



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 at least
5 portions
of fruits and
vegetables
a day

At least
400g

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



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

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



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

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



✗ 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 \[png, 374 kb\]](#)



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

[Limit salt to less than 5g per day \[png, 258 kb\]](#)