

10 TIPS FOR HEALTHY EATING



Drink a glass of milk every day.



Eat plenty of fruits and vegetables for a healthy body.



Eat a balanced diet rich in proteins, minerals and vitamins.



Drink at least 2 litres of water every day for proper digestion.



Eat chapattis and whole wheat bread as they are rich in fiber.



Eat sweets once in a while as too much of them can cause tooth decay.



Always eat small portions of food at one time.



Avoid eating when your stomach is full.



Balance your meals with playtime activity.



Eat healthier snacks and avoid junk food.

