

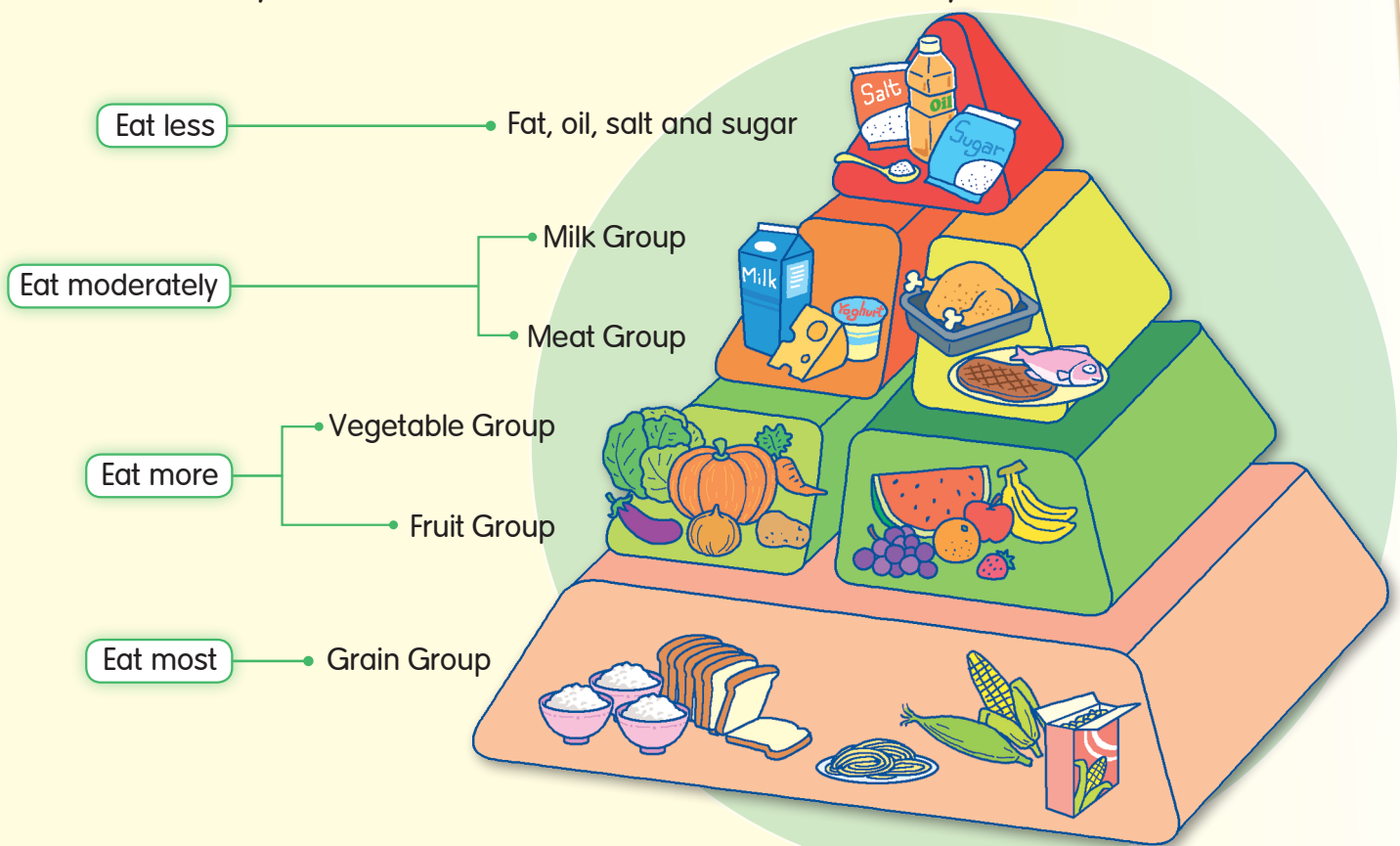
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Be a smart eater

Jane is reading a magazine article on healthy eating and a doctor's response to a reader.

Healthy Diet

The Food Pyramid shows us how we can eat healthily.



To stay healthy and fit, a balanced diet and regular exercise are very important. We should eat more grains, vegetables and fruit because grains give us energy while vegetables and fruit give us vitamins and minerals. We should not take in too much oil or fat. We should eat grains, vegetables and meat in a 3:2:1 ratio. We should also drink plenty of water.



Letters from Readers

Dear Dr Chan,

I am much heavier than I was last year. My mum complains that I eat too many snacks. What should I eat to stay healthy?

I love drinking milk but my stomach ached after drinking milk last week. Why?

Flora

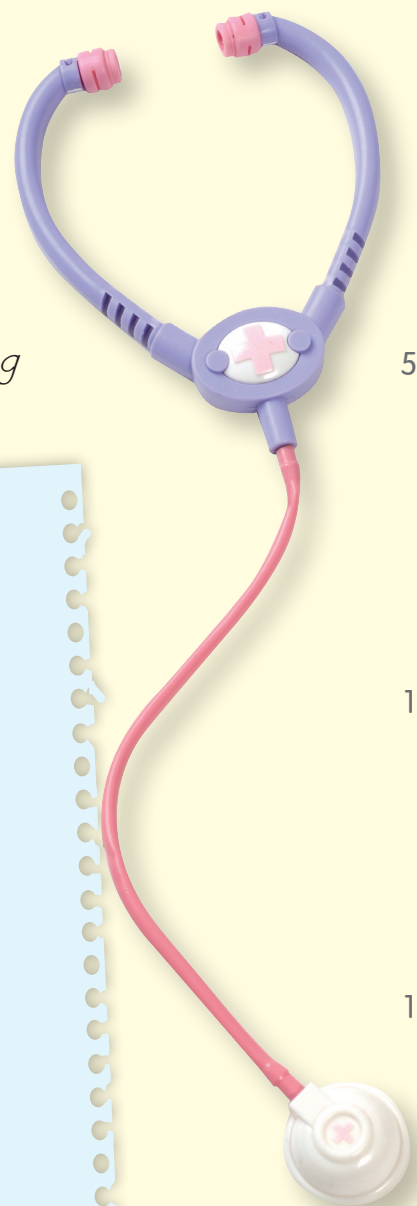
Dear Flora,

You must eat fewer snacks. Ice cream is **made from** milk, fat and a lot of sugar. Potato chips have too much oil and salt.

Choose healthy snacks. Look at the food labels when you go shopping. They tell you what the food is **made from**. Some healthy snacks are **made from** natural ingredients. Food labels also tell you where the food is made and who made it. For example, some cereals are **made by** big food companies.

I am sorry that you got sick after drinking milk. Did you check the expiry date? We should **use** the product **by** the expiry date. Take care and eat healthily!

Dr Chan



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