



**DAILY, EAT:**

- fruit** 400 g
- vegetables** 400 g
- grains** 180 g
- meat and beans** 160 g



**WEEKLY, EAT:**

- red meat** 1-2 times
- poultry** 2-3 times

[Foods to eat daily and weekly \[png, 759 kb\]](#)

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Eat at least  
**5 portions**  
of fruits and  
vegetables  
a day

At least  
**400g**

[Eat fruits and vegetables \[png, 392 kb\]](#)

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**✓ EAT**  
**unsaturated fats:**  
fish, avocado, nuts,  
and use sunflower,  
canola and olive oils

[Eat unsaturated fats \[png, 417 kb\]](#)

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**LIMIT**  
**foods and drinks with**  
**high amounts of sugars:**  
sugary snacks, candies,  
oriental sweets, and  
sugar-sweetened beverages

[Limit sugary foods and drinks \[png, 350 kb\]](#)

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**✗ DON'T EAT**  
**industrially-produced**  
**trans fats:**  
fast food, snack food,  
fried food, frozen pizza,  
pies, cookies, margarines  
and spreads

[Don't eat industrially-produced trans fats \[png, 374 kb\]](#)

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Limit salt to **5g**  
per day  
Equivalent to approximately 1 teaspoon  
**Use iodized salt**

[Limit salt to less than 5g per day \[png, 299 kb\]](#)