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.

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.

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