

# TIPS FOR A HEALTHY AND CORRECT DIET





# ***THE DIET***

DIET = SLIM? NO!

THE DIET = HEALTHY AND  
PROPER NUTRITION

# THE ALIMENTARY PYRAMID

## HEALTHY EATING PYRAMID





**← HEALTHY FOOD**

*Eating a healthy diet is not about being slim or stop eating the foods you love. Rather, it's about feeling great, having more energy and improving your health.*

**JUNK FOOD →**

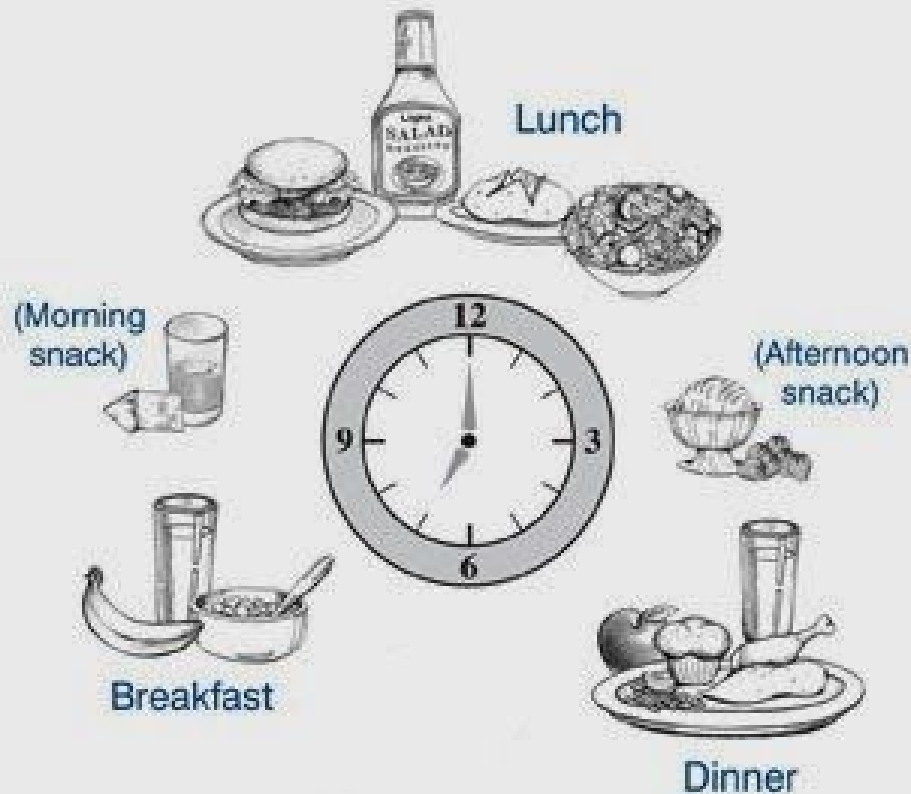
*Junk food is described as food and drink low in vitamins, minerals and fiber. Junk foods are high in fat, added sugar, and added salt.*



# THE FIVE MEALS OF THE DAY

*It is important to remember that there are five meals in a day.*

THE MEALS ARE:



**BREAKFAST,  
MORNING SNACK,  
LUNCH,  
AFTERNOON  
SNACK, DINNER.**

## BEWARE OF WHITE POWDERS SUCH AS SUGAR, SALT ETC.



**SUGAR:** because if you eat too much it gives you diabetes, which is a disease caused by the presence of high levels of glucose in the blood.

**Salt, saturated fats and 00 flour** because: in large quantities they can lead to hypertension

# So what to eat for breakfast?

**Light food and juice or water for breakfast.**



**The breakfast is  
the most  
important meal  
of the day**



# YOU ARE WHAT YOU EAT....

incorrect  
nutrition



proper  
nutrition





## PROPERTIES OF COLOR IN FOOD

### White

For the immune system  
Diuretics



### Yellow

For skin health  
and elasticity.  
For healthy bones



### Red

They improve  
cardiovascular  
conditions



### Green

Depurative for  
the liver. Body detox



### Purple

To improve your  
sight. Anti-aging



### Orange

For your skin,  
and stomach.  
Body detox



WHITE  
GARLIC  
MUSHROOM...

YELLOW  
LEMON  
CORN...

RED  
STRAWBERRY  
TOMATO...

GREEN  
KIWI  
CUCUMBER

PURPLE  
AUBERGINE (UK)  
/EGGPLANT (AMERICAN)  
BERRIES...

ORANGE  
ORANGE  
CARROT...

# SAY NO TO FOOD WASTE



# How to reduce your food waste at home



plan your meals



know how to store your food



understand 'use by' vs 'best before' dates



use what you have



avoid serving too much



know your moulds



share extra food with others



repurpose waste where possible

# 0 KM PRODUCTS

**Local food, or defined as 0 km, is very healthy and sustainable, because unlike other products are healthy and fresh and do not use means of transport that pollute but you can get them close to where you live.**



# SEASON FOOD

Three reasons why  
it is right to buy  
seasonal food:

- it is very cheap;



- there are no pesticides;

- they are not polluting.



# AVOID PACKAGING

## THE PACKAGING POLLUTES



**How to avoid packaging?**

- buy products in bulk;**
- use reusable glass bottles;**
- use washable fabric bags...**