Fit Kids Games

Health info

* Eat a variety of foods
* Base your diet on plenty of foods rich in carbohydrates
* Replace saturated with unsaturated fat
* Enjoy plenty of fruits and vegetables
* Reduce salt and sugar intake
* Eat regularly, control the portion size
* Drink plenty of fluids
* Maintain a healthy body weight
* Get on the move, make it a habit!
* Start now! And keep changing gradually.

From:

<https://www.eufic.org/en/healthy-living/article/10-healthy-lifestyle-tips-for-adults>