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**HEALTHY FOOD**

Food is an essential part of our daily life. It’s very important to choose the right food nowadays. Healthy and balanced diet is useful for every person. Food contains nutrients, such as proteins, vitamins, minerals, fats, carbohydrates.

Different types of food contain different nutrients for our body. Some supply us with carbohydrates, some with proteins or fats, some with vitamins and minerals, etc. There is even a special line of products, called low-fat. [One should note](http://study-english.info/syntax004.php) here that we do need some kinds of fat, but the saturated fats from animal products, like red meat, butter and cheese, can be really bad for health.

Friendly fats can be found in avocados, nuts and seeds, olives and tuna fish, and in some other products. Some people cut down on too much sugar and salt, which is also a good idea. It has long been known that the food as hot-dogs, sandwiches, cheeseburgers and hamburgers differ with the highest caloric value and contain cholesterin. Such meal isn’t only not useful, but also dangerous to health.

Doubtless, one of the healthiest types of food is fruit and vegetables.

They are very useful, because contain antioxidants or vitamins contributing our organism proper operation. Such organic products can be only useful if they don’t contain any chemicals and additives, which has become a common phenomenon in modern supermarkets.

There is abundant evidence that all meat products rich in iron that is necessary to our organism and fish have proteins and cod-liver oil.

These particular products are irreplaceable albumen source. Furthermore, one [should](http://study-english.info/modal.php) not forget that another problem is modified food. It’s much cheaper than ordinary food, which is why people often buy it [one should, however, not forget that](http://study-english.info/syntax004.php)  modified food can lead to dangerous diseases. To draw the conclusion, one [can](http://study-english.info/modal.php) say that the food people eat depends a lot on their culture, religion, beliefs, health and other factors.

However, some rules are common for everyone. They are: less fat, sugar and salt; and more water, vitamins, fresh fruit and vegetables.

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