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*Tips: water is important to increase hydrogen levels to help increasing the blood volume*

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## HEALTHY LIFESTYLE



Healthy food is very important for a healthy life. We must pay attention to the food we eat and the water we drink. Healthy food should be clean. You must wash the

vegetables and fruit well before eating them. You must cover the food to

prevent flies and insects from touching it. Healthy food should also be natural

and organic. It is not good to eat food that was made by using dangerous additives

Organic food is better than inorganic ones. Foods which are prepared

at home are better than fast foods. Because fast food has a lot of fats and calories and bad bacteria which are bad and unhealthy.

On the other hand, people who do not eat meat or fish may lack certain nutrients, especially if they are not consuming eggs or dairy products. Moreover, it leads to malnutrition. Becoming a vegetarian will not guarantee good health or a healthy diet. Anyone is at risk of poor health if they follow a vegetarian lifestyle without planning

Finally, a vegetarian needs to make careful choices about their diet, and to eat a wide variety of foods to ensure that they meet their nutritional needs. Some vegans

Introduction: "Health is wealth"

Body1: Fast foods have many dangerous effects.

\*dangerous effects \* avoid having fast foods.

\* health problems ( obesity - high blood pressure)

Body 2: The demerits of vegetarian menu

\* lack of certain nutrients \* leads to malnutrition

\* health problems

Conclusion: A vegetarian needs to make careful choices about his diet.



# Sources of Antioxidants

