Fahad (F): Hey, Ahmed! Fast food is usually high in calories, saturated fats, and added sugars. F: For me, healthy food includes lots of fruits, vegetables, whole grains, and lean protein. Healthy food provides essential nutrients and keeps us energized. I've been avoiding fried and processed foods. I should focus on salads, grilled chicken, and whole grains. Staying hydrated is essential for overall health. Ahmed (A): Hi, Fahad! You know, I've been trying to eat healthier lately. I used to eat it a lot, but now I'm focusing on healthier options. But sometimes, I crave those burgers and fries from the fast-food joint near our college. Thanks for the reminder, Fahad. We can still enjoy tasty food without compromising our health. F: ??. Well, I've cut down on fast food