

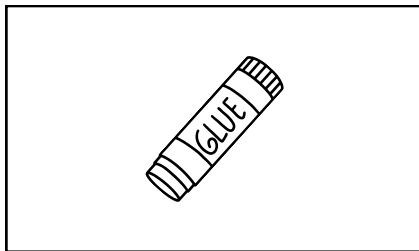
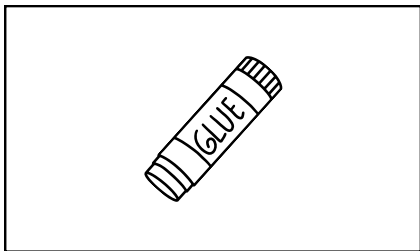
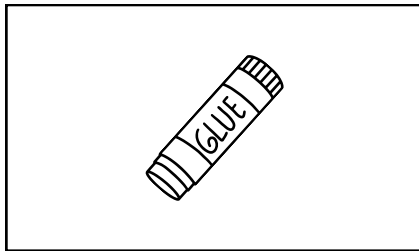
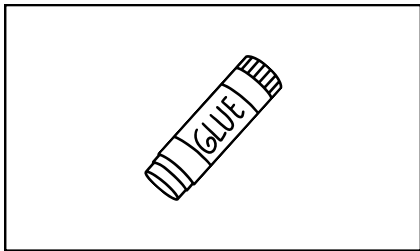
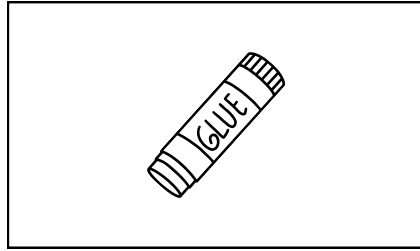
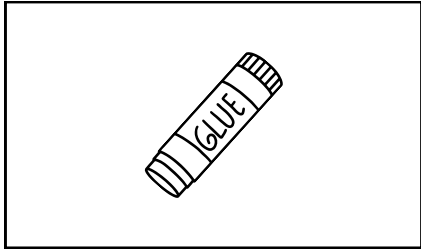
MINIDOCTOR

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ADVICE



HEALTHY HABITS



BALANCED DIET

Eat fruit and vegetables every day.

Eat carbohydrates every day.

Eat dairy products every day.

Eat protein 3 to 5 times a week. Eat very little fat and sugar.

Wash your
hands before
eating!

Brush your
teeth after
eating!

Sleep 10 hours
every day!

Have a
shower every
day!

Drink water
every day!

Do exercise
regularly!

