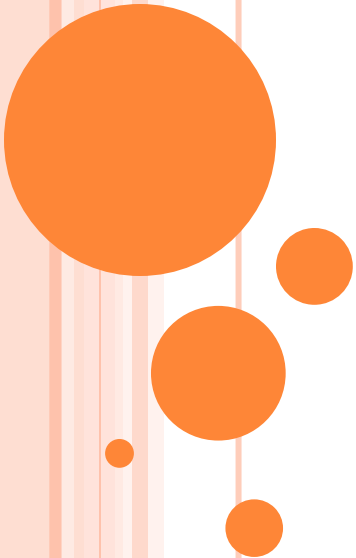


HEALTHY DIET



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Where to start? First of all, with the firm belief that it is time to change your diet. After all, in recent years it has become fashionable to eat right. And everyone knows that "bio" and "eco" products, healthy yogurts with live bacteria, fresh vegetables and fruits are the right companions of proper nutrition. If everything is so simple, why do people still suffer from excess weight and lack of vitality?



A healthy diet is a diet that provides growth, normal development and life activity of a person, contributing to the strengthening of his health and the prevention of diseases. Adherence to healthy eating practices combined with regular exercise reduces the risk of chronic diseases and disorders such as obesity, cardiovascular disease, diabetes, high blood pressure and cancer.





