

HEALTHY FOOD COMPOSITION

CHOOSE HEALTH OILS
HEALTHY FATS



Legumes
Seeds Nuts
15%

Fruits
15%



Vegetables
20%

**WITH JUICES PREFER
VEGETABLE JUICES**



**DO NOT FORGET
HERBS, SALADS,
ROOTS AND SPICES**



Whole Grain
Products
25%

Fish Meat
Egg
10%

prefer white lean Meat
Poultry Meat

Low Fat
Dairy Products
15%

**DRINK A LOT WATER
AND TEA**



**AVOID OVERWEIGHT BURN
UP THE CALORIES
WITH OVERWEIGHT REDUCE
FAST CARBS ESPECIALLY
SWEETENED DRINKS**



**AVOID LONG SITTING
HAVE AT LEAST ONE
HOUR OF PHYSICAL
ACTIVITY DAILY**

Nutrient Composition Of Food

L Manion



Nutrient Composition Of Food:

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