

# HEALTHY PLATE

## VEGGIES

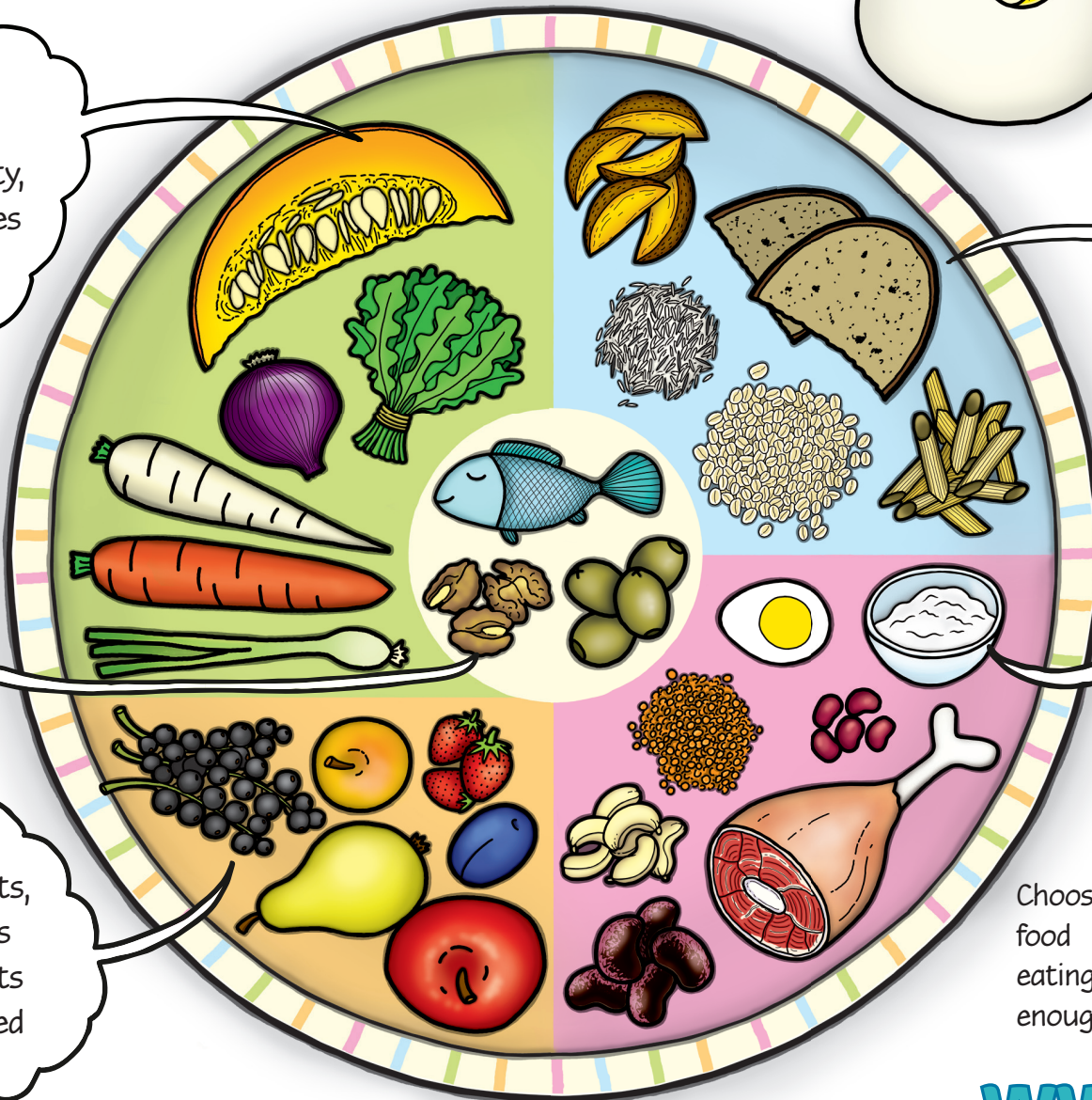
Eat more veggies, the greater the variety, the better. French fries do not count.

## FATS

Consume fats in healthy foods, such as fish, avocado and nuts. Avoid trans-fats, overheated oils and excess of omega 6 fatty acids.

## FRUITS

Eat plenty of fruits, as many colours as possible. Fruits can be substituted by veggies.



## FLUIDS

Drink water and tea. Avoid sugary drinks such as soft drinks or sweetened teas.

## CARBOHYDRATES

Eat whole grains. Limit your intake of refined grains, such as white bread.

## PROTEINS

Choose fish, beans, sour dairy products and nuts. Limit red meat. Choose between protein sources with regards to your philosophy and likes. A plant based diet suits most of us best.

Choose local and organic food. Choose natural food over processed food. Support healthy eating by exercise, healthy sunbathing, fresh air, enough sleep, lot of friends and fun. More on:

[www.margit.cz](http://www.margit.cz)