



Good nutrition and hydration are vital for your heart and helps your immune system to be stronger against COVID-19!

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



VEGETABLES & FRUIT



Vegetables: 4-5 times a day
Fruit: 2-3 times a day

HEALTHY FATS/OILS



WHOLE GRAIN PRODUCTS



Should be the majority of meals 3-5 times a day