ABSTRACT

For each of us, health is the most important thing, so that we can live a full life. How to proceed and what principles to follow when choosing foods, when there are many currently containing hazardous chemicals used in the food industry? Healthy eating and a healthy lifestyle are important. Cooking from basic ingredients and strengthening the immune system, from the childhood. However, it is never too late for adults. We can start anytime. I would like to show almost all aspects of quality eating, but also the other side, and the dangers of chemically modified food and the overall impact on quality of life.

KEYWORDS

Food, health, vegetables, fruit, vitamins, minerals, life, fementation, azo dyes