***ADVANTAGES AND DISADVANTAGES OF EATING HEALTLY***

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| ***ADVANTAGES OF EATING HEALTHY FOOD:**** ***Keeps you strong***
* ***Protect your immune system***
* ***Keeps skin healthy***
* ***Prevents osteoporosis***
* ***Regulates intestinal transit***
* ***Improve your mood***
* ***Reduce stress***
* ***Improves brain performance***
* ***Take care of the heath ok your future children***
* ***Protect the heart***
* ***Helps prevent eye problems***
* ***An ally against breast cancer***
 | ***DISADVANTAGES OF EATING HEALTHY FOOD:**** ***Is more expensive***
* ***Is more difficult to transport***
* ***Is less tasty and variable***
* ***Is difficult to maintain a healthy diet for a long time or on occasions of celebrations***
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**Do you agree or do you disagree?**

 

 

  

 