

Nowadays, health is one of the most important aspects in our society. Normally, we associate it with visiting a doctor or going to the hospital, but it's much more than that. Health encompasses the way we nourish ourselves and the physical activities we engage in each week.

Numerous studies have shown that the food we consume daily is crucial for maintaining our health. There is a saying in the Basque Country (Spain) that goes: "The more colorful the food, the healthier it is." Therefore, we should ensure that our diet includes proteins, fats, carbohydrates, fiber, and other essential nutrients. Another Spanish proverb that fits well in this context is: "Todo es bueno en su justa medida" (Everything is good in moderation).

I would like to make a suggestion to you. Aim to eat 4-5 servings of fruit every day and avoid juices and similar beverages. While juices may be tasty and refreshing, they often lack the fiber and other nutrients that are important for our health.

You may already be familiar with the information I've shared, but it's always valuable to discuss food and be reminded of key factors for maintaining health and happiness.