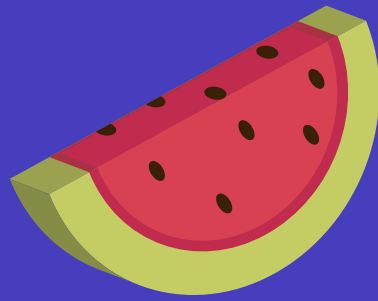


# TIPS TO BE HEALTHY

## *food*

**WATER KEEPS THE DIGESTIVE SYSTEM  
AND THE KIDNEYS FUNCTIONING  
CORRECTLY**

*choose healthy snacks such as a piece of  
fruit or carrot*



***YOU SHOULD EAT FIVE TIMES A DAY***

***TRY AVOID SUGARY FOOD AND  
DRINKS AND REMEMBER TO  
DRINK PLENTY OF WATER***