



HOW TO BE HEALTHY AND KEEP FIT



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UNHEALTHY LIFE:

People's lifestyle (example):

- Poor diet;
- Stress;
- Among other factors...;



Are contributing to aggravate healthy problems, like, diabetes and high blood pressure which are diseases very much associated with the habits of modern populations living in cities



HOW TO BE HEALTHY AND KEEP FIT:

- **Healthy eating** - having a good diet can do a lot more for your health than you think;
 - avoid eating too many fried foods;
 - eat a lot of fruit and drink water;
 - avoid eating too much fat, sugar and salt;
- **Physical exercise** - provided it is done properly, it can also considerably improve your health and well-being, thus contributing to a better quality of life and keep fit;
- **Stress Management** - for people with a very high stress level, there is a huge variety of pills to help regulate stress better



Healthy menu:

Monday

Breakfast: brown bread with light spreadable cream cheese + simple skimmed milk or with coffee, without added sugar;

Middle of the morning: banana + solid low-fat flavored or natural yogurt;

Lunch: grilled vegetable + golden soup with sweet potatoes and sautéed vegetables;

Middle of the afternoon: oat pancakes + tea / infusion without added sugar;

Dinner: vegetable soup + chicken (pasta) bolognese.



Healthy menu: Continuation



Tuesday

Breakfast: light natural Greek yogurt with granola without added sugar;

Mid-morning: kiwi + 1 handful of nuts;

Lunch: carrot cream + squid rice with mixed salad (lettuce and tomato);

Middle of the afternoon: Marinheiras cookies with a slice of Flemish cheese;

Dinner: carrot cream + grilled turkey kebab, tomato and eggplant + quinoa.

Healthy menu: Continuation

Wednesday

Breakfast: oatmeal porridge (with oat vegetable drink) and blueberries;

Mid-morning: whole toast + boiled egg;

Lunch: spinach soup + cod with chickpeas, peppers and onions;

Middle of the afternoon: chia pudding with vegetable yogurt and grated coconut;

Dinner: spinach soup + sweet potato pie and tuna.



Healthy menu: Continuation

Thursday

Breakfast: oat and cocoa mug cake (oat, egg, banana and low-fat cocoa powder) + vegetable almond drink without added sugar;

Mid-morning: apple with peanut butter without added sugar;

Lunch: vegetable soup + mushroom quiche with asparagus;

Middle of the afternoon: corn crackers with poultry ham + low fat yogurt;

Dinner: vegetable soup + roasted eggplant stuffed with chicken, carrots and tomatoes.



Healthy menu: Continuation



Friday

Breakfast: whole grain bread with scrambled egg + tea / infusion / barley without added sugar;

Mid-morning: yogurt gelatin without added sugar + pear;

Lunch: watercress soup + smoked salmon wrap with tomato, lettuce and carrot.

Middle of the afternoon: natural yogurt smoothie with oats and bananas;

Dinner: watercress soup + chickpea curry with rice

green + cheese omelette, asparagus and mushrooms with tomato rice;

Middle of the afternoon: carob toast with hummus + natural kefir or with aromas without added sugar;

Dinner: courgette soup and green beans + spiral courgette spaghetti with sautéed vegetables and stewed beef.