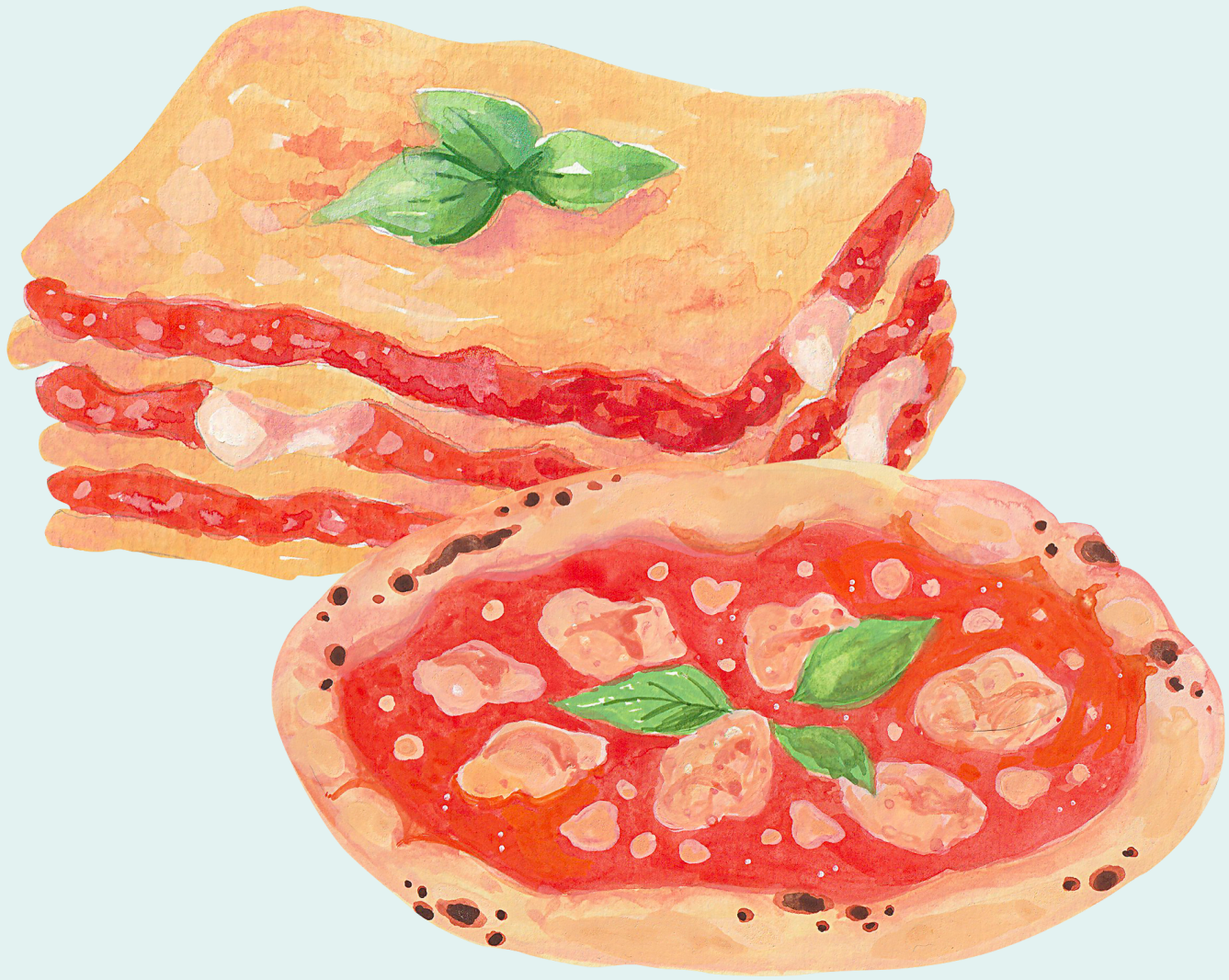


# Healthy Minds



We need to be involved in our diets, but it's important not to be over obsessed with that, because it can be very bad too.

54% of people in Spain are worried about eating healthy, 41% eat less fast food, and 38% eat less sweets. Women do more diet than the men (19,9% - 17,2%).



GO!

