

Basics of healthy eating and water balance

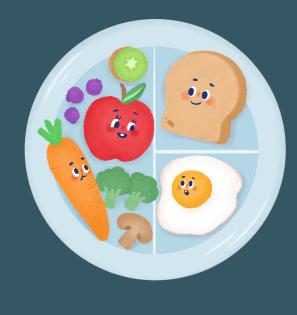


10 Rules for a Healthy Diet

- 1. Eat various foods.
- 3. Eat whole grains.
- 5. Eat healthy fats.
- 7. Drink much water.
- 9. Take your time to eat.
- 2. Eat vegetables and fruits every day.
- 4. Eat dairy products every day.
- 6. Eat little sugar and salt.
- 8. Cook food gently.
- 10. Get plenty of exercise.

Breakfast, Lunch, and Dinner

- Breakfast: The most important meal of the day. Some recommended foods include whole-grain products, low-fat quark, berries, nuts, oatmeal, flaxseed, avocado, eggs, grapefruit, and bananas. Drink water first thing in the morning to jumpstart your hydration goal.
- Lunch: Meal prep is a great option to save time and money. Eat consciously and take a break to improve air flow. Exercise, drink water, and avoid heavy dishes to avoid afternoon sleepiness.
- Dinner: Make sure your meals contain an appropriate distribution of proteins, carbohydrates, fruits, and vegetables. Crave light snacks if you feel hungry in the evening.





Water Balance

- Water has many benefits, such as providing energy to muscles, cleansing toxins, strengthening the immune system, increasing concentration, promoting regular bowel movements, and maintaining fluid balance.
- Drinking recommendation and tips for drinking more: Drink 1.5 to 3 liters of water per day, spread throughout the day. Set reminders, have water handy, flavor water with cucumber or lemon slices, and drink a large glass of water first thing in the morning.

A healthy diet and hydration are essential for our well-being and physical performance. Start implementing these tips today and see the positive changes in your body and mind.