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.??

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