



NUTRITION CAMPAIGN

Use dietary choices to reduce the risk of disease

Take care of your health with us!

red meat, butter
maximum 0,5 kg of red meat per week



white bread, rice, pasta, sugar
use sparingly



dairy
2 glasses of milk, kefir or natural yogurt per day

nuts, seeds, beans & tofu



fish, poultry, eggs
fish 2-6 times a week
one egg a day

vegetables & fruit
vegetables 4-5 times a day
fruit 2-3 times a day



whole grain products
should be the majority of meals
3-5 times a day

physical activity
at least 30 minutes a day

healthy fats/oils

12 SMALL STEPS FOR BETTER NUTRITION

week 1

Eat a salad everyday

week 2

Prepare Healthy, plant-based recipes at home

week 3

Add fermented foods

week 4

Improve Hydration

week 5

Swap 1 or 2 Processed Foods for Whole Foods

week 6

Start replacing grain products with vegetables

week 7

Switch Your Oils and Fats

week 8

Reduce your Salt Intake

week 9

Make healthy snacks yourself

week 10

Swap your Sugars

week 11

Up Your Fibre Intake

week 12

Build a better breakfast

FACTS

WEIGHT LOSS IS NOT EASY

It requires consistency, self-love, hard work, and patience.

OMEGA-3 FATS ARE CRUCIAL AND MOST PEOPLE DON'T GET ENOUGH

Omega-3 fatty acids are extremely important for the proper functioning of the human body.

THERE IS NO PERFECT DIET FOR EVERYONE

People are all unique. Subtle differences in genetics, body type, physical activity and environment can affect which type of diet you should follow.

MYTHS

WHITE POTATOES ARE UNHEALTHY

White potatoes are an excellent source of many nutrients, including potassium, and vitamin C.

ALL SMOOTHIES AND JUICES ARE HEALTHY

Most juices and smoothies sold at stores are loaded with sugar and calories.

YOU HAVE TO BE SKINNY TO BE HEALTHY

Just eating a nutritious diet and having an active lifestyle is a big step.