

# Healthy eating

## A complete, balanced and varied diet

Diet is very important for good health. It must be **complete, balanced, varied and adapted to individual tastes and needs**.

It will be healthy and complete if we eat products that are **fresh, in season, local and whole**, unrefined, industrially processed or pre-cooked, and with few preservatives or additives.

Eating is a necessity, but also a pleasure and a moment to be shared and enjoyed.

It's very important **to eat quietly, seated at the table and with family** whenever possible, without screens.

We should adopt a **Mediterranean diet that is more vegetarian than carnivorous**. If we eat whole grains and legumes on the same day, we get the same proteins as if we were eating meat or fish. Excessive animal protein should be avoided.

### Foods to eat every day:

- Vegetables (at lunch and dinner).
- Fruit (at least 3 a day).
- Wholegrain cereals (at every meal).
- Nuts (raw or roasted).
- Olive oil (for seasoning and cooking).
- Foods containing calcium, such as dairy products (1 to 3 times a day).

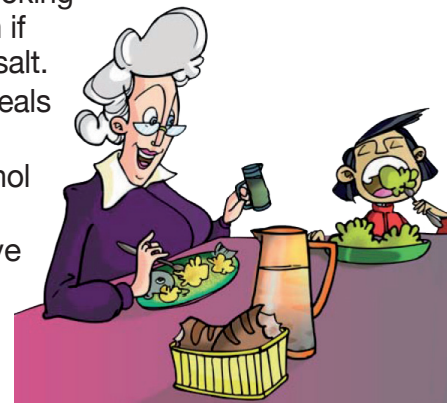
**Foods we eat three to four times a week:** pulses, fish, eggs and white meat.

**Foods we'll eat only occasionally:** red meat, sausages, sweets, butter and fried foods.

### Important:

- Drink between one and two liters of water.
- Eat raw produce (fruit and salads) every day.
- Eat wholegrain cereals (they provide fiber and minerals).

- Use olive oil for cooking and seasoning (virgin if possible) and a little salt.
- Eat three to five meals a day.
- Drink as little alcohol as possible.
- Be physically active every day.



## Quantity of food

This depends on your age, physical activity, constitution and metabolism. Older and less active people should eat less than younger or physically active people.

## Example of 5 meals a day

- 1. Breakfast:** a dairy product (yoghurt, milk or cheese) or a calcium-enriched vegetable drink, a wholegrain cereal (no sugar or bread), an animal or vegetable protein (lean sausage, hummus, tuna, egg) and a piece of fruit (no juice).
- 2. Mid-morning:** a small snack such as a dairy product, fruit, a small sandwich or a handful of nuts.
- 3. Lunch:** a portion of vegetables, plus a small portion of meat, fish, eggs or legumes, accompanied by a starch (potato) or wholegrain cereal (rice or pasta). The best dessert is always a whole fruit...
- 4. Snack:** similar to mid-morning snack
- 5. Dinner:** lighter than lunch: one portion of vegetables (soups or creams), plus a small portion of meat, fish, egg, fromage frais or hummus, with a moderate topping of starch or wholegrain cereals. And a whole fruit for dessert.