

# PRECIS' PRACTICE

original :

(Diet plays an important role in the prevention of many chronic diseases) (Eating a balanced diet, diet rich in fruits vegetables, whole grains & lean protein can help reduce the risk of conditions such as heart disease, diabetes & certain cancers). (On the other hand, a diet high in processed & unhealthy foods can increase the risk of these diseases). (It is important to be aware of the types of food we eat & tries to include nutrient-dense options in our diet) (124 words)

Precis :

Eating balanced diet like fruits, vegetables, whole grains and lean protein can reduce the risk of chronic diseases. While unbalanced diet can reduce this risk. We should include nutrient-dense options in our diet.