

Title:

Are your eating habits healthy?

Word Count:

333

Summary:

Healthy eating is one of those things that everyone wants to do, but no-one is quite sure how

Keywords:

healthy, food, nutrition

Article Body:

Healthy eating is one of those things that everyone wants to do, but no-one is quite sure how

The key to healthy eating is one little word: balance. You need to balance all the different f

The average person eats too much carbohydrate (in the form of sugar and pasta) and fat (unheal

Apart from carbohydrates, proteins and fats, the other things you need to worry about are vita

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