

FOOD AND HEALTH

Scientifically proven that what we eat positively or negatively affects our health. Especially, eating poorly predisposes to some very serious diseases: obesity, diabetes, heart disease and cancer.

Obesity is a **disease**, first it causes damage to the heart, liver, kidneys, skeleton and reproductive system, and also predisposes to future problems, such as the development of cancer and diabetes.

Obese children and teens also find difficulty playing with their friends, so they have a harder time socializing and therefore they are sadder than their peers. Unfortunately, obese children and teens are also victims of “**bullismo**” - bullying.

In today's Italian society, whether it is fair or not, our physical appearance affects what others think about us.

Children and teens can be of **normal weight, overweight or obese**. A normal weight child when he is thin with no belly. When he has a little belly and a little buttock, he begins to be overweight. When the belly and buttock getting more, the child is obese. An obese child is a sick child.

To prevent and treat overweight and obesity, it is essential that the children, but also adults, get moving, playing and spend a lot of time outdoors.

It is essential to follow a **healthy diet**. How to evaluate whether the food you eat with your family is good or not? Just look at the image of the **healthy plate**, which tells us how full our plate of various foods must be.

Half of the plate should be full of fruits and vegetables. We must also eat cereals (pasta, rice, bread, couscous, etc.) in moderate quantities, proteins (white and red meat but mostly legumes, i.e. beans, lentils and chickpeas), fat (it is better oil than butter) and occasionally a little sugar (sweets or candies for example). It is better to eat what we cook at home rather than to buy the ready-made at the supermarket, so we know what is inside.

Packaged products and snacks are not healthy: sugary drinks, chips, fast food, candies, snacks, etc. Alternatively, we can drink fruit smoothie or tea, eat fruit as snack, make burger and cakes at home.