



## Food to eat without moderation



- **fried fruits**

you should eat it at least twice a week, naturally rich in fibres.

- **veggies, fruits**

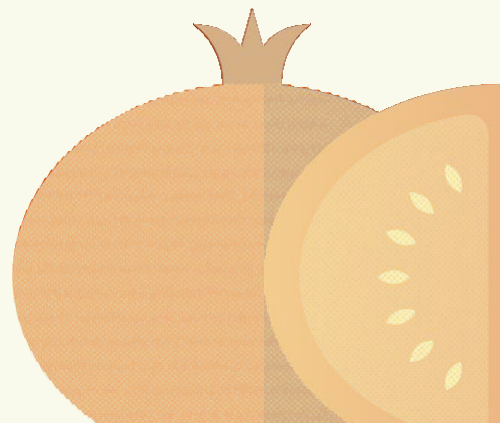
you should eat it at least 5 times a day.

- **nuts**

you should eat it every day.

- **home made**

when you make your own meals it's better because you don't have too much sugar or salt.



## Healthy food

- **Wholemeal bread, pasta, rice.**

you should eat it once a day, it contains many fibres.

- **Local food, and seasonal food.**

you should eat only local, it's better for the environment.

- **Fatty fish / lean fish**

you should alternate different types of fish.

- **Organic products.**

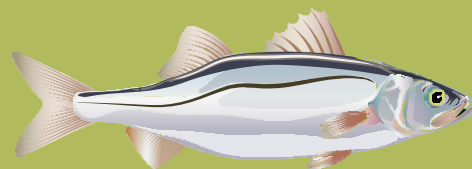
Organic food is nice, it's without chemicals and GMO.

- **Colza-oil, nuts, olive.**

you can eat it every day

- **Milky products.**

you should eat it twice every day. And you can alternate with yoghurt, milk, cheese.



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- **Delicatessen.**

you should eat only 150g a week.

- **sugar, salty and fatty products.**

you should eat as few as possible.

- **Salty products.**

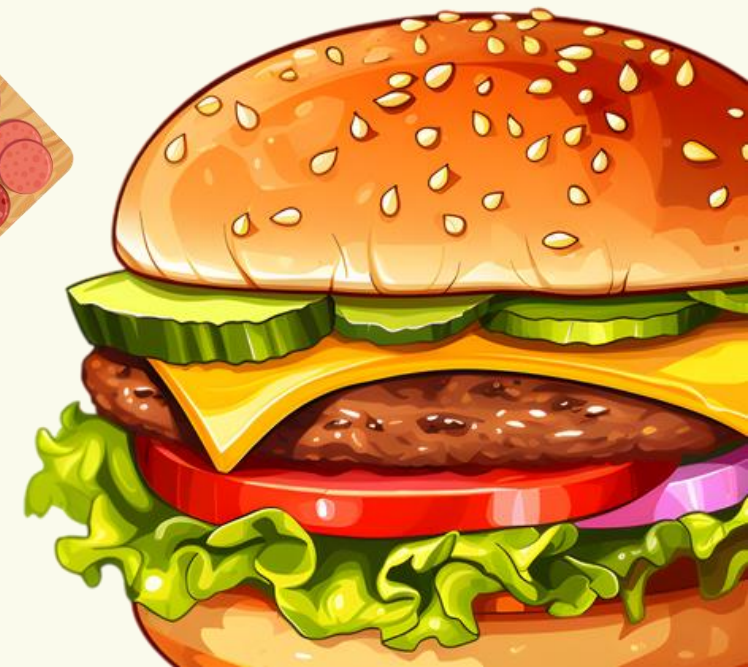
you should eat as less salt as you can, it increases the blood pressure.

- **Alcohol.**

you shouldn't drink lot of alcohol, only two glasses a day.

- **meat.**

it's better to eat poultry, don't eat too much red meats (500g)



# cheap, easy and fast recipes

- salmon, avocado and teriyaki bowl. (20min, 625 kcal)

Ingredients: onion, a salmon streak and 1/2 avocado.

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- salmon bagel with avocado. (35min)

Ingredients: you make your own dough, avocado, cream cheese, and salad.

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- bowl of fruits and cottage cheese.(5min, 384 kcal)

Ingredients: raspberries, blueberries, cottage cheese, peanut butter and chocolate.

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- healthy cookies without butter and oil (15min)

Ingredients: chocolate, apple compote, peanut butter, oatmeal and brown sugar.



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You can find more recipes on TikTok

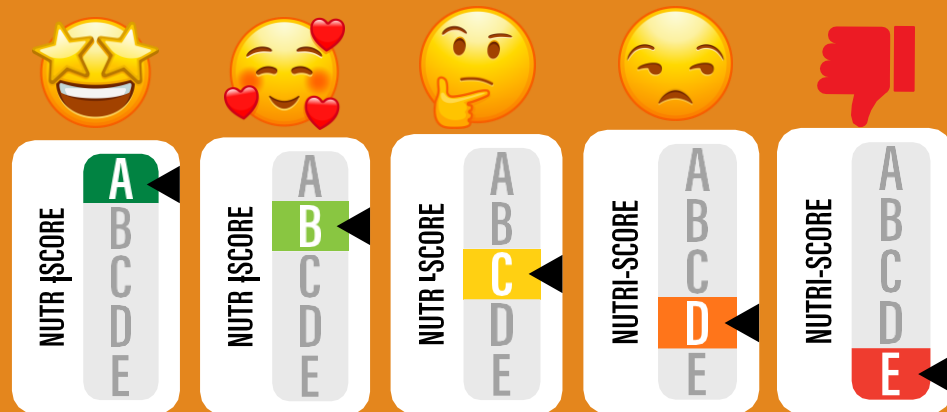
Don't forget, it's very important to do a physical activity.

at least 30min a day



Don't spend too much time sitting down, walk a little bit every 2 hours.

Use Food-Labeling to choose which food to buy.



# Guide

What's the good alimentation to be in good health ?

