



## EATING AND WELLBEING

A balanced and varied eating is essential for our health and wellbeing.

One should have a healthy eating to feel good physical and psychologically.

There are simple and easy rules to put into practise that can help us on a daily basis:

- ✓ Always start your day with a full breakfast: 1 glass of milk or 1 fresh cheese, bread or cereals, 1 fruit item;
- ✓ Have 5 or 6 daily meals: avoid being more than 3 and a half hours without eating, have small snacks between the three main meals (choose fresh cheese) and if you feel the need for it have a small supper before going to bed;
- ✓ Eat 2 or 3 fruit items per day;
- ✓ Control your consumption of fat: it should never be more than 30% of the total calories daily ingested;
- ✓ Reduce the consumption of salt: no more than 5g per day;
- ✓ Drink at least 1,5 litres of water per day, drinking it plenty and not only when you are thirsty.



SABER QUE SABE BEM