

Healthy diet is important to improve the quality of life and to prevent/treat many illnesses. There are many benefits for health, including the improvement of the immunologic system.

What does it mean to have a healthy diet?

1- To consume all kind of food groups trying to make your plate colorful in order to obtain the most quantity of vitamins and minerals;

2- To eat a great amount of fibers, vegetables, fruits, whole cereals (oats, grains, linseed, granola, breads);

3- To have a diet rich in vitamins, specially A and E and selenium. The main sources of those nutrients are: cauliflower, broccoli, cabbage, spinach, kale, carrot, tomato, pumpkin, papaya, mango, milk (preferable non-fat), chestnuts, walnuts, hazelnut, almond and whole cereals, especially linseed.

4- To consume calcium sources (milk derivatives) such as milk and non-fat yogurt, fresh cheese, ricotta, milk soy (tofu) and dark green vegetables, especially when corticoids are taken.

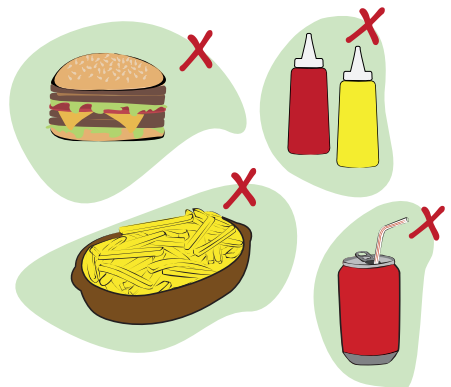
5- To cut down on carbohydrates: candies, rice, pastas, potato, cassava, flours and breads.

6- To reduce the ingestion of salt and foods containing salt: canned soups, spices, preserves, processed meat (sausage, ham, mortadella, salami), salted margarine and chips.

7- To avoid the intake of alcohol and sodas.

8- To avoid the ingestion of fatty foods: fried food, mayonnaise, sausages, sandwiches, fat meat, chicken skin, shrimp, bacon, sweets, fatty cheese, coconut and ice cream milk-based.

9- To increase the intake of food containing Omega 3. Omega 3 is present in fishes as sardine, tuna, salmon, kipper, codfish, linseed seeds, fish oil, canola oil, soy oil, olive oil, chestnuts, walnuts and hazelnuts.



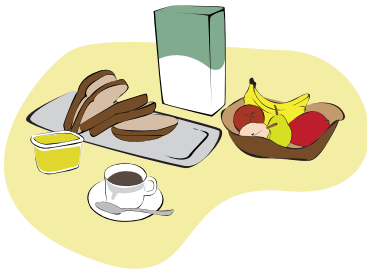
In order to have a healthier life, we suggest a balanced menu:

Breakfast:

- Coffee with non-fat milk plus sweetener or a little bit of sugar
- Bread (preferentially whole wheat)
- Unsalted margarine or fresh cheese/ricotta
- Fruit

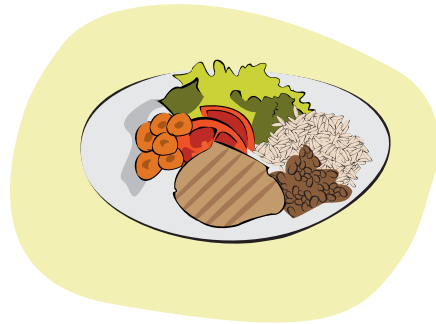
Snack between breakfast and lunch:

- Cereal bar or fruit or non-fat yogurt;



Lunch / dinner:

- Rice and beans;
- Grilled, cooked or baked white meat or thin red meat;
- Salad seasoned with olive oil, lime or vinegar
- Vegetables
- Fruits



It is important to make 5 to 6 meals a day, always chewing the food slowly. To drink 2 liters of water per day and to use natural seasonings. Always sanitize and keep the food in proper conditions. Remember that a healthy eating habit can be a pleasant food and delightful way of life!