



# THE HEALTHY EATING PYRAMID

EAT LESS



## DID YOU KNOW?

A healthy diet makes you stronger, clever and protects you against numerous diseases!



And don't forget to drink plenty of water and be active every day!



EAT MORE

Illustrations: [felixgodefroy.com](http://felixgodefroy.com)

In partnership with:



UNIVERSITÀ  
DI PARMA



MAESTRI  
DEL  
GUSTO



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 678024