

Healthy Food



Some about food

- Fresh fruits and berries
- Vegetables
- Sweets
- Meat and fish
- sugary soft drinks.



Healthy Food:

- Green vegetables
- Greens and Salads
- Spinach
- Fresh fruit and berries
- The meat of turkey and chicken
- Eggs
- Nuts, dried fruits
- White bread and pasta whole grain
- Sunflower oil, olive oil
- Ocean fish, seafood
- Low-fat milk or soy milk drinks
- Nuts, seeds and legumes



Vitamins





Vitamins

- Vitamins **A**, **D**, **E** and **K** can be found in health food. The following foods are good sources of:

A:

- * *Sweet potatoes*
- * *Carrots*
- * *Beef Liver*
- * *Cabbage*
- * *Mango*
- * *Spinach*
- * *Melon*
- * *Apricots*
- * *Red pepper*
- * *Papaya*



D:

*** Milk**

*** Cod liver**

*** The bones of sardines, herring**

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E:

- * Almonds and other nuts**
- * Avocados**
- * Whole grains**
- * Vegetable oil**
- * Sunflower seeds**
- * Wheat**

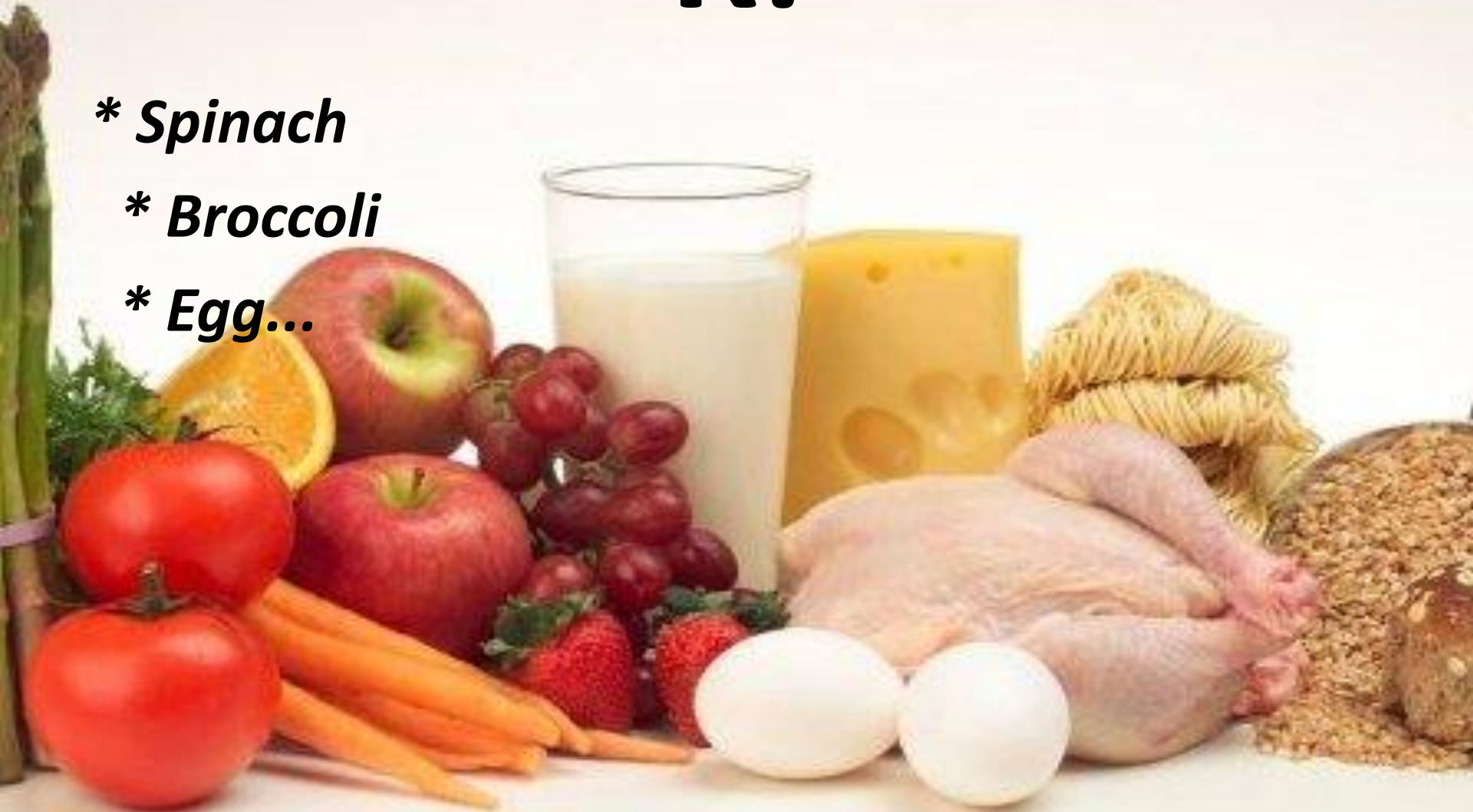


K:

** Spinach*

** Broccoli*

** Egg...*





C:

- * Citrus fruits, including oranges, grapefruit, tangerines, lemons*
- * Tomatoes*
- * Vegetables*
- * Melons*
- * Pepper*
- * Broccoli*
- * Papaya*
- * Berries, including strawberries, blueberries, raspberries*