

The most immediate benefit from adopting a healthy diet is that it can lower blood pressure.



Therefore, a healthy diet requires high quality food and good quality food.



Don't forget to drink plenty of water, at least 3 litres a day.



It is not "lose weight to get healthy".
It is "Get healthy to lose weight"

A healthy diet

WHAT THE HEALTH



Many people choose a different diets for various reasons, but the main reason is for health. However, dietary trends have emerged and have an importance on people's choice of consumption.

AMCHER Nada
BOUTEZ Thomas
BELLIER Constance
BERLIO Clémence