

How to distribute daily food intake?

During the day you should eat in **3 main meals**, such as **breakfast**, **lunch** and **dinner**, and **2 snacks**, one in the morning and one in the afternoon.

Remember: drinking water between meals is always a good idea!

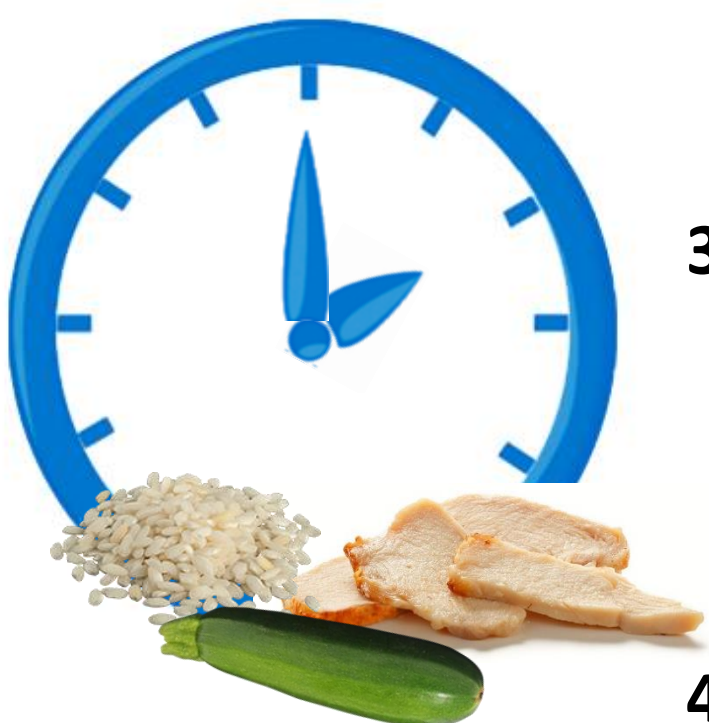
The biggest meal of the day depends on the cultural traditions of each country. For instance, in the Mediterranean diet, it's the lunch. On the contrary, in other cultures and traditions, the main meal is breakfast. Food habits of a country are determined by several factors: climate, natural resources, lifestyle, social conventions and economic factors.

Below here you can find some suggestions on how to organise the day with regard to food. The time of the meals could slightly vary on the basis of your school hours.



1. When you wake up, you should have breakfast, so that you can obtain the fuel to start the day with the right spirit!

2. Mid morning you could eat a fruit as a snack!



3. In the middle of the day it's time for lunch: is it the biggest meal of your day?

4. In the afternoon you can eat a second healthy snack. A correct choice could be a fruit or a yogurt!



5. Dinner is in the evening, a light meal is recommended!

