

# HEALTHY PLATE

## Vegetables

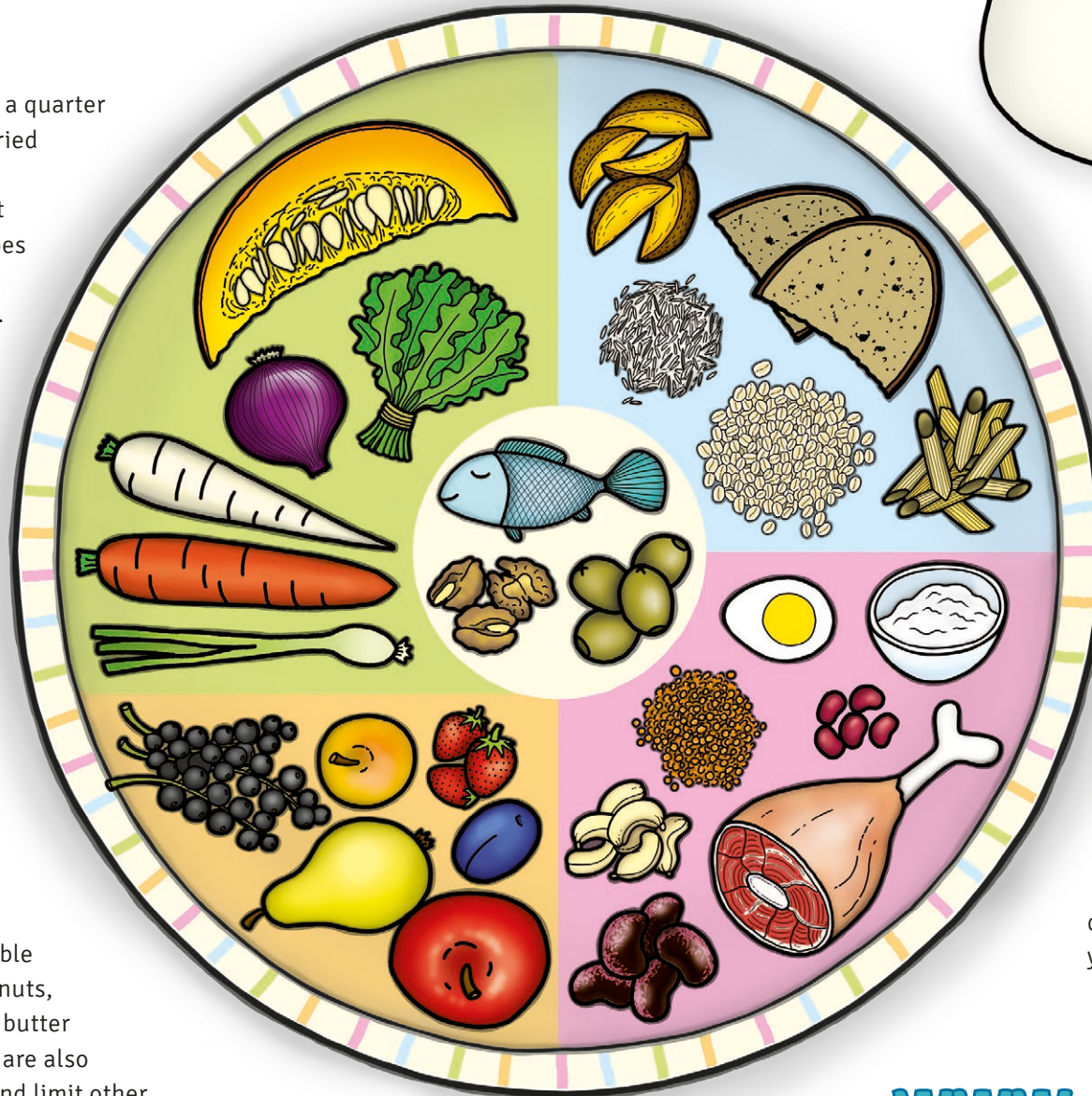
Vegetables should form at least a quarter of the food we eat. The more varied the vegetables and preparation methods, the better. Chips don't count as vegetables, and potatoes belong to the polysaccharide group, because of their content.

## Fruit

Fruit is the second quarter of the plate. The healthiest and most nutritious is to eat a range of different types and colours that are in season. You can substitute fruit by eating vegetables instead.

## Oils and Fats

Oils and fats are the most valuable in healthy super foods, such as nuts, avocado, and fish. Good quality butter and cold pressed vegetable oils are also suitable. Don't eat margarine, and limit other industrially modified fats and oils.



## Drinks

The best drinks for you are pure water and unsweetened tea.

You are better off leaving sweetened drinks out altogether.



## Polysaccharides

Polysaccharides are best in their natural form. For example, millet grains, oats, rye sourdough bread, and wild rice. It is important to limit the amount of processed white flour products that you eat.

## Protein

Good protein is from fish, beans and legumes, nuts, seeds, soured milk products, eggs, and meat. A better ratio of vegetable protein would benefit almost all of us. Choose according to taste and your nutritional philosophy.

## Lifestyle

Overall, natural and locally produced bio foods are better than processed or ready meals and low quality mass-produced and imported foods. In addition, you should also get some exercise outdoors, sleep well, spend time with friends, and be in a good mood!

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