

HEALTHY-EATING PLATE

Oil

Healthy oils such as olive oil are recommended. Trans fats should be avoided.



Water

Water, tea or coffee (with little or no sugar) are the recommended main sources of liquid. Sugar-sweetened beverages should be avoided.

Vegetables/Fruits

WHO recommends a minimum of five servings of fruits and vegetables every day.



Whole Grains

Staple starchy foods, preferably whole grain, should be the main source of daily energy intake.

Healthy Protein

Fish, poultry, beans and nuts are preferable to red meat and processed meat.