**Healthy food options**



Healthy food refers to foods that provide essential nutrients to support overall health and well-being while also promoting optimal growth and development. These foods are typically rich in vitamins, minerals, antioxidants, fiber, and other essential nutrients, and they are often low in added sugars, unhealthy fats, and excessive calories. Incorporating a variety of healthy foods into your diet can help reduce the risk of chronic diseases such as obesity, heart disease, diabetes, and certain types of cancer. Here I have added below some kind of healthy meals.