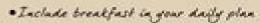
# The healthy eating pyramid



- Cat more often but smaller parties
- Avoid eating in fast foods
- Eat more regetables and fruits



Eat sparingly:

- red meat, butter and salt
- refined grains: bread, while rice and pusta
- · polatoes
- · sweets and sugary drinks

Watch less TV

- · Reduce sedentary activity
- Walk more instead of using your car or public transport
- Exercise more





tlealthy fats and oils: Olive, corn, spy, canola, sunflower and other regulable oils. Trans-free margarine.



N'holo grains: N'holo wheat pasta, brown rice, oats, etc.



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

# **Nutrition For A Healthy Lifestyle**

Scott C. Dulebohn

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