# Problems with losing weight

• People should not suddenly start taking vigorous exercise as it can cause other health problems

# A good diet:

- All nutrients
- Lots of fruit and vegetables
- Avoid too much fat and carbohydrates

### Lack of food

Some people in the world are underweight and malnourished (lack/too much of food) as there is not enough food. Civil wars, pests, and the weather can destroy local food.

# Deficiency diseases

Diseases can occur from a lack of food. Commonly, a lack of mindal

# ions and vitamins. They can also occur in an unbalanced of the page 2 of 2

### **Key Points**

- If you take in more energy than you use, you will store the excess as fat
- Obese people have more health problems than others
- People who do not have enough to eat can develop serious health problems
- Exercise helps reduce weight and maintain health