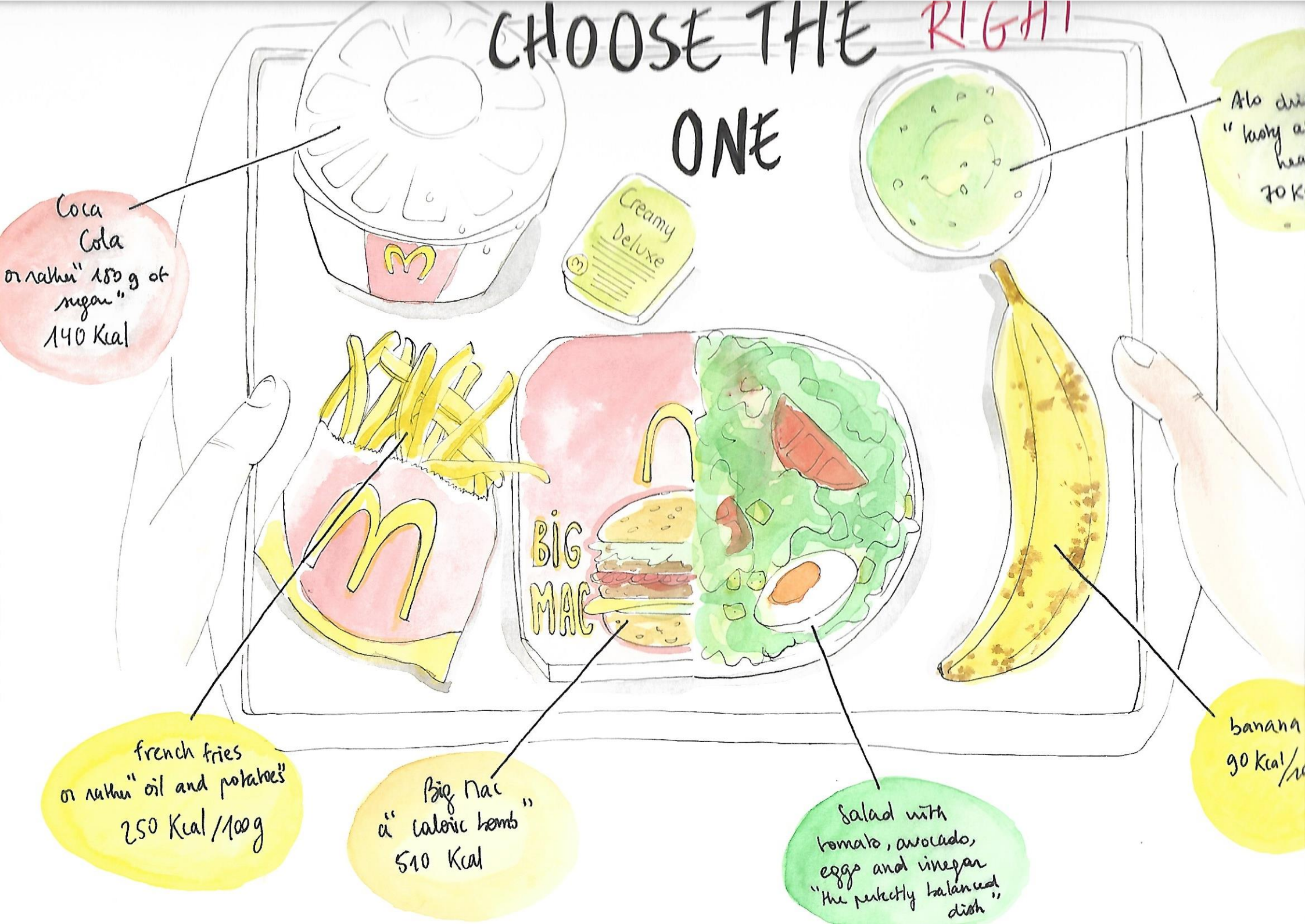


CHOOSE THE RIGHT ONE



Coca Cola
or rather "180g of sugar"
140 Kcal

Also drink
"healthy" a
hour
70K

french fries
or rather "oil and potatoes"
250 Kcal/100g

Big Mac
a "caloric bomb"
510 Kcal

Salad with
tomato, avocados,
eggs and vinegar
"the perfectly balanced
dish"

banana
90 Kcal/100g

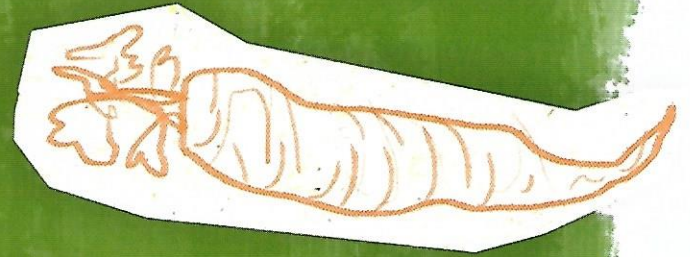
EAT....



...Like

WINNERS DO!

THOSE
AREN'T
NASTY

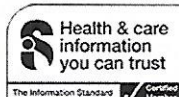


think twice about
what you eat, be
conscious of your
state of health,
avoid what
really is nasty for
you

BUT
JUNK FOOD
SURE IS.



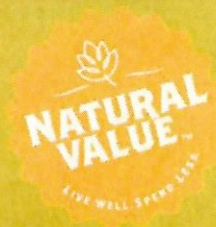
go visit www.nutrition.org.uk for more information





before becoming a super hero, it's time to take super healthy food habits

learn about health conditions, healthy
eating, nutrients and vitamins



ONLY THE DEATH WILL EAT THAT

JOIN US : WWW.BEHEALTHY@ICLOUD.COM



EVEN IF YOU LIKE THE TASTE OF JUNK FOOD, THIS IS HURTING YOUR BODY. IT CAN BRINGS YOU TO OBESITY

JOIN US :
WWW.BEHEALTHY@ICLOUD.COM



COME AS YOU ARE
DOESN'T MEAN
BECOME UNHEALTHY

IF YOU ARE A HEALTHY PERSON
YOU ARE PROBABLY AS HAPPY
AS THOSE PEOPLE. UNHEALTHY
WAY OF LIFE CAN BRING YOU
TO A DEEP DEPRESSION.

JUNK FOOD IS DANGEROUS!



JUNK FOOD IS VERY BAD FOR
YOU. TOO MUCH JUNK FOOD
WILL BRING YOU TO SICKNESS
AND AN EARLY DEATH.

JOIN US :
WWW.BEH LTHY @ ICLOUD . COM



WE WANT THE
BEST FOR OUR

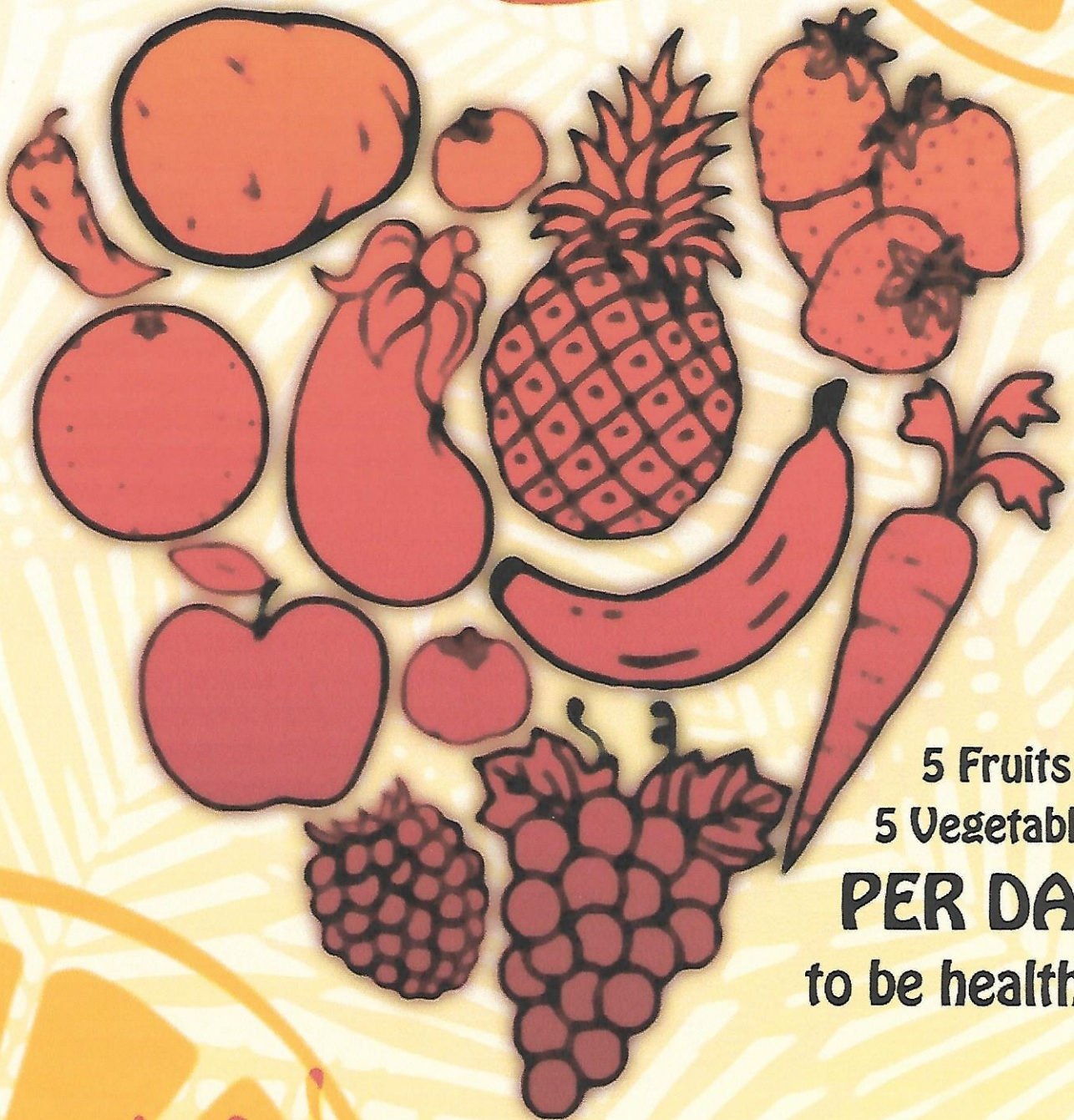
CHILDREN



Fruits and vegetables

want you good

so fresh
so tasty



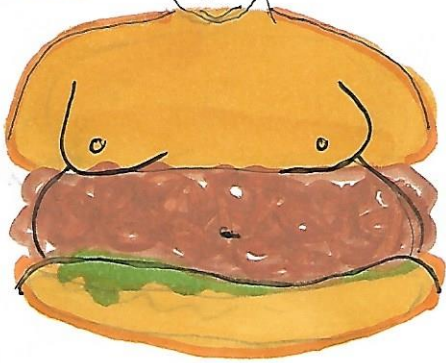
5 Fruits &
5 Vegetables
PER DAY
to be healthy



so good

HEALTHY FOOD GREAT

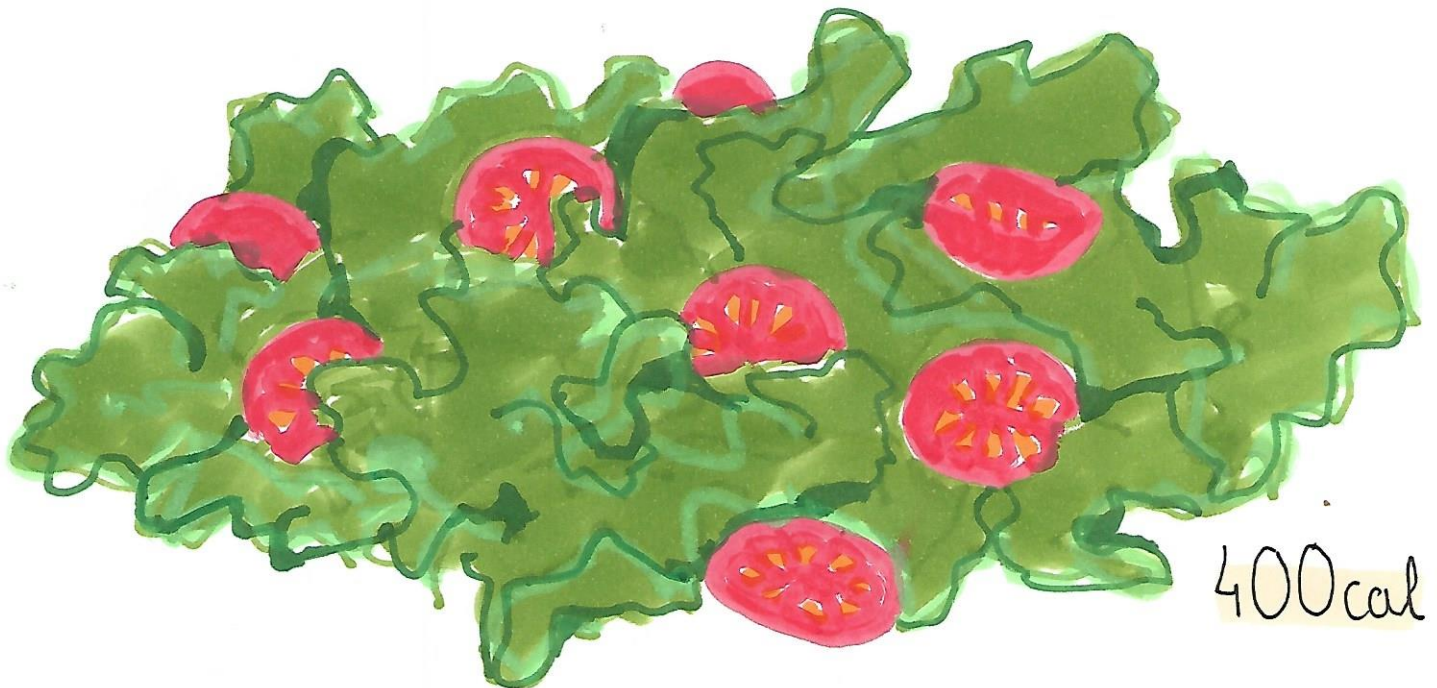
800 cal



FOR A BETTER HEALTH:

*Eat balanced
Watch out the quantity
Vary food*

ABOVE ALL, INDULGE YOURSELF!



400 cal

www.healthy.food.com