Ten rules of a healthy plate

1. Eat regularly 5 times a day: breakfast, morning snack, lunch, afternoon snack and dinner.

2. Reduce intake of salt to less than 5 g of salt per day.

3. Avoid consuming a lot of foods or drinks with added sugar.

4. Consume at least 5 portions of fruit and vegetables each day.

5. Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.

6. To increase your fiber intake you could: go for whole grains breads, pastries or wholemeal.

7. Replace saturated fats (e.g. margarine) by virgin oils (e.g. sunflower seeds oil, olive oil).

8. Choose a variety of proteins, which include fish, lower-fat meat and poultry, eggs, beans and peas, soya products and natural seeds and unsalted mixed nuts.

9. Increase intake of skimmed milk, low fat yoghurt and reduced fat cheese.

10. Eat smaller food portions.

Create your healthy plate

Dairy products
Proteins
Vegetables
Fiber
Fat

Are you aware what you want to eat today?

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**Healthy plate**

**Fiber**

Eat cereals in natural whole grain form. Cereals should be 1/3 of your daily consumption.

**Do not make a mistake**

Daily intake of recommended amount of cereal fiber should be:
- 2-3 slices of whole grain bread
- ½ glass of oat flakes or 1 glass (200 ml) of whole grain cereal
- ½ glass of natural rice or whole grain pastries.

**Do you know?**

Fiber should present up to half of your “daily plate” (30 g).

**Keep in your mind**

Your energy intake is higher when you drink beverages with added sugar.

**Fruit and vegetables**

Eat different types of fruit. If you eat a lot of vegetables, it will be better for your health.

**Do you know?**

Fruit and vegetables should present 1/3 of your daily consumption. They are very important source of vitamins, folic acid, fiber and minerals (e.g. potassium, magnesium).

**Keep in your mind**

1 portion = 1 glass (200 ml) of vegetables or fruit (e.g. 1 middle size apple).

**Keep in your mind**

30 minutes of physical activity (walking, jogging, exercises) daily is so very important.

**Proteins**

Good source of proteins include fish, legumes, nuts, eggs and lower-fat meat.

**Do you know?**

Fish is suitable source of proteins and mainly omega-3s fatty acids, which have protective effect on heart. Fish is source of vitamins A, B, D and minerals (e.g. calcium, phosphor, zinc, potassium and magnesium).

**Keep in your mind**

Smaller food portions with combination of vegetables, salad or fruit are better for health.

**Fat**

Fat is important source of energy, especially natural fat from e.g. nuts, avocado, fish or virgin oil, which are healthy.

**Check**

Check nutrition labels on every pack of yoghurt, flavoured milk, cheese or nutritional information about single portion of packaged food.

**Do you know?**

You should eat 2 portions of milk or dairy products daily.

1 portion = 1 glass of milk (250 ml) or 1 yoghurt (150 ml) or 2 slices of cheese (50 g).