

The healthy eating pyramid

- Include breakfast in your daily plan
- Eat more often but smaller portions
- Avoid eating in fast foods
- Eat more vegetables and fruits



- Eat sparingly:*
- red meat, butter and salt
 - refined grains: bread, white rice and pasta
 - potatoes
 - sweets and sugary drinks

- Watch less TV
- Reduce sedentary activity
- Walk more instead of using your car or public transport
- Exercise more



*Healthy fats and oils:
Olive, corn, soy, canola,
sunflower and other vegetable oils.
Trans-free margarines.*



*Whole grains:
Whole wheat pasta,
brown rice, oats, etc.*



*Drink 1-2 litres of liquid a day, preferably unsweetened.
Caffeinated beverages should be consumed in moderation only.*

Nutrition For Healthy Living

Rosina Ehmann



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