Eat healthy

We need to be sure. We have to be safe,

a good diet with the essential nutrients,

And for much energy eat good proteins

but don’t forget physical activity

Get vitamins from food don’t take pills

They give you the energy to play all day long

They help your body to work out stronger

But if you don’t eat you won’t survive longer.

Enjoy a wider variety of foods

cereals, fruit, vegetables and legumes.

You need a balance of carbohydrates

proteins, fibers, vitamins, potassium,

so you are able to keep your fat to a minimum.

Add calcium for stronger bones

limit sugar and sugary drinks

check labels and choose low-salt

or reduced-sodium products.

Think of water and exercise as food groups in your diet.

To flush your system

of waste products and toxins,

drink water and your body is clean.

Love for life isn’t a diseases

intoxication can hurts your body

you must fight against it.

This is our goal

develop and maintain your diet for life,

avoid fad diets

which wouldn’t be safe.