

# 4 TIPS TO EAT HEALTHY

## Healthy Diet



There are different types of diets that serve us to carry out a healthy diet: Mediterranean diet, vegan, organic, etc.

## Your Needs



Of all the types of diets that exist each one is different from each other, so each person will have to adapt their diet to their needs.

## The Nutrition



Remember that you can follow any diet, provided that the basic elements of nutrition: carbohydrates, proteins, fats, minerals and vitamins.

## What is advisable?



A balanced diet accompanied by weekly exercise, as well as enough rest in the day to day.