

small changes

T  EAT BETTER

more



FRUIT AND VEGETABLES

At least **3 pieces of fruit a day**, whole or sliced, always for dessert, at mealtimes, and as a snack between meals, anywhere.

Vegetables, at least **twice a day**, raw (in a variety of salads) or cooked (steamed, sautéed, roasted, etc.), as a main or side dish.

PULSES

3 to 4 times a week. They can be cooked and served in many different ways, and are easy to find ready-cooked. They are very economical and nutritious, and can be an excellent substitute for meat, fish and eggs. Make the most of our many local varieties!

NUTS

A handful every day is a very good, healthy choice, raw or roasted, but without salt. Include them in breakfasts and snacks, appetisers and recipes.

ACTIVE AND SOCIAL LIFE

Add at least **30 minutes** of moderate physical activity, **at least 5 days a week**, if possible in company and outdoors.

Sharing meals, taking your time and without screens, is a great opportunity to enjoy yourself, take care of yourself and interact.



switch to



WATER

Water is always **the best drink**: When you are thirsty, choose water, both **with meals** and **between meals**. To reduce packaging, drink tap water.

WHOLEGRAINS

Choose **wholegrain** bread, pasta, rice, etc., because unrefined varieties are more nutritious.

VIRGIN OLIVE OIL

For both **cooking** and **seasoning**, use virgin olive oil. Many high-quality varieties are produced in Catalonia.

SEASONAL AND LOCALLY GROWN FOODS

Prioritise these foods, they are **fresher** and **conserve** flavours, nutrients and aromes better. Consuming them helps the **economic and social** development of the territory and has **less negative environmental impact**. Buy these products in bulk or in reusable packaging to **reduce waste**.

less

Avoid seasoning foods and dishes, especially those for children, with salt and sugar. This helps prevent disease.

SALT

Reduce the salt you **add** to foods when cooking and at the table, and choose iodised salt. Many **processed foods** contain a lot of salt. Herbs and spices enhance the flavour of preparations.

SUGAR

Reduce your consumption of **sugary food and drinks** as much as possible and **avoid adding sugar** to food and drinks.

RED AND PROCESSED MEATS

Eat red meat **once or twice a week at the most**, and if you consume **processed meats**, do it only **occasionally**.

ULTRA-PROCESSED FOOD

Avoid buying and consuming ultra-processed foods made with only a few raw materials to which sugars, fats, salt, starches, additives and so on have been added to modify the taste, smell, colour, texture, etc., of the product.



Consumption recommendations for the different food groups

Vegetables	at least 2 per day, for lunch and dinner
Fresh fruit	3 a day, at least
Wholegrains and starches ¹	at every meal
Nuts (raw or roasted)	3-7 handfuls per week
Milk, yoghurt and cheese	1-3 times a day
Meat, fish, eggs and pulses	no more than twice a day, alternating:
Meat ²	3-4 times a week (red meat maximum 2 times a week)
Fish ³	2-3 times a week
Eggs	3-4 times a week
Pulses ⁴	3-4 times a week
Water	depending on thirst
Virgin olive oil	as dressing and for cooking

Stick to small portions adapted to needs and which avoid food wastage.

1. Whole-wheat bread, whole-grain pasta, brown rice, couscous, etc., are wholegrains. Potatoes and other root vegetables are considered starches.

2. Red meat refers to all mammalian muscle meat, including beef, veal, pork, lamb, horse and goat. White meat is therefore poultry and rabbit.

3. Vary the type of fish, both white and oily, which should preferably be from sustainable fishing. Seafood is also included in this group.

4. Pulses, being rich in both carbohydrates and proteins, can be considered proteins (meat, fish, eggs and pulses) and also wholegrains and starches.

YOU CAN ENJOY
HEALTHY
EATING!

