

Health is real wealth



- Chew well for strength and better digestion.
- Chewing food thoroughly is a good habit.
- Eat fruits and veggies for a fulfilling life.
- Less junk food, more movement, fruits and veggies for a balanced diet.
- Finish breakfast, the most important meal of the day.
- Junk food is unhealthy.
- Your diet affects your health.
- Eat to fuel your body, not your emotions.

