



## **Questions**

1. How do fruits contribute to reducing the risk of chronic diseases, and what are some examples of fruits rich in essential vitamins and antioxidants?
2. What are the health benefits associated with consuming vegetables, and why is it important to include a variety of colors and types in your diet?
3. How do whole grains differ from refined grains, and what specific nutrients make them beneficial for reducing the risk of chronic diseases?
4. Could you explain the significance of including both animal and plant-based sources of proteins in one's diet, and what are some examples of protein-rich foods from each category?