

Optimal Choice of Ingredients and Food

Day one

Day four

Day two

Day five

Day three



Healthy Meal Preparation

Healthy meal preparation means that food cannot be prepared in following ways

1. Fried in oil or in a deep fryer
2. Too salted
3. Fried
4. Slightly fried
5. Too sweet

Healthy meal preparation **includes** the following:

1. Fresh food
2. Braised meals have advantage
3. During braising , a chicken or vegetable bouillon is added
4. Steam cooking
5. Cook vegetable without chopping it
6. Seasonal grocery shopping



Increasing Flood Intake

1. Always have a bottle of water
2. Add some aroma to water so it may resemble juice
3. Use a straw
4. Cool the water before drinking
5. Install on the mobile phone an application that will let you know when it is time to take a glass of water



Atmosphere during Mealtime

1. Family mealtime
2. Enough time for meal consumption
3. The wait time between meals (from 2,5h to 3h)
4. Don't watch television or listen to music while eating
5. Temperature
6. It is highly important to wash your hands before and after meal
7. Don't eat with dirty hands
8. Wash fruit before consumption



Smart Shopping

1. See the expire date
2. See the nutrient values
3. See the alternatives
4. Pay attention to grocery organization
5. Read the declaration and see the trade marks
6. Seasonal Food Shopping

