

Recommendations for a healthy diet

EAT A VARIETY OF FOODS EVERY DAY



Eat more:

- Whole grain cereal products (e.g. oatmeal, wholemeal bread, wholemeal pasta, groats);
- Colourful vegetables and fruit - more vegetables than fruit;
- Legumes (e.g. beans, peas, chickpeas, lentils, broad beans);
- Fish (especially fatty sea fish);
- Skimmed dairy products, especially fermented dairy products;
- Nuts and seeds (e.g. walnuts, pumpkin seeds, sunflower seeds).



Eat less:



- Salt;
- Red meat and processed meat products (e.g. sausages, cold cuts, bacon);
- Sugar and sweetened drinks;
- Processed foods (such as fast food, salty snacks, biscuits, chocolate bars, wafers) with high salt, sugar and fat content.



Swap:

- Processed cereal products (e.g. light bread, sugary breakfast cereals) for whole grains;
- Red meat and processed meat for fish, poultry, eggs, legumes and nuts;
- Sweetened drinks for water;
- Animal fats for vegetable fats (oils e.g. canola oil, olive oil);
- Full-fat for skimmed dairy products (milk, yoghurt, kefir, buttermilk, white cheese);
- Frying, grilling for boiling including steaming, braising or roasting.



HEALTHY EATING RECOMMENDATIONS

3 STEPS TO HEALTH!

STEP 1 - take the first step

STEP 2 - implement the recommended level

STEP 3 - achieve further health benefits



SALT

Step 1 - Take the salt shaker away from the table - don't add salt on your plate.

Step 2 - Limit your salt intake to 5g a day (1 teaspoon). Replace salt with aromatic herbs.

Step 3 - Read labels - choose products without salt or with a small amount of salt.



CEREALS

Step 1 - Replace processed bread (e.g. light bread rolls, light bread) with wholegrain bread (e.g. wholemeal bread, graham bread), breakfast cereals for natural cereal flakes (e.g. oatmeal), choose coarse groats (e.g. buckwheat), wholemeal pasta.

Step 2 - Eat at least 3 portions of whole grain cereal products every day - (90g/day).

Step 3 - Eat whole grain cereal products at every meal.



MEAT AND MEAT PRODUCTS

Step 1 - Implement One day a week without meat.

Step 2 - Do not eat more than 500 g of red meat and processed meat (cold cuts, sausages) per week.

Swap processed meats and red meat for poultry, fish, legumes and eggs.

Step 3 - For the sake of health and the environment, replace meat with plant-based protein products, i.e. legumes (beans, chickpeas, soybeans, peas, lentils, broad beans) and nuts, as well as fish and eggs.



VEGETABLES AND FRUIT

Step 1 - Eat a vegetable or fruit at every meal.

Step 2 - Eat a minimum of 400g of vegetables and fruit every day - more vegetables than fruit.

Step 3 - Eat as many colourful vegetables and fruit as possible - every extra serving of fruit and vegetables brings further health benefits.



SWEETS AND SWEETENED DRINKS

Step 1 - Swap sugary drinks for water.

Step 2 - Eat fruit or nuts and seeds instead of sweets.

Step 3 - Read labels - choose products without sugar or with a small amount of sugar.

HEALTHY EATING RECOMMENDATIONS

3 STEPS TO HEALTH!



FATS

Step 1 - Limit your intake of fatty meats, cold cuts, fatty dairy products (processed cheese, hard cheese, sour cream).

Step 2 - Replace animal fats with vegetable fats (e.g. canola oil, olive oil).

Step 3 - Read labels - choose products with lower fat content. Limit your intake of partially hydrogenated vegetable fats, which contain trans fatty acids/trans fats (e.g. biscuits, chocolate bars, salty snacks, fast food).



MILK AND DAIRY PRODUCTS

Step 1 - Replace full-fat milk and dairy products with reduced-fat ones

Step 2 - Drink 2 glasses of milk a day. You can replace milk with yoghurt, kefir, buttermilk, white cheese.

Step 3 - Choose dairy products without added sugar.



FISH

Step 1 - Eat fish once a week, preferably fatty fish (e.g. salmon, herring, hake, mackerel, sardine, cod).

Step 2 - Eat fish twice a week, including at least one fatty fish.

Step 3 - Eat a variety of fatty fish twice a week.



REGULARITY AND MEAL TIMES

Step 1 - Eat regularly.

Step 2 - Don't eat between meals.

Step 3 - Eat more in the first part of the day. Do not eat in the evening before bed and at night.



PHYSICAL ACTIVITY

Step 1 - Be active - walk, take the stairs, do active housework.

Step 2 - Be physically active for at least 30 minutes a day. Take at least 5,000 steps.

Step 3 - Take 10,000 steps.

If you have a chronic disease, consult your diet with a dietician.