

*THE RIGHT MEAL*

# BỘ 3 CÔNG THỨC

01

## Món mặn

Eating healthy foods helps maintain a balanced body weight.

## Salad

Nutrients found in healthy foods, such as omega-3 fatty acids, antioxidants, and B vitamins, can improve brain function.

02

## Bữa ăn nhanh

Eating healthy foods regularly can improve your overall quality of life.

03

