

Eat Smart for a Healthy Start



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What do you like to eat?
Do you enjoy eating fast
food or junk food? 🤔
Although they are
delicious, they cause
different diseases and
health issues because
they are greasy. Here
are some suggestions to
start a healthy eating
diet.

General Problems

First of all, three meals a day are necessary. Some people think that skipping meals can help them lose weight easily. However, it does more harm than good. Some people just care about calories. They replace normal meals with snacks. This is bad for the stomach and it is very unhealthy.



Breakfast

Breakfast is the most important meal of the day. After a long night sleep, we need energy to kick start a day.



Carbohydrates give us energy. In the morning, you can eat wheat buns. Wheat buns contain not only carbohydrates, but also fibre.



Milk is the perfect match for buns. It helps to keep our teeth and bones strong because it has calcium and protein.

Lunch

At lunch, I suggest eating brown rice instead of white rice because it has more fibre. It is better for our digestive system. Brown rice gives us energy as much as white rice does.



You can also eat some vegetables and meat to make your meal more balanced.



However, we should pay attention to the cooking style. We can steam, boil and bake our dish. They are delicious!

After lunch, we can eat some yoghurt. Yoghurt contains less fat and fewer calories than regular ice-cream. They are a substitute for ice-cream.



Dinner

Finally, we can eat salad for dinner. There are many different vegetables in the salad. Different colours of vegetables have different vitamins and minerals.



You can eat some fruit too. Fruit keeps us healthy and strong because they can boost the immune system.

Conclusion

Healthy eating is important for everyone. To keep us healthy, we should eat more fruit, vegetables and grains, but less oil, salt and sugar. And also eat enough of dairy products.



This is my suggestion of healthy eating. Remember to “eat smart for a healthy start”!



Thank You
For
Reading
This
Book!

~The End~