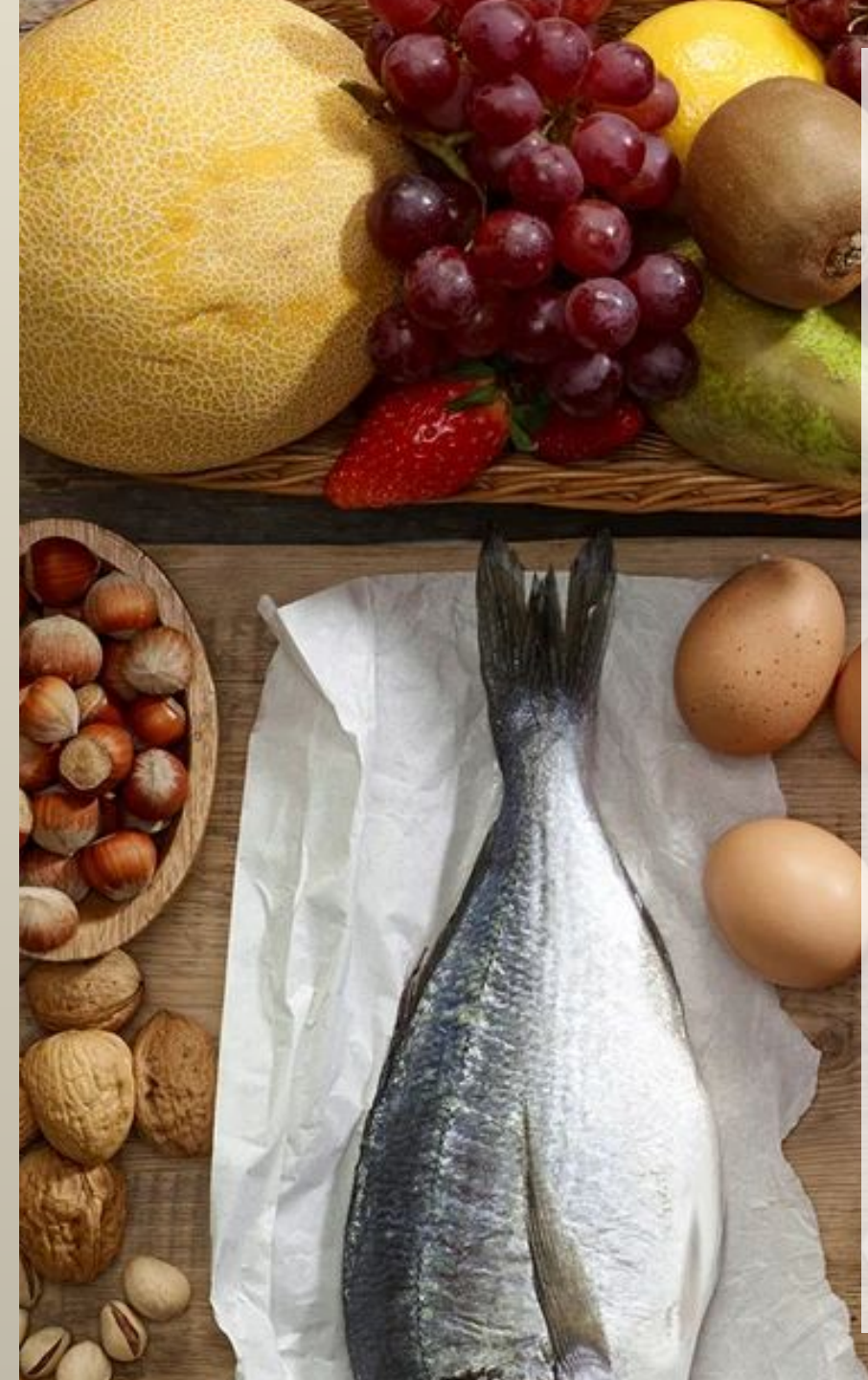
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- Nowadays it is very popular to keep a healthy lifestyle. I think that it is the very good fashion to be healthy. Many people all over the world spend many hours in the gym. However a healthy lifestyle includes not only some physical exercises or keeping regular hours but also healthy food.



- It is very difficult for modern people to eat only healthy food because they are very busy and it is easier to have a bite or eat fast food. Moreover, some people think that healthy food is expensive. Of course, these statements are partially true. However, they are also the parts of the stereotypes.



- It's very important to choose the right food nowadays. Healthy and balanced diet is useful for every person. We depend on food as well as the cars depend on gas, for example. It's our natural fuel, which gives our body physical strength and health. When the body is healthy, the mind will also be healthy.



- Different types of food contain different nutrients for our body. Some supply us with carbohydrates, some with proteins or fats, some with vitamins and minerals, etc. Many people think that fat is bad for people and they try to cut down on it. There is even a special line of products, called low-fat. The problem is that we do need some kinds of fat, but the saturated fats from animal products, like red meat, butter and cheese, can be really bad for health. Friendly fats can be found in avocados, nuts and seeds, olives and tuna fish, and in some other products.



- Many people think that healthy food is a long time, but it's not. Healthy food is also can be cooked fast. For example, it takes about fifteen minutes to cook buckwheat with fresh vegetables. You spend so little time to cook it but your organism gets so many vitamins. You also can cook a healthy sandwich using vegetables and whole-wheat bread.



- Healthy food is not only fruits and vegetables. Seafood, dairy products, nuts and even meat are also can be healthy food if it is cooked in a right way. Healthy food can be not only healthy but also delicious.

