

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

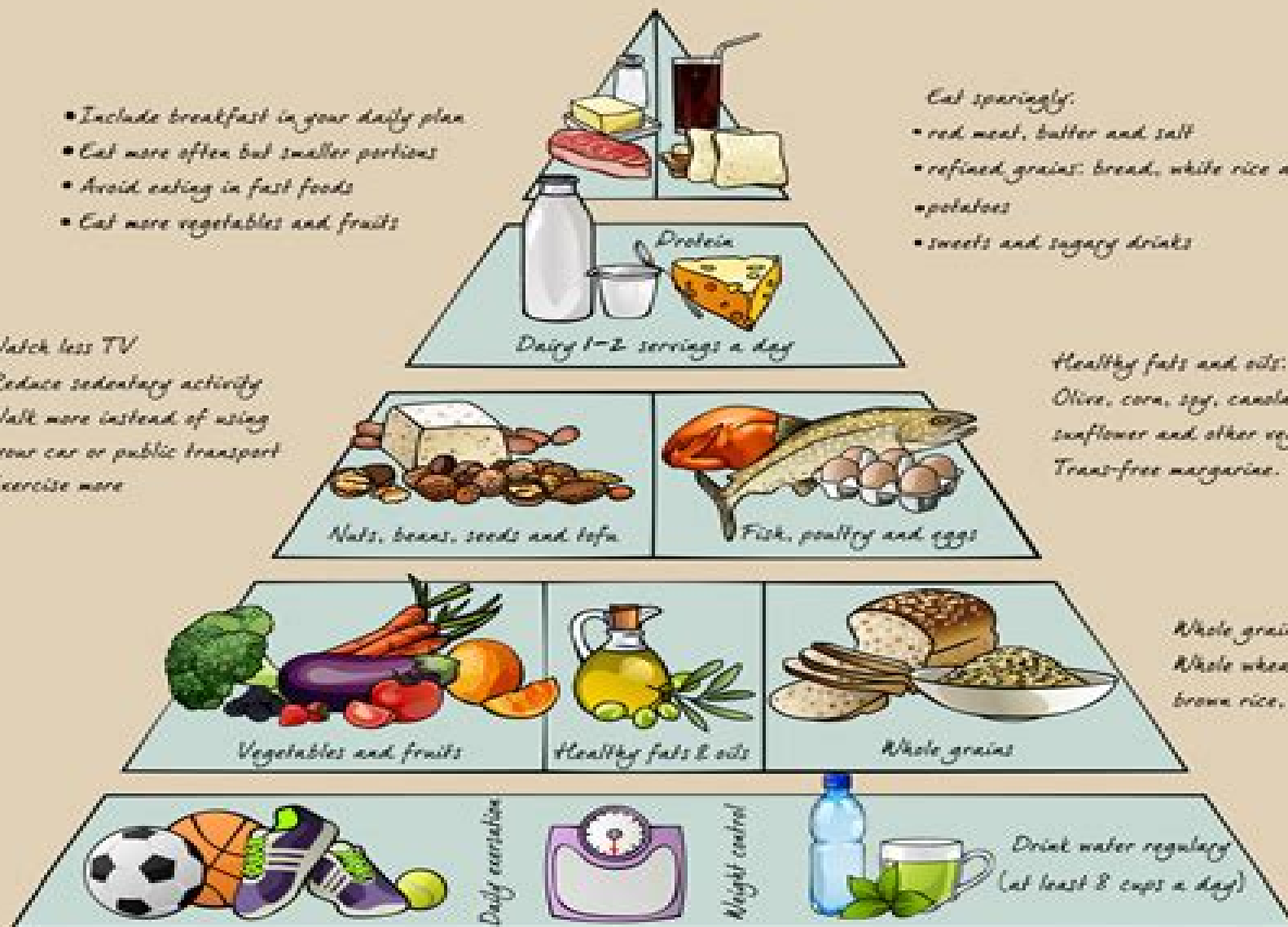
- Watch less TV
- Reduce sedentary activity
- Walk more instead of using your car or public transport
- Exercise more

Eat sparingly:

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

Healthy fats and oils:

Olive, corn, soy, canola, sunflower and other vegetable oils.
Trans-free margarines.



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

Nutrition For Healthy Living

Mark Steyvers



Nutrition For Healthy Living:

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