

HEALTHY FOOD



ERASMUS+
GERMANY



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A top-down view of several sliced avocado halves arranged on a vibrant green background. The slices are cut lengthwise, showing the creamy green flesh and the dark brown pit. The lighting is bright, highlighting the texture of the fruit.

1. Food distribution over the day

Three main meals:

- Breakfast
- Lunch
- Dinner

Healthy breakfast

- Bread and eggs or cheese
- Oatmeal with berries
- Yogurt or quark with fruit
- Homemade smoothies,
fruit juice, herbal tea



Healthy lunch

- Lean meat or fish
- Potatoes, rice, and salad
- Low-fat dairy products
- Fruits
- Vegetables



Healthy dinner

- Salad and vegetables
- Lean meat or fish
- Bread with cheese, ham or spreads like hummus
- Water and herbal tea



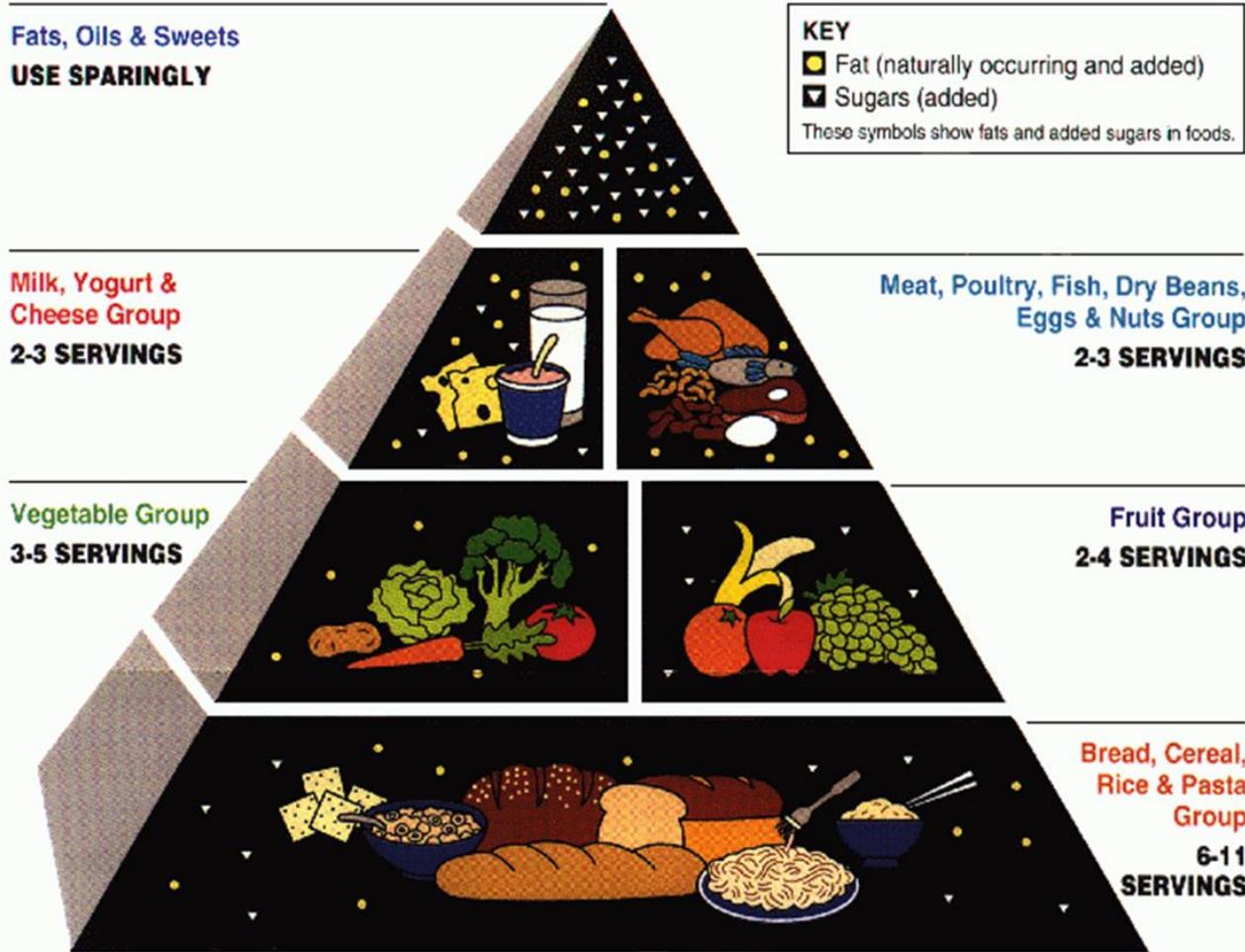
2. Food Pyramid

The pyramid shows the amount of food that you should eat:

At the top are foods that should be eaten rarely

From the food in the middle, you can eat two to five servings

At the bottom, there are foods that you should eat frequently





3. Healthy food

- Plant-based foods like fruit, vegetables, or cereals
- Animal foods like lean meat, fish, dairy products, or eggs
- Lots of fluid (water/sugar low juices) 2-3 liters per day



3.1 Meat

- Vitamins and protein (important for building muscles)
- Iron for blood formation
- lean poultry, pork, beef

Different fat levels

- pork belly = fat
- filet = low fat

3.2 Dairy products

- natural yogurt, quark, cheese
- contain important minerals like calcium, magnesium and iron
- The body needs calcium to build bones and strengthen teeth





3.3 Cereals

- wheat, corn, rice
- Fiber for digestion and metabolism
- Vitamins regulate metabolic processes and help with growth
- Carbohydrates fill you up and hold your body heat





3.4 Fruits and vegetable

- apple, strawberry, salad, potatoes
- Contains vitamins, minerals, fiber, and healthy fructose
- vitamins regulate the metabolism
- low in fat
- should be eaten every day



4. Unhealthy food

- sweets, cake, candy, ice cream
- oil, fat, sugar
- fast food (fries, burgers, chicken nuggets)
- greasy or fried food

Sugar

- Sugar that the body doesn't need is stored in the liver and transformed into body fat
- too much sugar can cause obesity, heart diseases or tooth decay



Oil and fat

- palm oil, sunflower oil, meat, eggs, and fat dairy products
- in excess it raises cholesterol levels
- risk for heart diseases and diabetes



5. Typical healthy German dishes



Asparagus with hollandaise sauce and potatoes



Farmer's breakfast



Sour cabbage



Cabbage salad



Potato salad



Vegetable Farmers Fry



Lentil Soup



Carrot Cake



A close-up photograph of several sliced avocado halves. The slices are arranged on a vibrant green background. The avocado flesh is a bright, creamy green, and the pits are visible in some of the slices. The lighting is bright, highlighting the texture of the fruit.

Thank you
for your
attention!