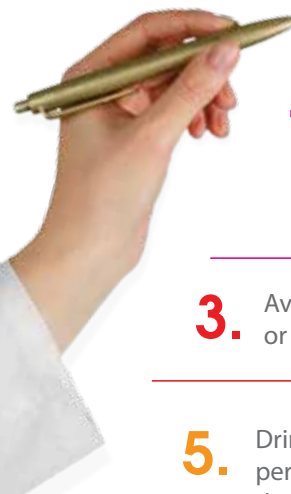


# Ten rules of a healthy plate



- 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.



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# Are you aware what you want to eat today?



# Create your healthy plate



PUBLIC HEALTH  
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REPUBLIC

# 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?

The suitable sources of fiber are legumes, cabbage, carrot, paprika, soya, apples, potatoes...

### 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.

### Keep in your mind

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.

## Proteins

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

### Do you know?

1 glass of 1.5% fat milk contains: 3.4g of proteins, vitamins A, B1 and B2 and minerals, mainly calcium and phosphor.

### 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).

### Check

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

## Fat

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

## 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.

### Keep in your mind

5 g of salt = 1 full tea spoon = maximum daily intake.

