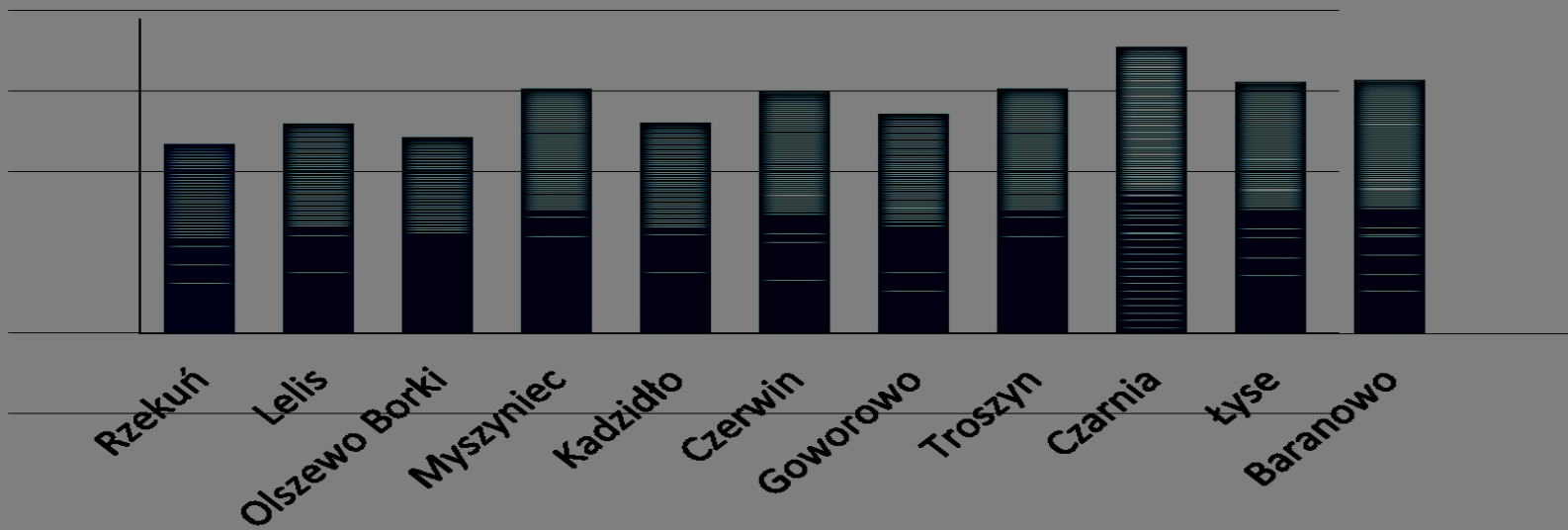


# TROCHĘ DANYCH CD.

## NIEPRAWIDŁOWY POZIOM TRÓJGLICERYDÓW W POSZCZEGÓLNYCH GMINACH



# EATING HABITS

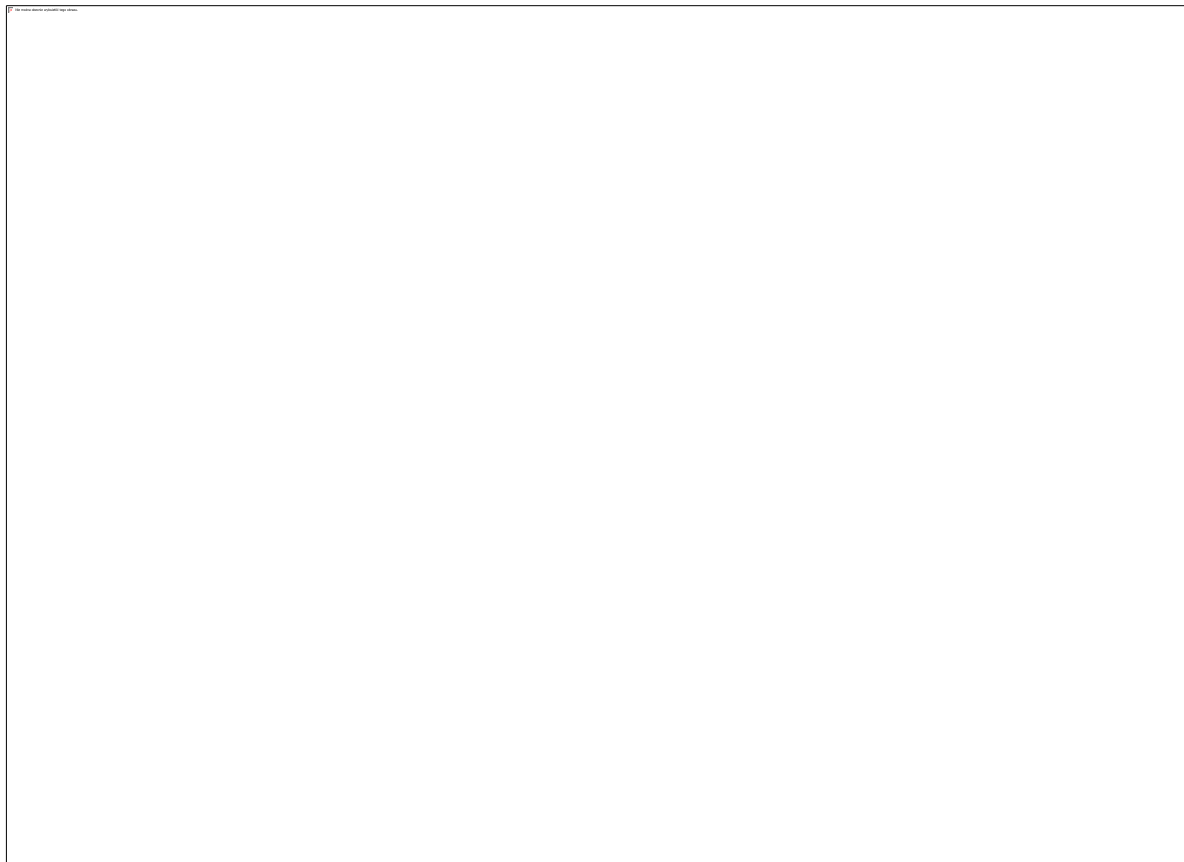
Characteristic and repeatable behaviour that starts developing in early childhood. At first parents play central role in this process, then school environment. Eating habits are also hugely influenced by trends, peer pressure and omnipresent advertisements.

**EATING HABITS MAY BE DIVIDED  
INTO:**

**HEALTHY**



**UNHEALTHY = BAD**



# Bad eating habits cont.

Unhealthy eating habits may lead to different diseases such as :

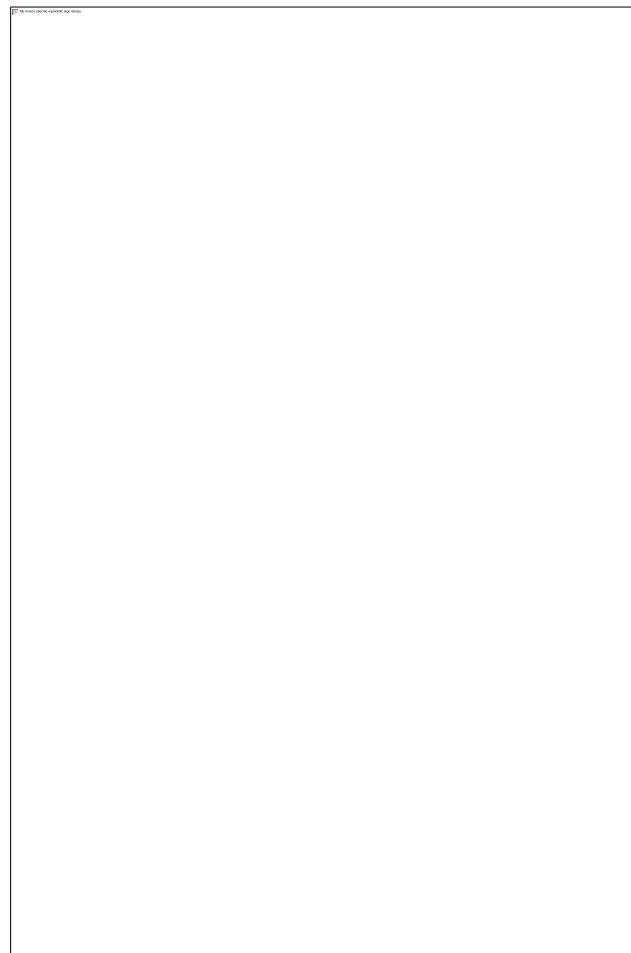
- obesity,
- cardiovascular diseases i.e. atherosclerosis, arterial hypertension, ischemic heart disease and heart attack
- diabetes,
- tumours,
- osteoporosis and many more.

# WHAT EATING HABITS DO PEOPLE IN OSTROŁĘKA COUNTY HAVE?



## **THESE ARE THE BIGGEST NUTRITION PROBLEMS THAT WE ENCOUNTERED IN THIS COUNTY:**

- omitting breakfast
- irregular eating schedule
- eating in a hurry
- eating too much meat high in fat
- skipping meals
- eating large meals at night
- eating too much simple sugars
- eating too few vegetables
- drinking too few liquids, especially water



# EATING HABITS IN OSTROŁĘKA COUNTY CONT.



**TROCHĘ DANYCH**

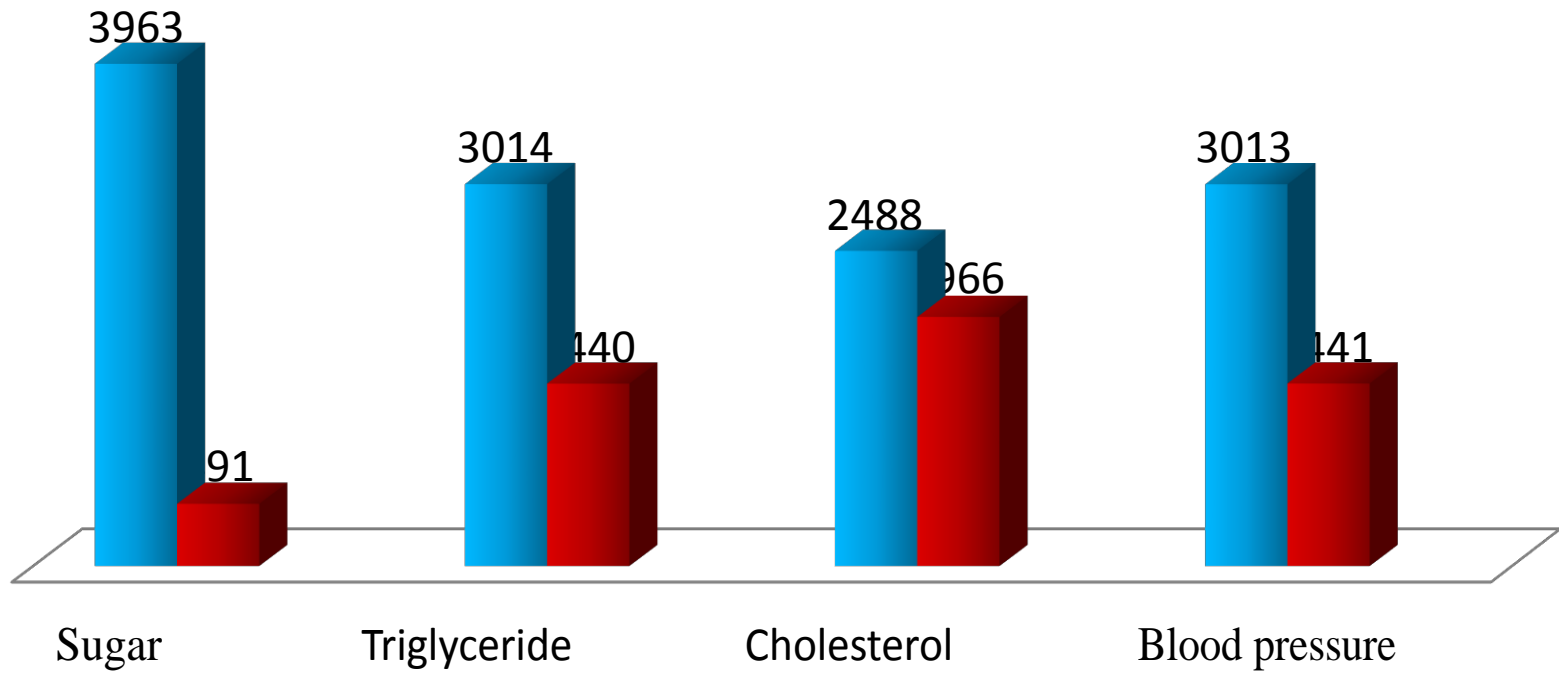
**NIEPRAWIDŁOY POZIOM CHOLESTEROLU W POSZCZEGÓLNYCH GMINACH**



# **SOME DATA INCREASED TRIGLYCERIDE LEVEL IN FOLLOWING MUNICIPALITIES**

## **SOME STATISTICAL DATA**

 Normal  Abnormal



# WHY ARE HEALTHY EATING HABITS SO IMPORTANT?

## **It's easy!**

80-90% of our health depends on what we eat and how efficiently our digestive system works.

Food nourishes all the cells in our body (and our strength and efficiency depends on their condition), builds our body and influences our mind.

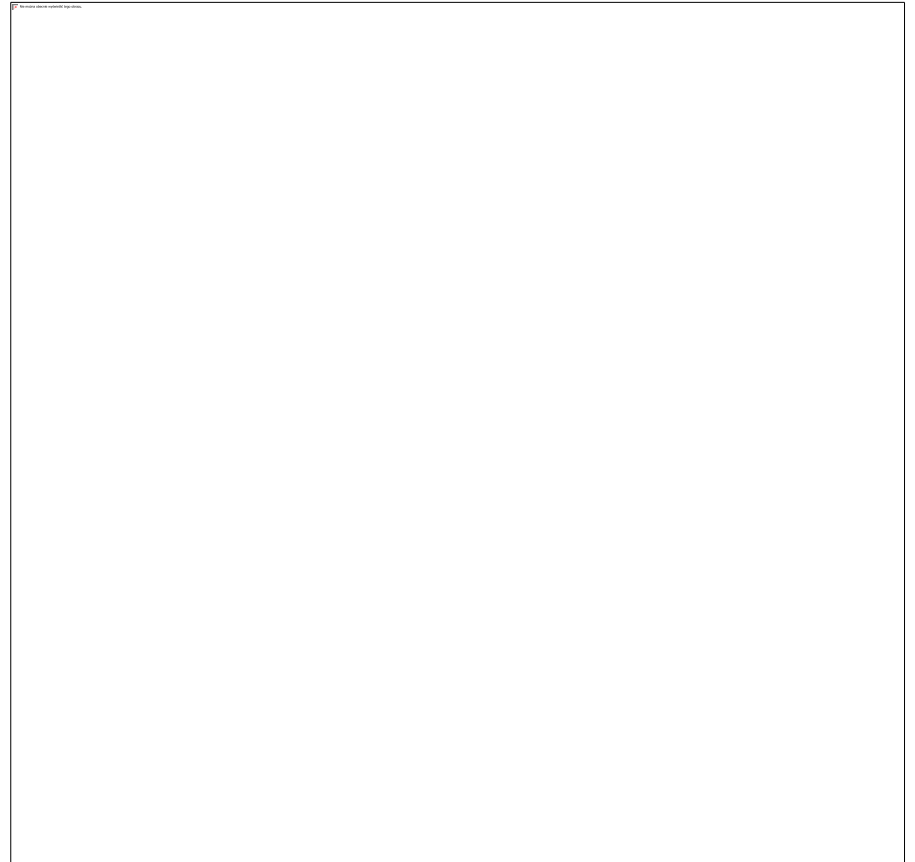
The number of science research proving that certain kinds of food do lead to numerous diseases is still increasing.

## WHY ARE HEALTHY EATING HABITS SO IMPORTANT CONT.

### **BEING UNHEALTHY DOESN'T PAY OFF!**

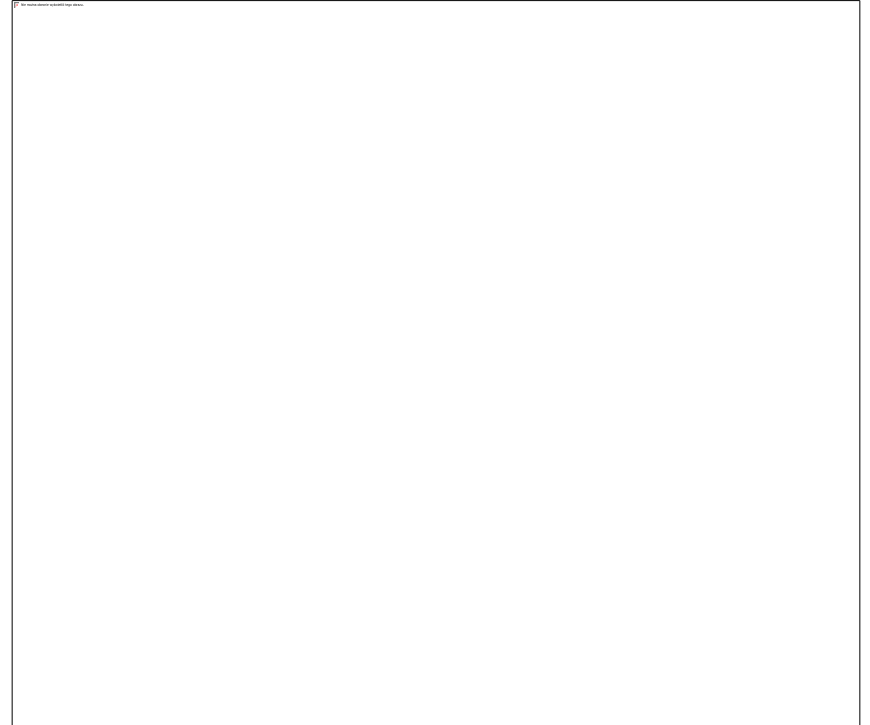
Remember that introducing healthy eating habits is much cheaper than visiting specialists and buying medicines...

....so don't hesitate and change your eating habits today in order to stay happy and healthy for longer.



## REMEMBER THAT...

Healthy eating habits provide your organism with nutrients needed for your health and well-being.



**'Let food be thy medicine  
and medicine be thy food.'**

**HIPOCRATES**



COMPILATION: Agata Szczepanek