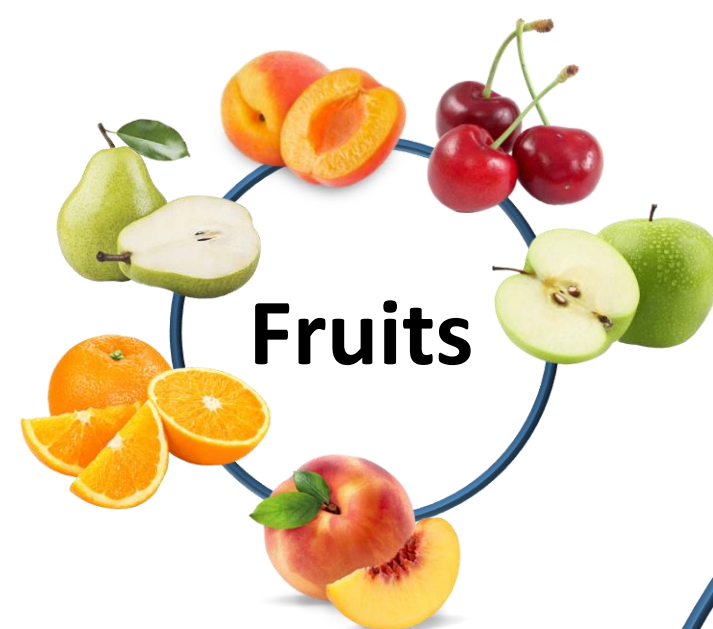


How should your plate be composed ?

You can follow simple rules to create a balanced and healthy plate for your main meal, such as the lunch!

Vegetables and cereals, better if varied, should occupy more than a quarter of your plate. You should limit the amount of refined products (e.g. white bread).

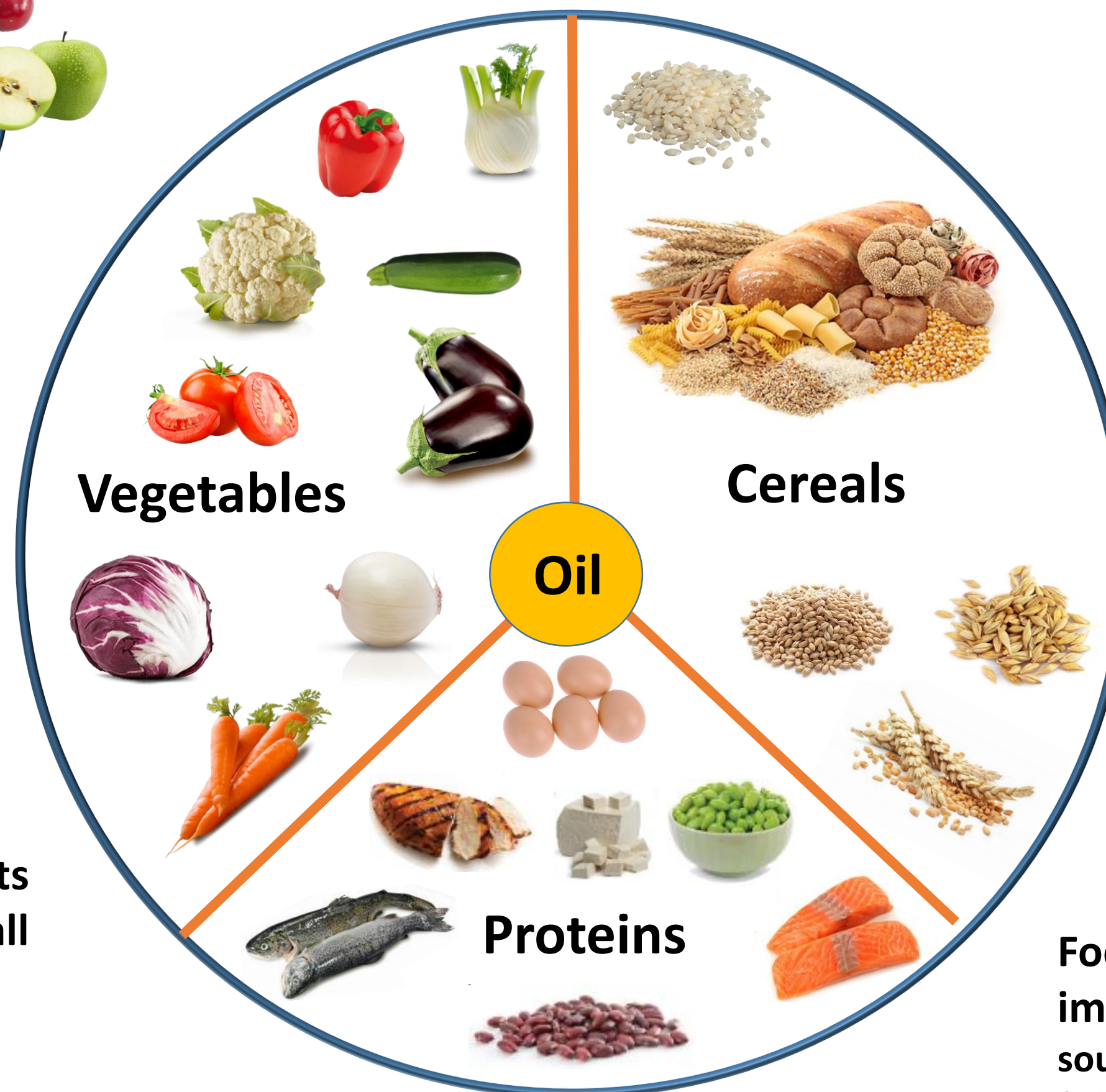


The range of **fruits** should be chosen taking into account the variety of colours and the seasonality!



The best drink for you is **water**. Sweetened drinks should be drunk only in occasionally during the week because of their high content in sugar.

Oils used as condiments should take only a small portion of your plate.



Foods rich in **proteins** represent another important portion of your plate. Good sources of proteins are represented by meat, fish, eggs, seeds and dairies.



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