Eat Smarter

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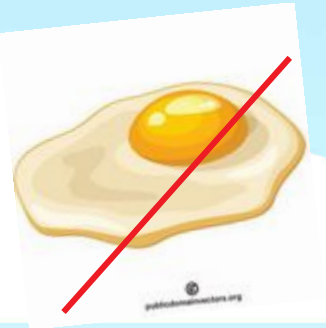
Quite a lot of people are fat and unhealthy. I would like to talk about how to promote healthy eating for everyone.

Breakfast

We can eat sandwiches for breakfast. Eggs with cheese, ham or avocado are some good choices. They can give your body the vitamins and nutrients that you need. We can also eat boiled eggs too! They do not have oil. We should not eat too many fried eggs because they are oily.



Lunch

Protein is very important for us, it keeps our bones and teeth strong. We can eat boiled chicken and baked salmon for lunch. Boiled and baked food has less fat and calories so that they're healthier. For carbohydrates, brown rice is a smarter choice because it has more fibre and helps with our digestion. It gives us energy just like white rice.

Dinner

For dinner, we can eat salad. Vegetables in different colours provide various vitamins and minerals. You can put tomatoes, bell peppers and carrots in your salad. They keep us healthy and strong. You can match the salad with grilled steak as it has less oil. You should not eat too many French fries and too much pan-fried steak because they are high in salt and they make us fat.

Healthy snacks

Many people like to eat snacks between meals. Ice cream, potatoes chips and candies are everyone's favourite. However, they are high in salt, sugar and oil. So, we should choose snacks wisely. Nuts or dark chocolate are better choices. Frozen yogurt is a healthier version of ice cream. They are very delicious.

Health is important. Everyone should take good care of himself or herself by eating healthily. I hope my suggestions are useful for you.

THE END