Healthy food

Healthy food is very important for our life .It keeps our organs and body fit and health. Fast food is very dangerous for our health.

It contains much fat and sugar . Home-made meals are healthy, fresh and tasty .There are many types of healthy food. We can eat proteins, fats and carbohydrates. We can eat lots of fruits and vegetables to get vitamins .We should drink lots of water daily .We can add green tea, dark chocolates and probiotic drink to our daily diet .Green tea is rich in antioxidants. It helps the body combat diseases.

Dark chocolate is useful for diabetic people . Probiotic drinks can improve our immune system. In my opinion ,we should play sports daily. Walking and swimming are the best and the easiest sports.

Really, when we eat healthy food, we will be healthy.

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