

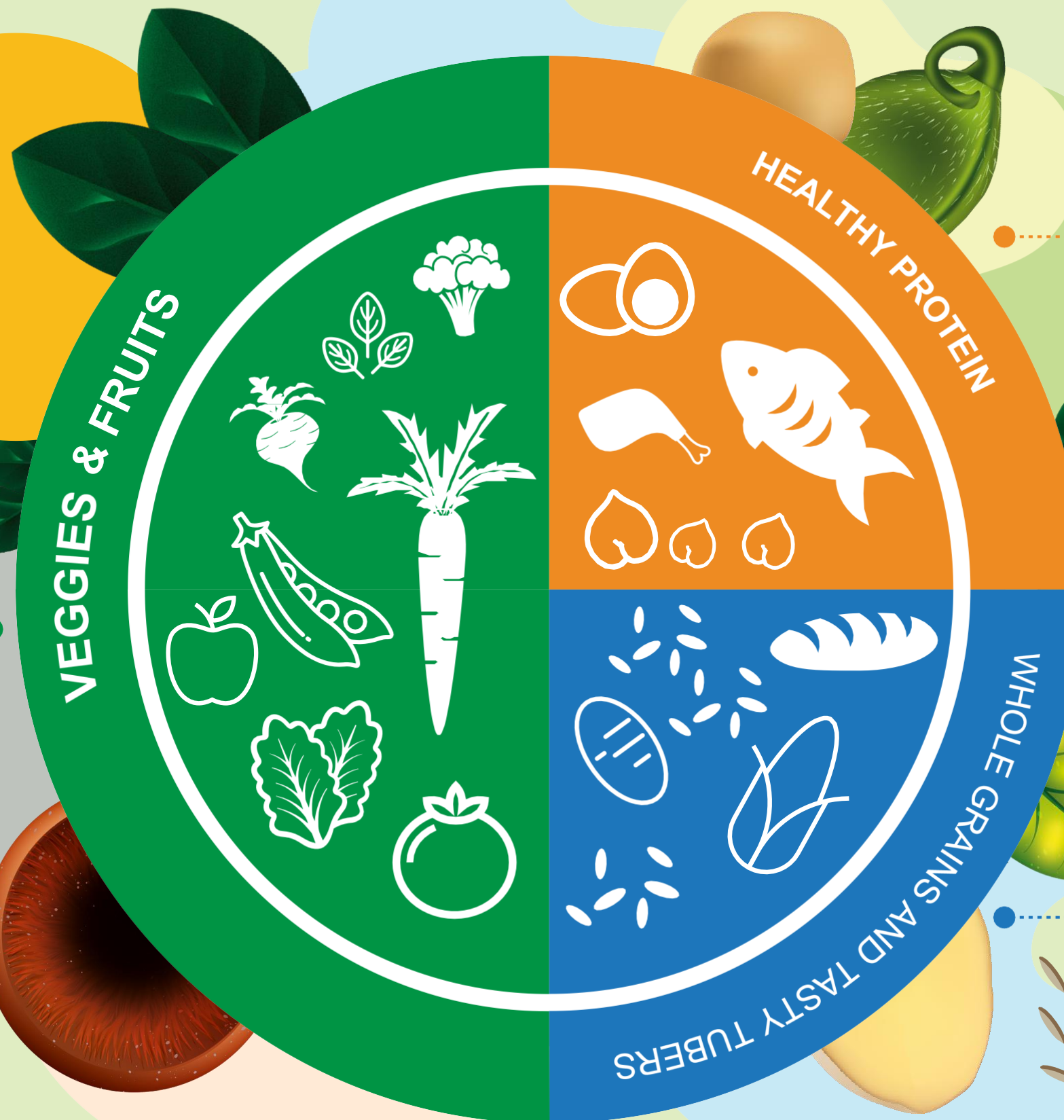
The Balanced Plate

Don't forget to eat fruit as a dessert, drink water and use unsaturated oils (such as olive or canola)!

Veggies and fruits should cover at least half a plate. They provide many vitamins, minerals and fibre, which are essential for our bodies!

Healthy protein should cover a quarter of the plate. They mainly contribute to the maintenance of muscle mass and normal bones. This group includes fish, lean meats, eggs, legumes (chickpeas, beans, peas, broad beans, etc.) and nuts.

These foods should cover a quarter of the plate. They include bread, pasta, rice, quinoa, couscous and potatoes.



A GUIDE FOR CREATING HEALTHY, BALANCED MEALS!
5 - 10 YEARS

The Balanced Plate

Don't forget to eat fruit as a dessert, drink water and use unsaturated oils (such as olive or canola)!

Veggies and fruits should cover at least half a plate. They provide fibre, as well as many vitamins and minerals which contribute to maintaining normal body functioning.

Healthy proteins should cover a quarter of the plate. They mainly contribute to the maintenance of muscle mass and normal bones. This group includes fish, lean meats, eggs, legumes (chickpeas, beans, peas, broad beans, etc.) and nuts. . It is generally advised to limit the amount of red and processed meat (e.g. sausages, cold cuts). If you enjoy eating these, try to save them for special occasions.

Grains and tubers should cover around a quarter of the plate. They include bread, pasta, rice, corn, couscous and quinoa, as well as tubers like potatoes. Choose whole grains when possible (brown rice, whole-wheat bread...). Grains and tubers provide carbohydrates, some vitamins and minerals.

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11-15 YEARS