

Healthy diet guide



1

There are no good or bad foods, only inappropriate frequencies of consumption.

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Eat fresh fruits and vegetables daily.



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Eat 3 to 4 servings of dairy per day, this will help your bones to have the calcium they need.

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Use olive oil for cooking and seasoning.

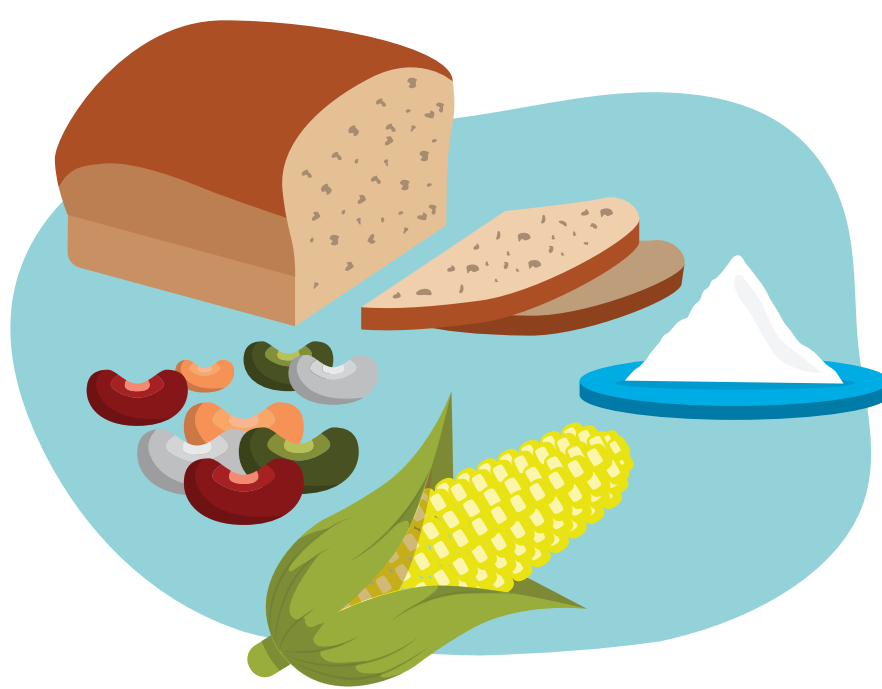


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2 servings a day of fish, meat, chicken or eggs are enough.

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Eat an adequate amount of carbohydrates.



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Don't forget the importance of good hydration. Drink 2 to 3 liters of water daily.

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Not everything has to be fresh: we can adapt to the new times.



9

Your diet should be varied and include foods from all groups, but without eating things in excess.

10

Remember the importance of setting a good example in eating habits.

