

PRACTICAL ADVISE FOR A HEALTHY LIFESTYLE

Live healthy with a healthy lifestyle

"Every human being is the author of his own health or disease." (Buddha)

Eating program

Breakfast:

It is very important that every breakfast should have proteins and fibers. We can find these nutrients in vegetables, diary products, eggs, cereals, nuts, fruits, tea and light meat.

The ideal healthy breakfast would be:

- one cup of tea
- 2 slices of bread
- one boiled egg
- a slice of cheese

Lunch:

It is indicated to eat filling foods. The perfect model for this meal consists of:

- one vegetable soup
 - a rich in vitamins salad
- or
- steak and gasket
- after all, we can drink a cup of tea or a glass of water or natural juice. These drinks must be consumed 15 minutes after lunch.

Dinner:

Dinner should be taken 2 or 3 hours before going to bed. This meal should be a light one:

- one cup of yoghurt
- or
- one fruit salad

Since we are little, our parents make sure we have a healthy lifestyle. As time goes by, each one of us start taking care of our own bodies, being cautious about what we eat and how we eat. For functioning normally, we need to assure the human body with the necessary quantity of nutrients.

Food piramid:

1. Vegetables should be the principal source of food. It is preferable to eat the green ones and the orange ones.

2. Fruits are giving the body vitamins and the necessary amount of sugar. It is important not to drink a lot of natural juice because a big quantity cand increase the blood sugar.

3. Diary products give calcium to the organism. It is indicated to drink 3 glasses of low fat milk every day.