

TIPS FOR EATING WELL

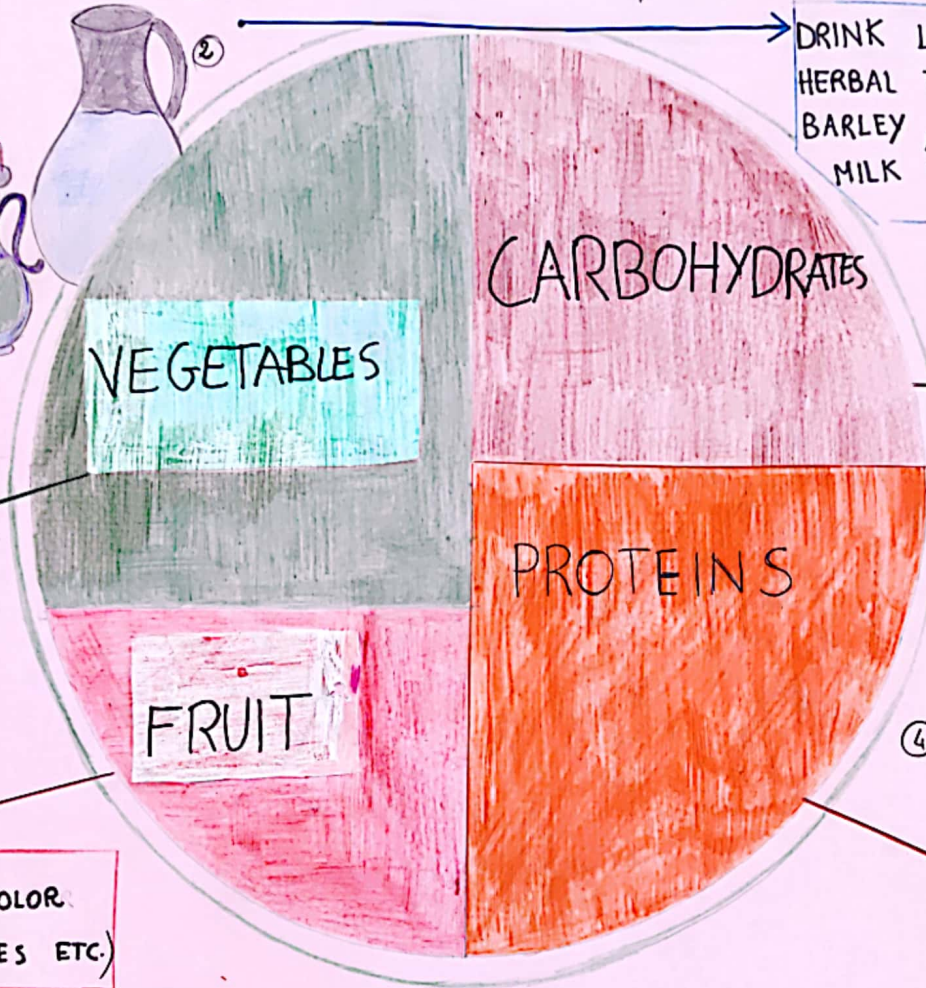
The advice of scientists: TAKE NOTE!!!



USE EXTRA VIRGIN OLIVE OIL.

YOU CAN EAT VEGETABLES IN LARGE QUANTITIES. BUT POTATOES ARE CARBOHYDRATES.

EAT FRUIT ONCE OR TWICE A DAY, VARYING THE COLOR. (RED FRUITS, CITRUS FRUITS, APPLES ETC.)



DRINK LOTS OF WATER, ALSO HERBAL TEAS UNSWEETENED, BARLEY, FRESH FRUIT JUICES, MILK ETC. AVOID SODAS AND SUGARY DRINKS.

BREAD, PASTA, CEREALS CHOOSE WHOLE-GRAIN ONES THAT ARE RICH IN FIBERS.

THE HEALTHIEST SOURCES OF PROTEIN ARE LEGUMES, WHITE MEATS AND FISH BUT ALSO EGGS AND DAIRY PRODUCTS EVEN IF IN LIMITED QUANTITIES; RED MEAT TWICE A WEEK WHILE COLD CUT SHOULD BE AVOIDED.

ALL NUTRIENTS

6 Major Nutrients you need

Fats give you extra energy
But you shouldn't eat too many
foods that contain fat because
they are bad for your health.

FATS



There are two types of carbohydrates: STARCH and SUGAR. They keep your body going.

VITAMINS



CARBOHYDRATES



LE VITAMINE



MINERALS

Minerals are tiny grains that
come from the ground.
These minerals help keep your
body working properly.
They are: calcium, iron, copper,
potassium etc...



PROTEINS

Proteins help
our body to
grow and
structure itself.

FIBERS FIBRE



VITAMINS are extra
nutrients that keep
you healthy. Many
foods contain
vitamins.

FIBERS are not nutrients but is very
important for health. They are
contained in fruit, vegetables, especially
whole grains and legumes. They make
our intestine work and protect us from tumors.