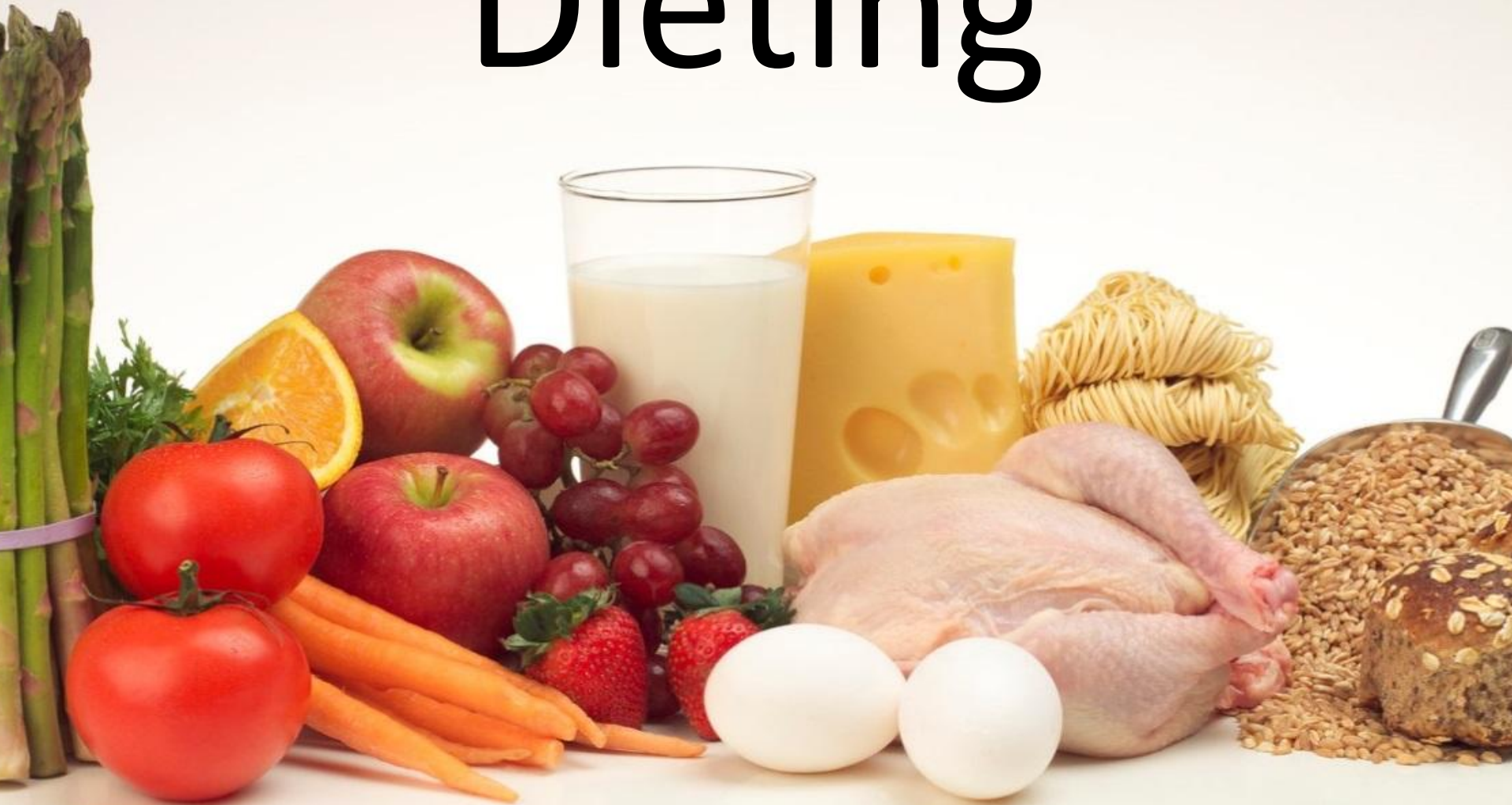
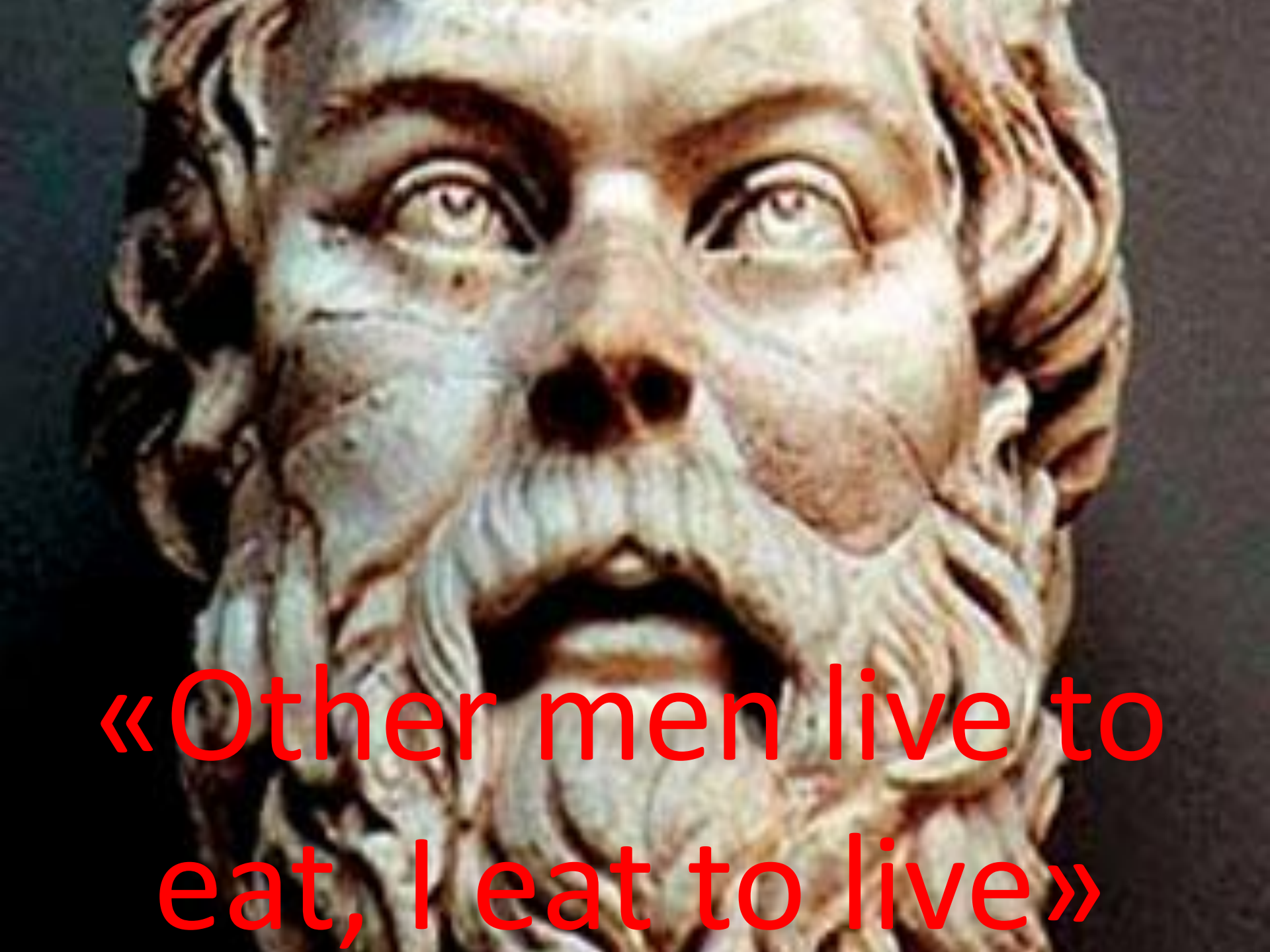


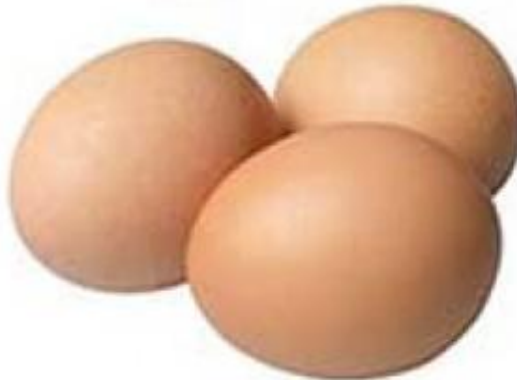
Dieting





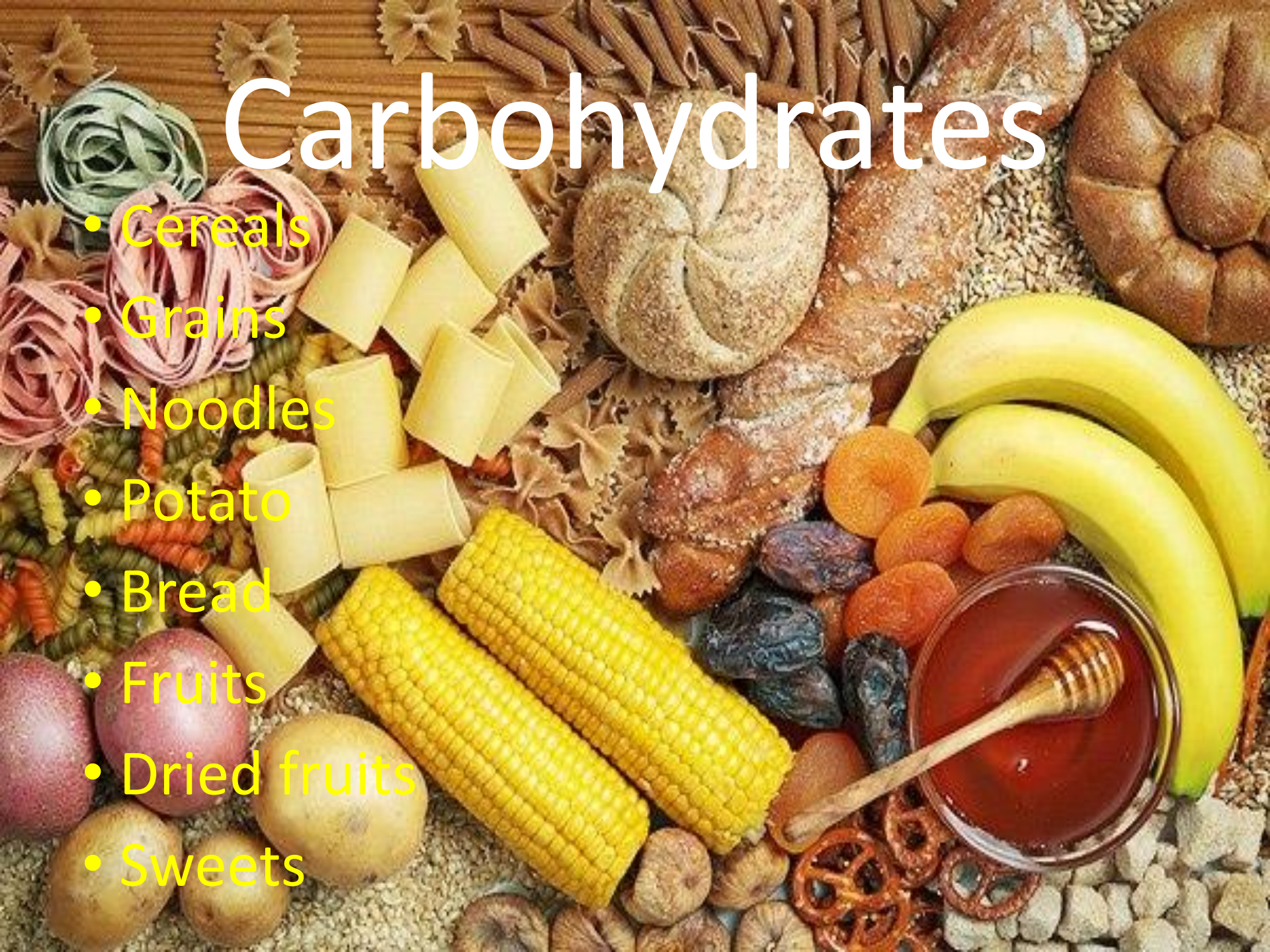
«Other men live to
eat, I eat to live»

Protein



Carbohydrates

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



Healthy fats

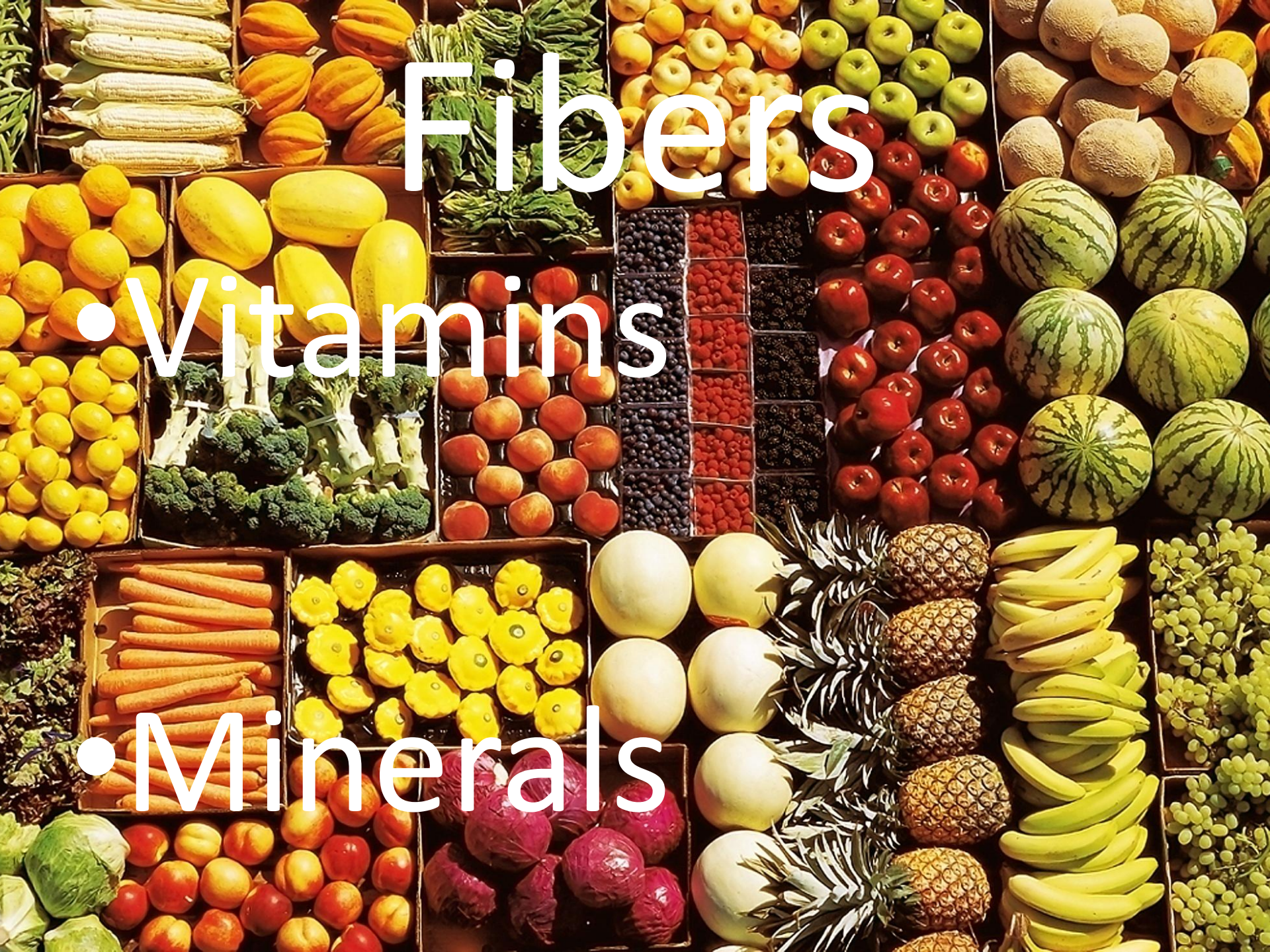
- Salmon
- Avocado
- Flax seeds
- Nuts
- Olive oil





A dense collage of various fast-food items. The image features several burgers with sesame seed buns, a large pile of golden-brown french fries, several pieces of fried chicken, two slices of pepperoni pizza, and a hot dog in a bun. 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 is shown from the waist up, posing on a set of stone steps. They are wearing a blue bikini with colorful patterns. Their muscles are extremely defined, showing a high level of leanness and muscle mass. The background consists of grey stone steps.

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

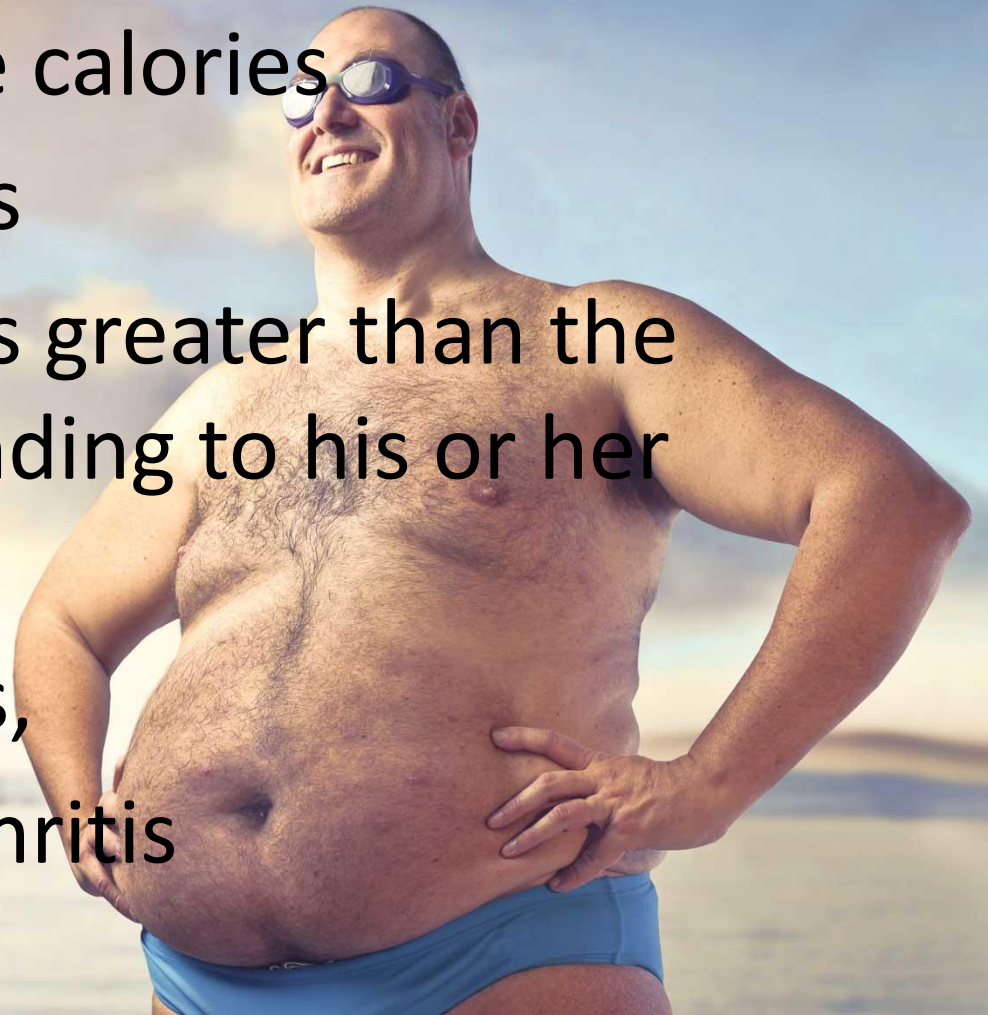
- an attempt to control the whole life and emotions
- self – esteem is based on the fact how many kilos you've managed to lose
- **losing weight is the way to achieve happiness**

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!

