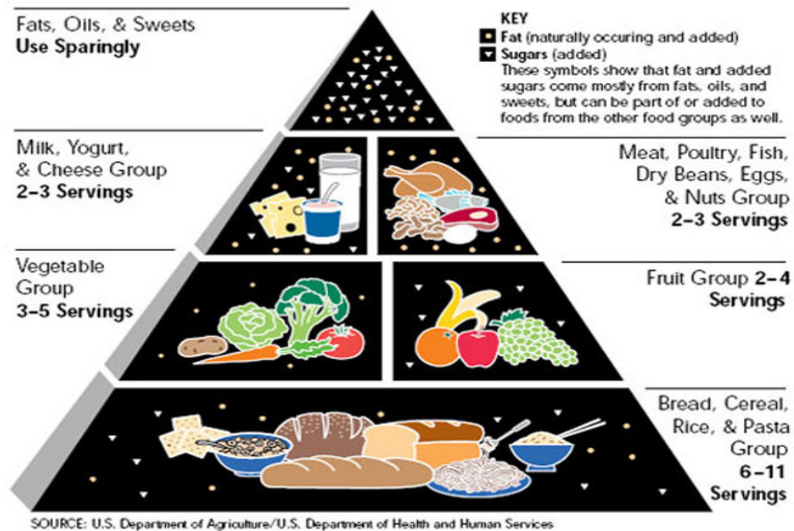


Healthy lifestyle



Sport+fruits&vegetables+water=healthy lifestyle

By Șerbu Cătălina



- Eat small portions of food. Chew it well !
- Eat fruits or desert after 30 minutes from the last time you ate. Also, avoid deserts at night because it slows the digestion.
- Excessive consumption of acidic fruits can affect the digestive system and the tooth enamel.
- Drink plenty of water. At least 2l per day ! Make sure it is a calitative one.
- Don't drink water while eating. Try to drink it 30 minutes before and after your meal.

