

A “Healthy” talk



Everyone wants to stay fit, don't we? Well, the key points to stay fit just lie in front of our eyes but we are unable to see it!

On 1st April 2019, Mrs. Muthu Lakshmi, nutritionist from Nutrizone addressed the students of PSBB T.Nagar about healthy eating habits. She briefed them about how much and when a person should eat. “We should only eat when we feel hungry and not keep munching on junk and other foods at improper timings”, she said.

The body can only take a certain amount of food at a time and finds it difficult to breakdown the excess food ingested. It is important to eat well and have a balanced diet to be healthy. Carbohydrates and fats - the energy giving foods, Proteins - the body building foods, Vitamins and Minerals - Protective foods are the nutrients which help our body to function properly. Deficiency or excess of any of these may cause some health issues.

Water is another essential component of our diet. It keeps the body hydrated and ensures smooth working of all the organs and the systems. This helps the person to stay healthy and active. Each person should at least consume 8-9 glasses that is about 2-3 liters of water daily, emphasized Mrs.Muthulakshmi.

Consuming a balanced diet, regular exercising, wise selection of food items and maintaining proper intervals for eating can help one avoid many life threatening diseases , She ended saying a fruit-full life is a fruitful life.

IVY SCRIBES – Media Club
PSBB T. Nagar