

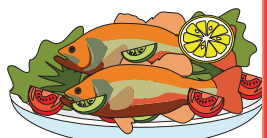
Healthy and Unhealthy Foods

Healthy Food

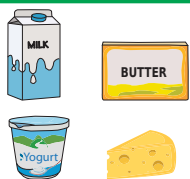
Healthy food is rich in vitamins and minerals and promotes good health. It includes fruits, vegetables, whole grains, and dairy that is low in fat and sugar.



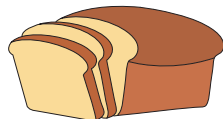
fruit



fish



dairy



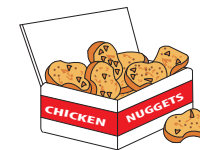
bread



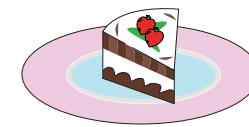
rice

Unhealthy Food

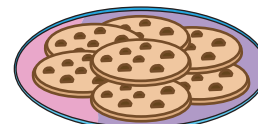
Unhealthy food is high in added sugars and fats, and can lead to nutritional problems. Examples include sodas, and fried



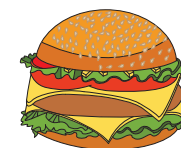
processed meat



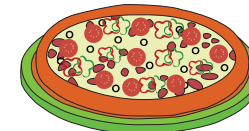
cake



cookies



burger



pizza

Preview

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