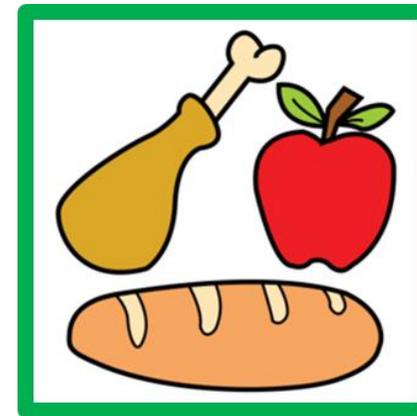
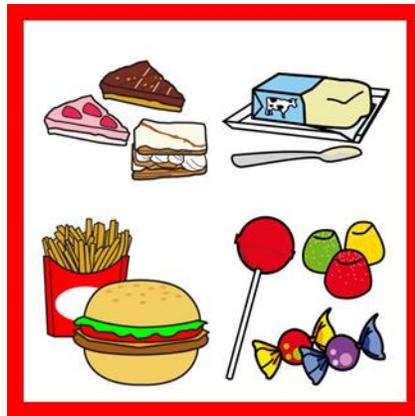




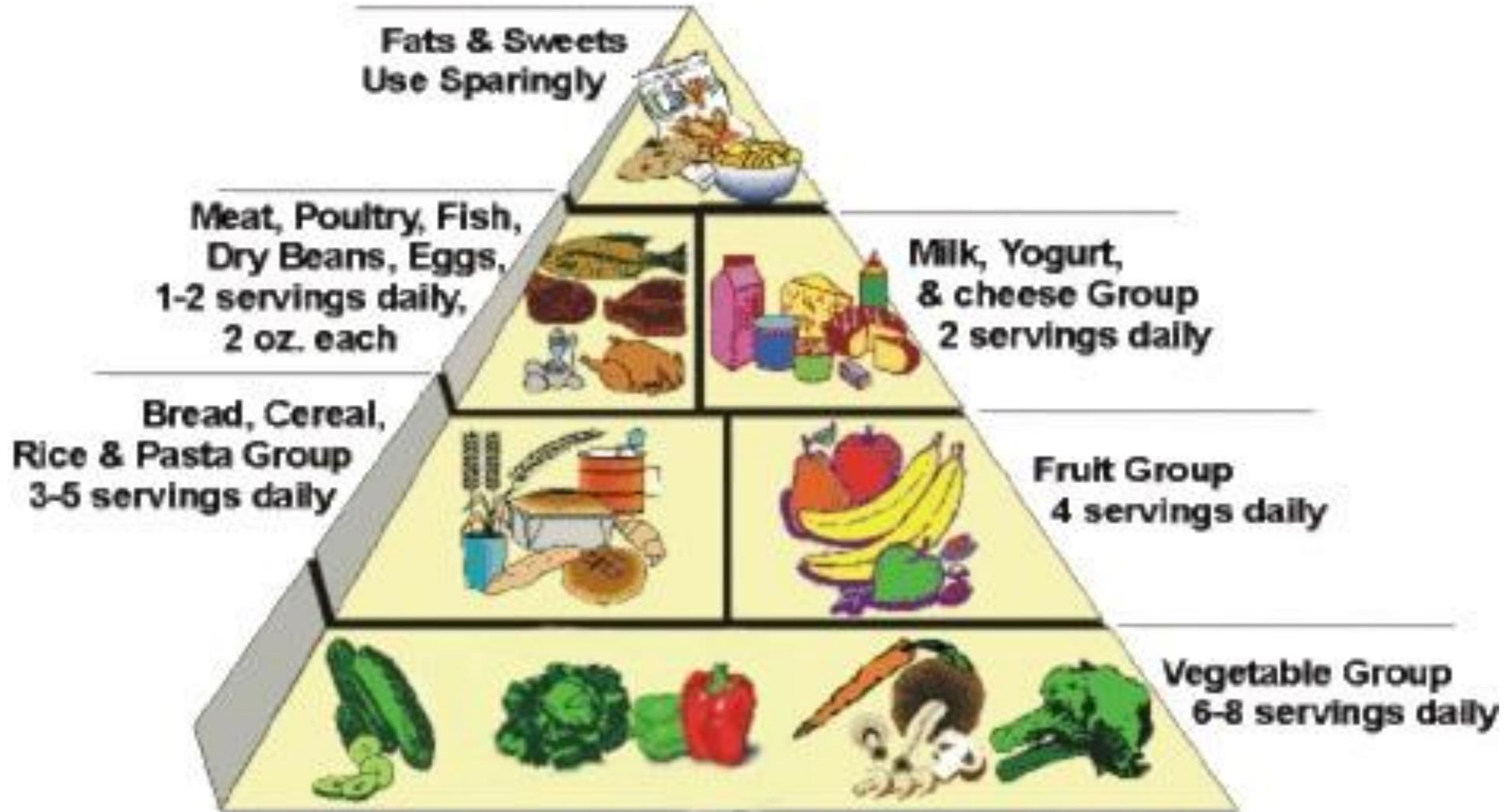
Co-funded by the
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Healthy Eating and Wellbeing



Pictograms: ARASAAC (<http://www.arasaac.org/>)



HEALTHY PLATE



Vegetables

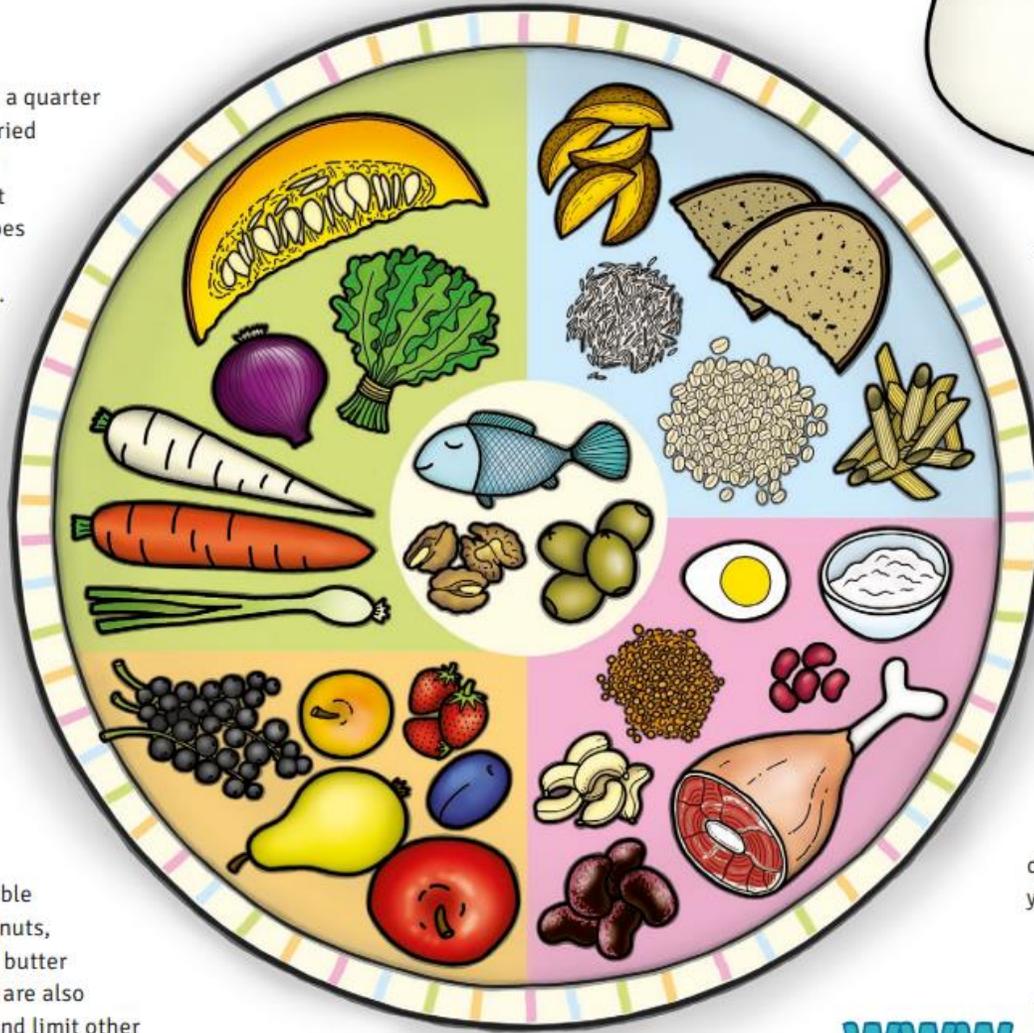
Vegetables should form at least a quarter of the food we eat. The more varied the vegetables and preparation methods, the better. Chips don't count as vegetables, and potatoes belong to the polysaccharide group, because of their content.

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!

www.healthyplate.eu



THINGS THAT CAN BE EATEN DAILY.

- SALADS
- FRUITS (EXCEPT GRAPES AND BANANAS)
- VEGETABLES
- GRILLED CHICKEN AND MEAT
- COOKED HAM
- GRILLED FISH OR IN THE OVEN
- MILK
- YOGOURT
- FRESH CHEESE

THINGS THAT CAN BE EATEN WITH MODERATION.

- LEGUMES (CHICKPEAS, LENTILS, BEANS, ETC.)
- COOKED POTATOES
- PASTA
- RICE
- BREAD
- OLIVE OIL
- EGGS
- BANANAS
- GRAPES

THINGS THAT CAN BE EATEN IN SPECIAL MOMENTS.

- CANDIES
- SUGARY DRINKS
- INDUSTRIAL BAGLERIA
- PASTRY
- SAUCES
- SAUSAGES
- FRIED FOOD
- BUTTER
- FATTY CHEESES
- NUTS
- OLIVES
- CHOCOLATE
- JAMS
- ICE CREAMS



VITAMINS ARE NECESSARY FOR OUR BODY TO WORK

THE GREATEST MAJORITY OF VITAMINS ARE FOUND IN FRUITS AND VEGETABLES



Know your Vitamins



Vitamin A

- Also known as RETINOL
- Sources include Carrots, Green leafy vegetables and Sweet Potatoes
- Important for a healthy vision
- Its Deficiency causes NIGHT BLINDNESS also known as XEROPHTHALMIA



Vitamin B

Also known as VITAMIN B COMPLEX
Sources include Animal and Dairy products
Important for converting food into fuel, thus providing energy to the body
List of Vitamin B includes Vitamin B1, B2, B3, B5, B6, B7, B9 & B12



Vitamin C

- Also known as ASCORBIC ACID
- Sources include Citrus fruits, Berries & Tomatoes.
- Important for growth & maintenance of all body tissues hence for healing wounds.
- Its Deficiency causes SCURVEY



Vitamin D

- Also known as CALCIFEROL
- Sources include Fatty fish like Salmon, Egg yolk and Cheese
- Important for maintaining strong bones and teeth.
- Its Deficiency causes RICKETS



Vitamin E

- Also known as TOCOPHEROL
- Sources include Almonds, Peanuts and Soyabean oil.
- Important for providing immunity and fertility in males
- Its Deficiency causes NERVE DAMAGE



Vitamin K

- Also known as PHYLLOQUINONE
- Sources include Collard Greens, Kale and Spinach
- Important for Blood Clotting
- Its Deficiency causes HEMORRHAGIC DISEASES



DESIGN YOUR OWN WEEKLY HEALTHY MENU

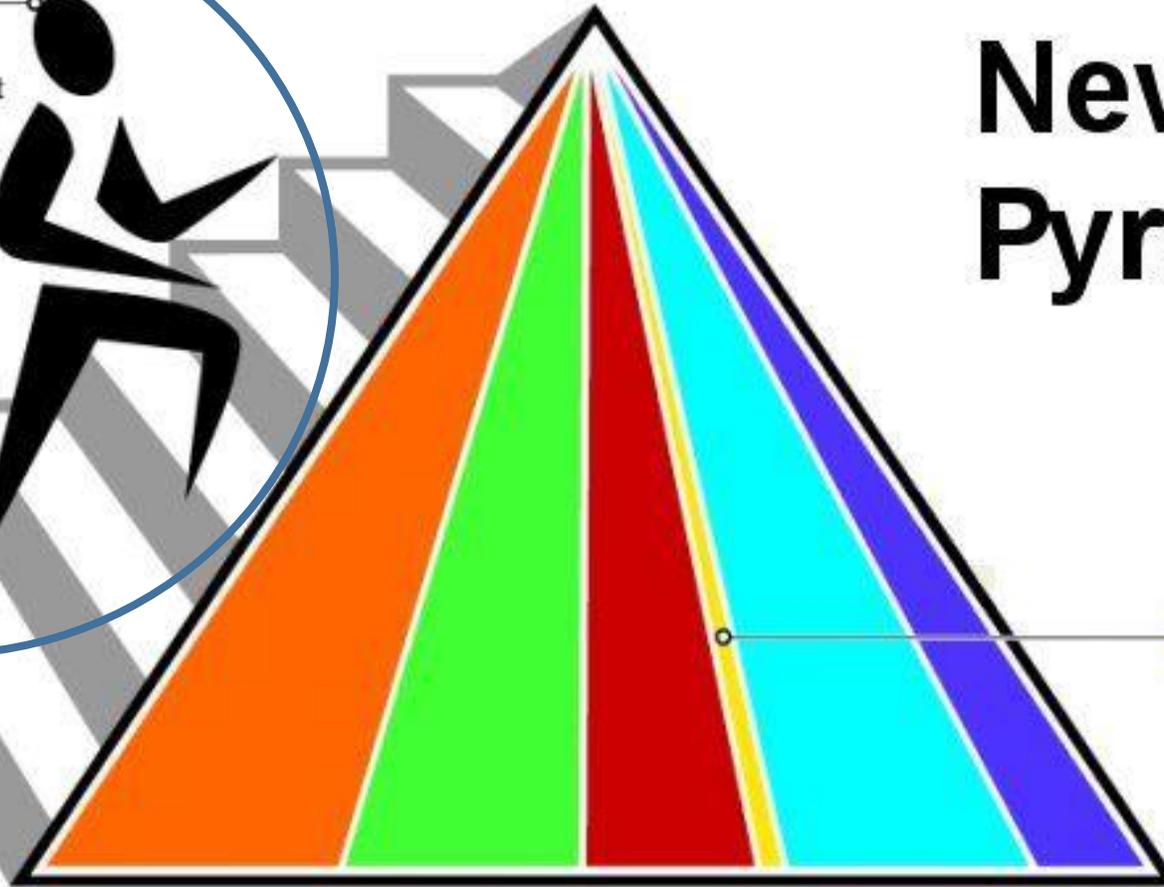


Weekday	Breakfast	Snack	Lunch	Snack	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

New Food Pyramid

Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

CATEGORY	Grains	Vegetables	Fruits	Milk	Meat and beans
RECOMMENDATION	Half of all grains consumed should be whole grains.	Vary the types of vegetables you eat.	Eat a variety of fruits. Go easy on juices.	Eat low-fat or fat-free dairy products.	Eat lean cuts, seafood and beans. Avoid frying.
DAILY AMOUNT	6 oz.	2.5 cups	2 cups	3 cups	5.5 oz.

Based on a 2,000 calorie diet.

Recommended nutrient intakes at 12-calorie levels can be found on mypyramid.gov.

What happens to us if we are too long sitting down?



How Sitting Too Long Affects the Body

Head

Blood clots that form after sitting too rigidly can travel to the brain, causing strokes.

Neck

Fluid retained in the legs during the day moves to the neck at night and contributes to obstructive sleep apnea.

Lungs

In individuals who experience heart failure, fluid first backs up in the lungs.

Heart

A sedentary lifestyle contributes to cardiovascular disease. In people who suffer from heart failure and obstructive sleep apnea, fluid collects in the lungs and neck at night.

Arms

Physical activity reduces the risk of hypertension, or high blood pressure.

Stomach

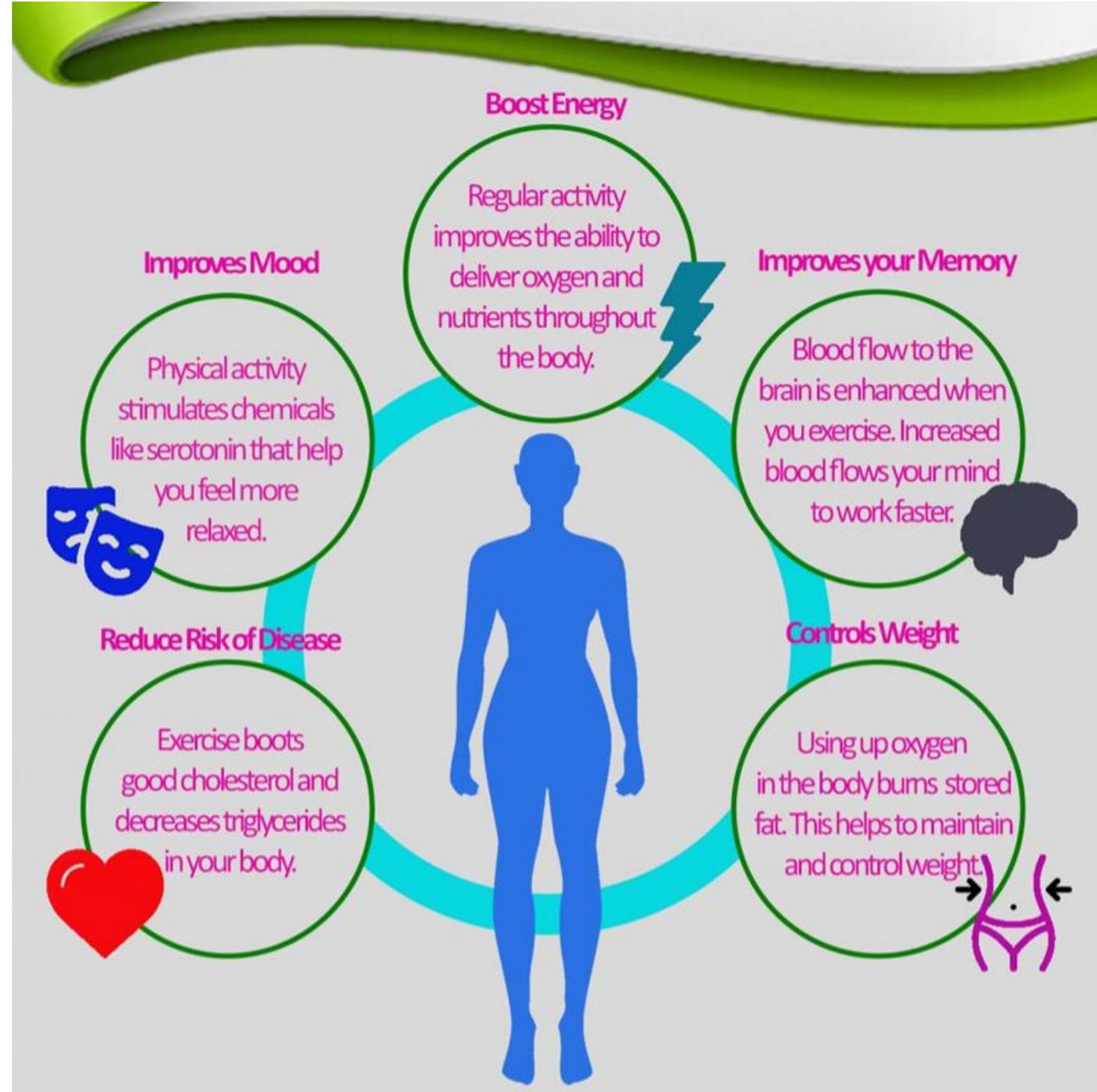
Sitting too much contributes to obesity and colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat get shut off, and the body's method of metabolizing fuels such as glucose and lipids gets disturbed.

Legs

Fluid collects in the legs during sitting. Walking helps pump it out before it causes problems.



Regular exercise benefits



We can practice exercise in many different ways



Benefits of sleeping well



Relaxes and lowers stress. Improves mood and energy.



Helps to maintain a healthy body and healthy weight.



Keeps active at sports and improves muscle coordination.



Improves retention and increases ability to pay attention



10 TIPS FOR *Better Sleep*

-  **1. MAINTAIN A CONSISTENT DAILY SCHEDULE**
-  **2. REDUCE YOUR DAILY CAFFEINE INTAKE**
-  **3. TURN OFF THE COMPUTER OR TELEVISION**
-  **4. DON'T GO TO BED ON A FULL STOMACH**
-  **5. DON'T GO TO BED ON AN EMPTY STOMACH**
-  **6. ENGAGE IN REGULAR EXERCISE**
-  **7. LIMIT BEVERAGE CONSUMPTION BEFORE BED**
-  **8. KEEP YOUR BEDROOM DARK & QUIET**
-  **9. INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING**
-  **10. GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK**