



# Healthy eating and water tips

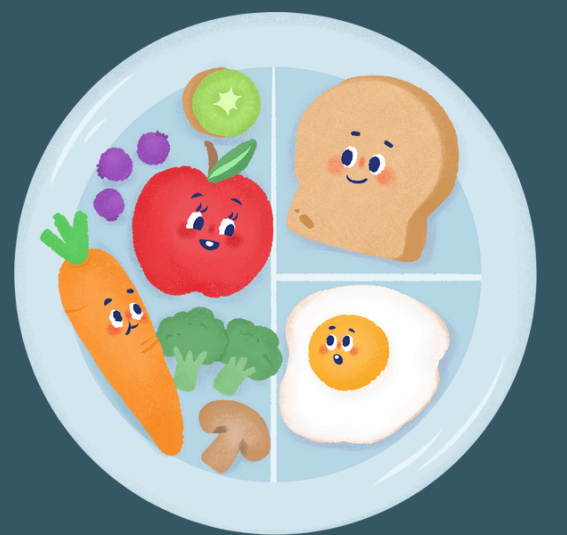


## 10 Rules for Healthy Eating

1. Eat different foods.
2. Eat vegetables and fruit every day.
3. Choose whole grain bread and pasta.
4. Eat milk and dairy every day.
5. Use healthy fats (like olive oil).
6. Use little sugar and salt.
7. Drink enough water.
8. Cook food in a healthy way.
9. Take time to eat.
10. Move your body, do sports.

## Meal Tips

- Breakfast: Whole grain, yogurt, fruit, nuts, oats, flax seeds, avocado, eggs, drink water after waking up
- Lunch: Eat slowly, take a break, choose light meals, drink water
- Dinner: Eat protein, carbs, fruit, and vegetables; choose light snacks in the evening



## Why Water Is Important

- gives energy to muscles, helps clean your body, makes your immune system strong, helps you focus
- drink 1.5–3 liters of water every day, put reminders on your phone, add cucumber or lemon to your water, drink a big glass of water in the morning

Start today! Eating healthy helps your body and mind feel better.

