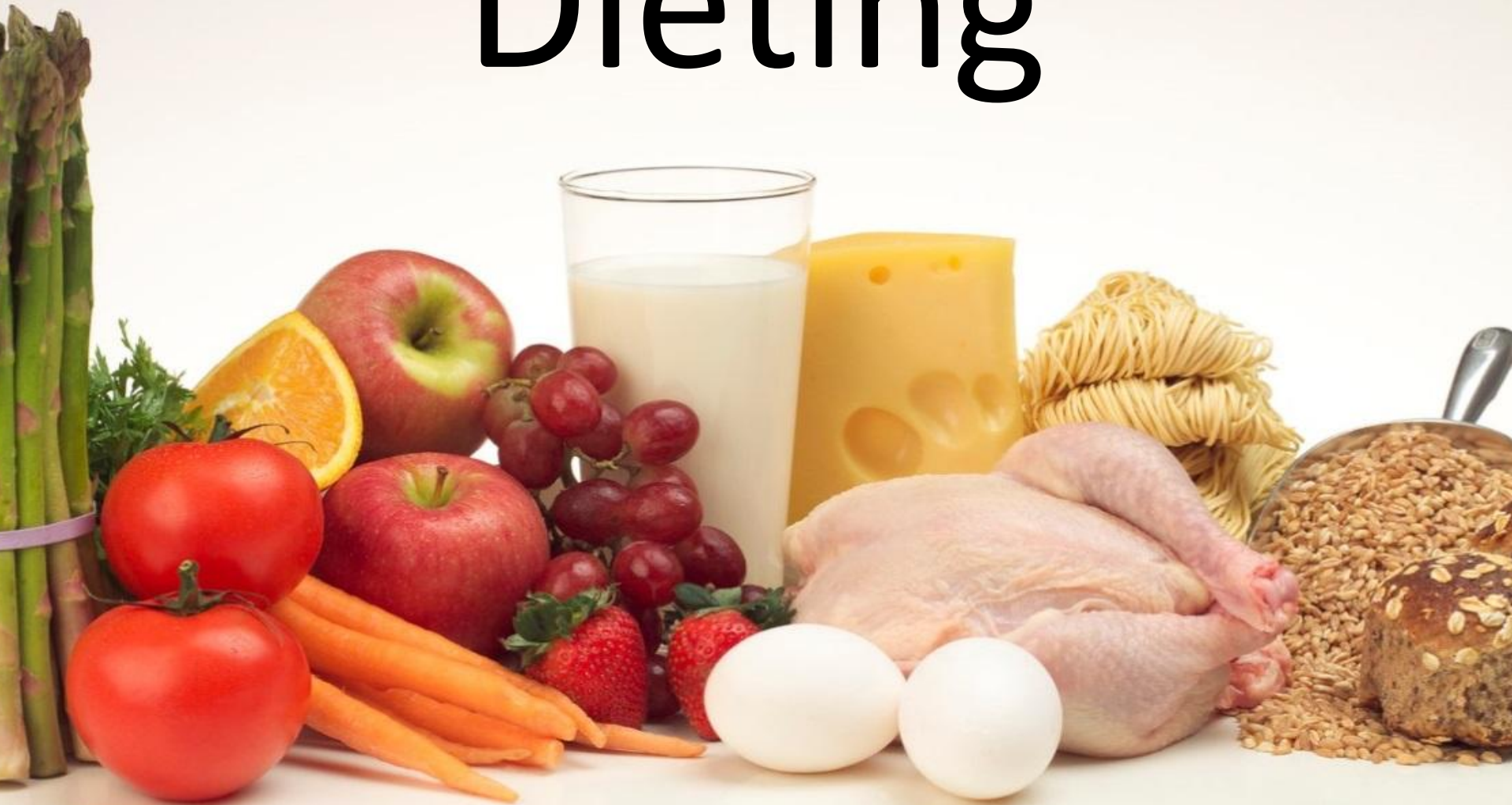
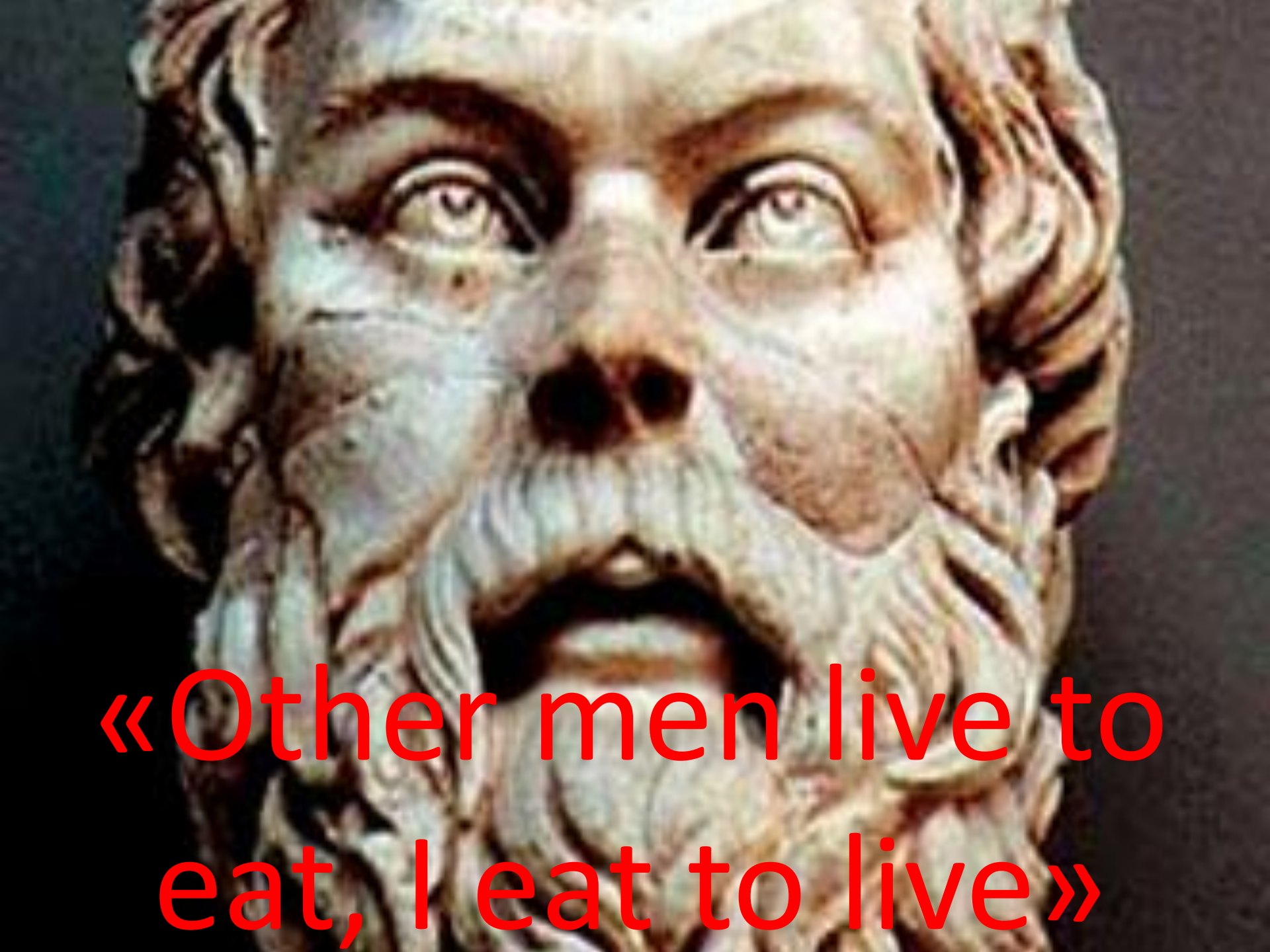


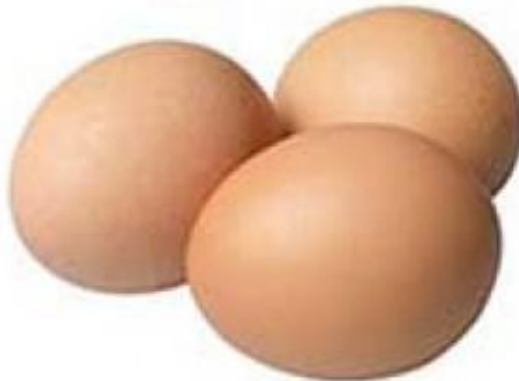
Dieting





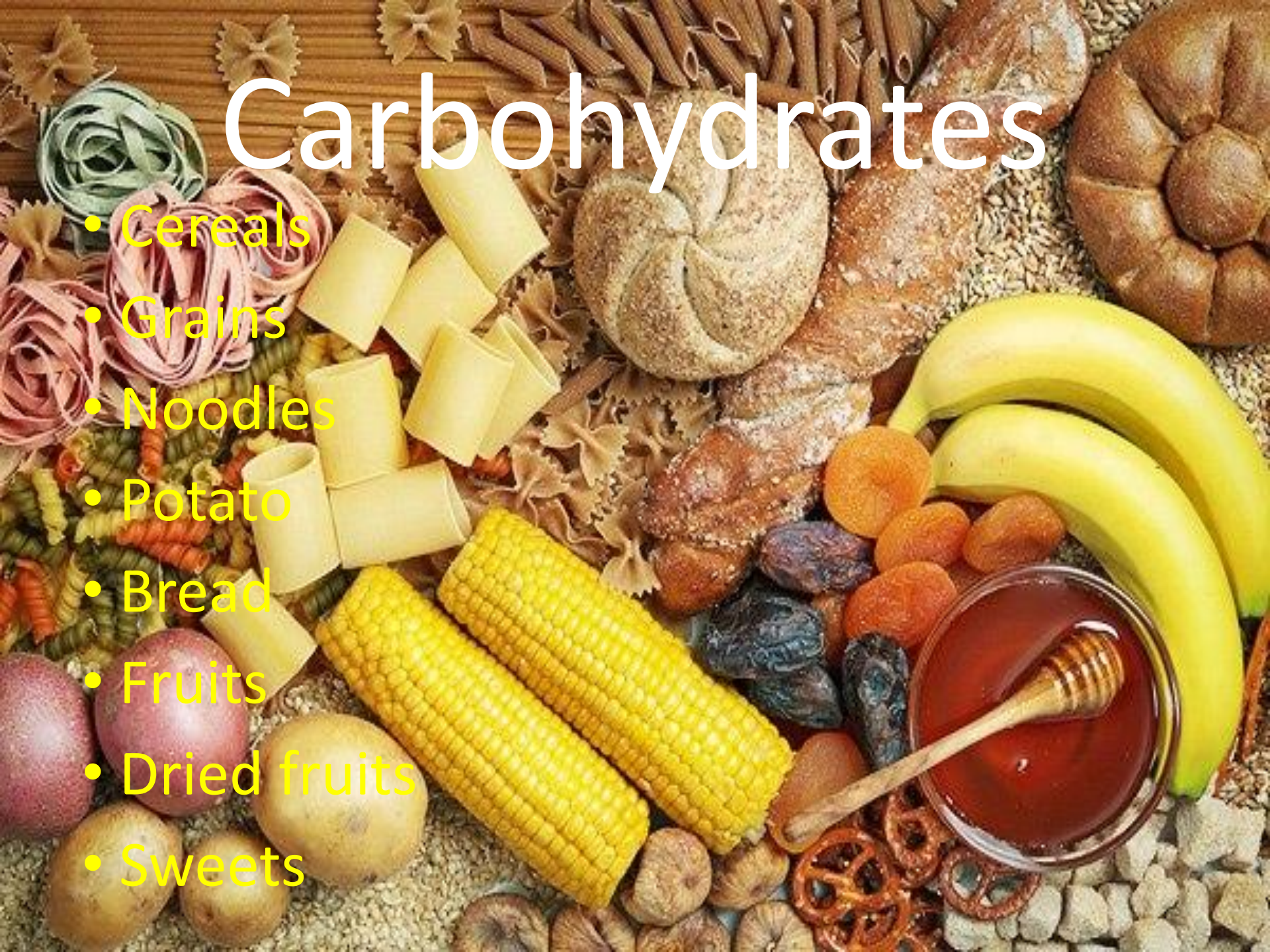
«Other men live to
eat, I eat to live»

Protein



Carbohydrates

- Cereals
- Grains
- Noodles
- Potato
- Bread
- Fruits
- Dried fruits
- Sweets



Healthy fats

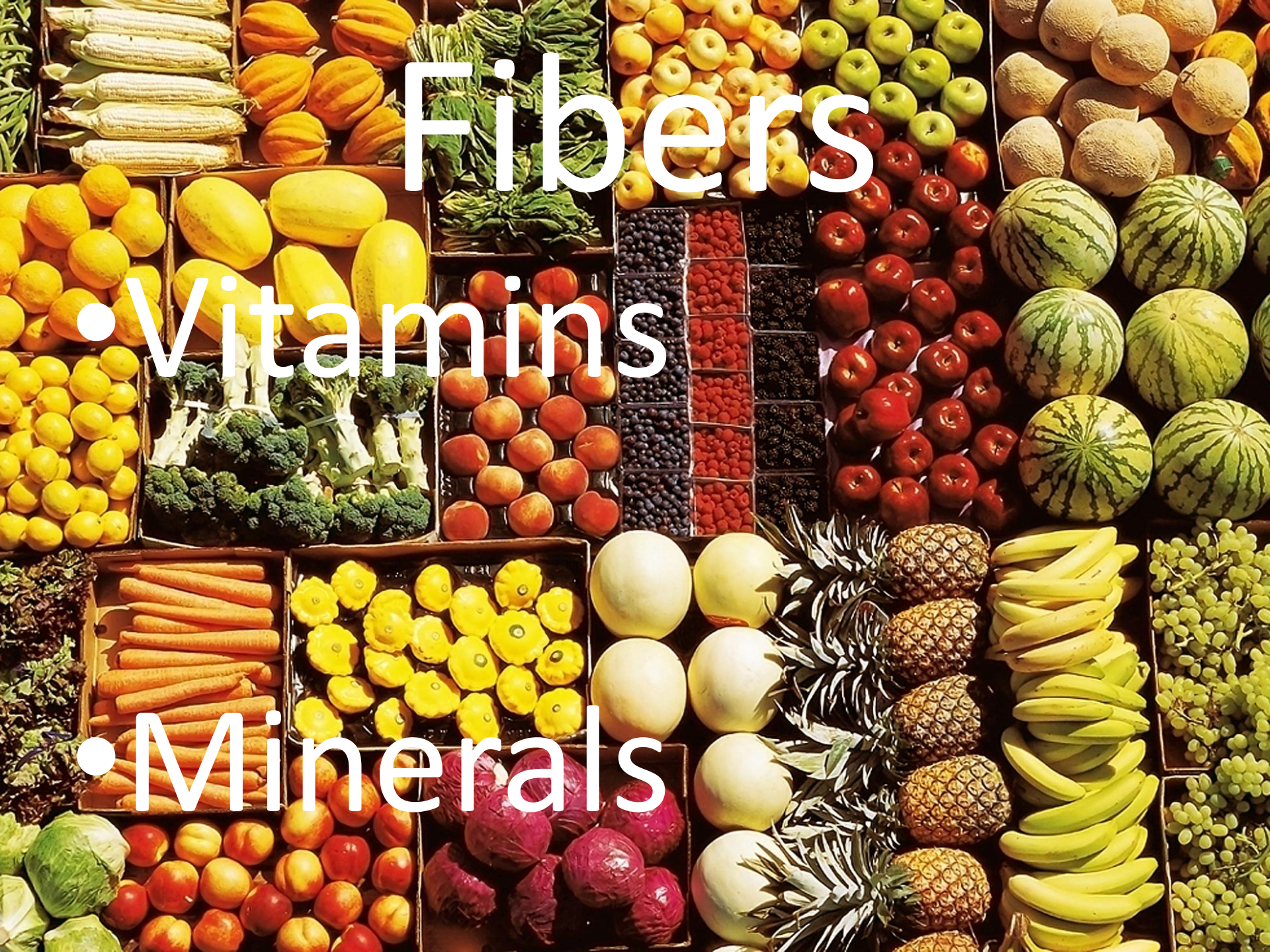
- Salmon
- Avocado
- Flax seeds
- Nuts
- Olive oil





A close-up, high-angle shot of a large pile of fast-food items. The image is dominated by golden-brown french fries, several sesame seed bun burgers with visible patties and toppings, and two slices of pepperoni pizza. Other items include a hot dog in a bun, a chicken nugget, and a slice of pizza with toppings like onions and green peppers. The text "Unhealthy fats" is overlaid in white, sans-serif font across the top center of the image.

Unhealthy fats



Fibers

- Vitamins

- Minerals

Dairy products

- Milk
- Kefir
- Yoghurt
- Cheese
- Cottage cheese
- Sour milk



A bodybuilder with extremely low body fat is posing on stone steps. They are wearing a blue bikini with colorful patterns. The image is used as a background for text about anorexia.

Anorexia

- The desire to loose weight
- Dread of growing fat
- Disgust at the sight of his/her body
- No activities
- It's never enough
- Almost never acknowledge the illness

What is the difference?



Anorexia

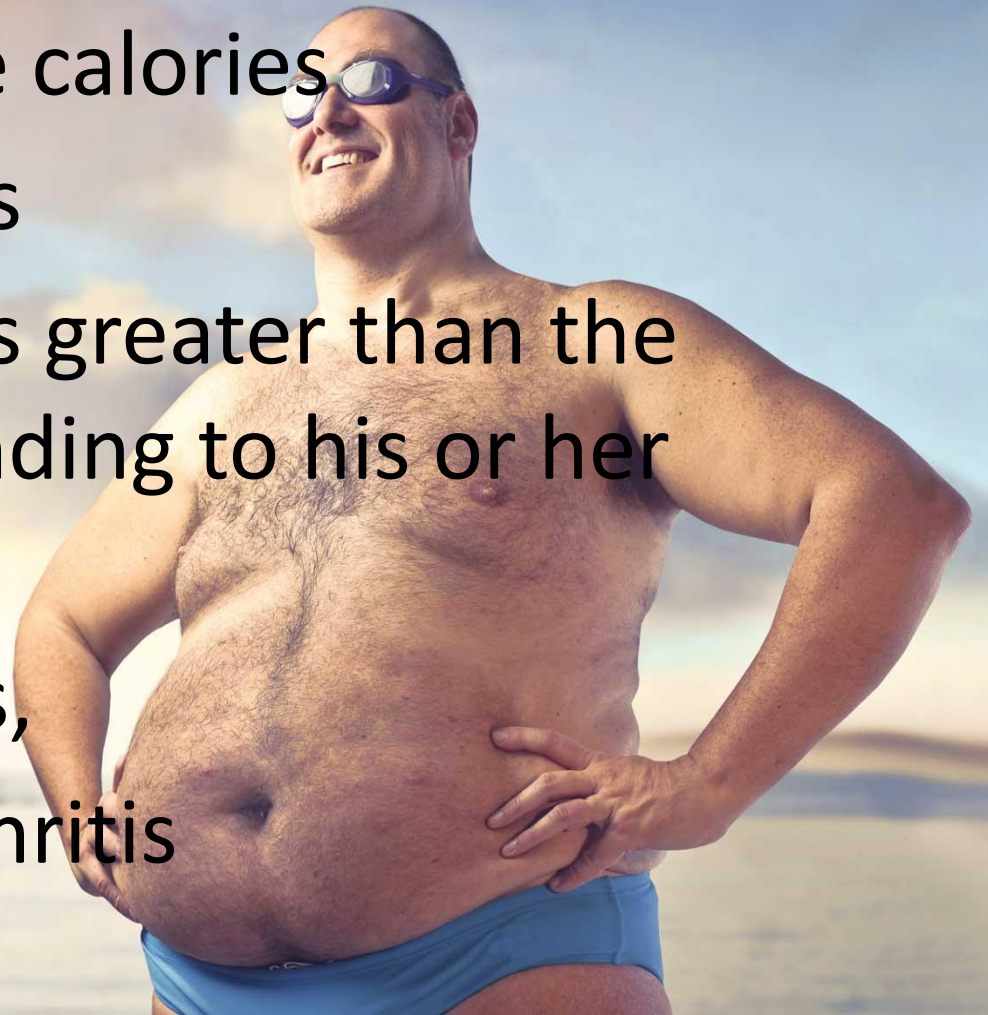
- an attempt to control the whole life and emotions
- self – esteem is based on the fact how many kilos you've managed to lose
- **losing weight is the way to achieve happiness**

Healthy dieting

- an attempt to control only weight
- self-esteem is based on good mood and improving his/her appearance
- the aim of losing weight is to improve a person's health and appearance

Obesity

- Loosing the control over eating
- A person eats more calories than he or she uses
- A person's weight is greater than the standard corresponding to his or her height
- The risk of diabetes, heart diseases, arthritis



Training





- Carbohydrates

- Protein

- Vegetables

- Fruits

- Vitamins



- Eat regularly
- Have a good breakfast
- Do not eat too much before training

Good

Luck!

