

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]



Eat fruits and vegetables [png, 392 kb]



**EAT** unsaturated fats:

fish, avocado, nuts, and use sunflower, canola and olive oils

Fat uncaturated fate Inna 417 khl



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

Limit cugary foods and drinks Inna 250 kb



DON'T EAT industrially-produced trans fats:

fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads

Don't got industrially produced trans fats [png, 374 kb]



Limit salt to 5 g a less than 5 g a less than 5 g a legulvalent to approximately 1 teaspoon
Use iodized salt

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