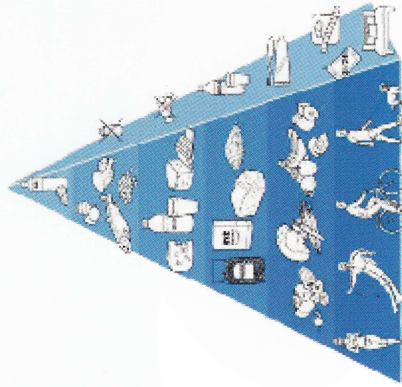


The list of ingredients on the food labels is relevant – shorter and more simple the list, the better food choice for your health.

BE SURE TO READ FOOD LABELS PROPERLY

It is said that 1/3 of food produced for humans is wasted every year globally (1.3 billion tonnes a year!!!). Throwing away food isn't just a matter of waste but a big matter for our planet.



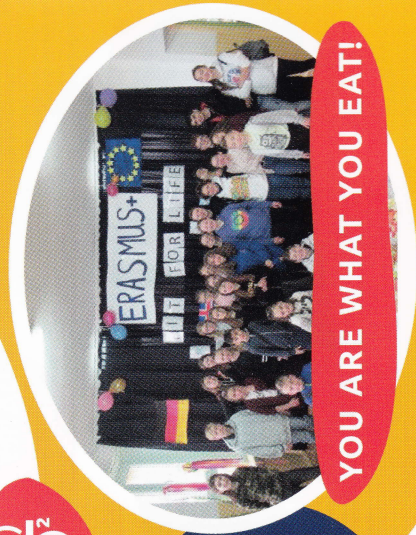
SHOP SMART, BUY AS MUCH AS YOU NEED AND DO NOT THROW AWAY FOOD!

BMI (Body Mass Index) is a measure of our body size. The result of the measurement gives an idea about whether a person has the correct weight for their height.

How to calculate BMI?

$$\text{BMI} = \frac{\text{kg}}{\text{m}^2} = \frac{(\text{your weight})}{(\text{your height})^2}$$

BMI	Weight status
below 18.5	underweight
18.5-24.9	healthy
25.0-29.9	overweight
30.0 and above	obese



YOU ARE WHAT YOU EAT!

Erasmus+



FIT FOR LIFE PROJECT

NUTRITION IN A NUTSHELL



Współfinansowane przez Unię Europejską



Co-funded by the European Union

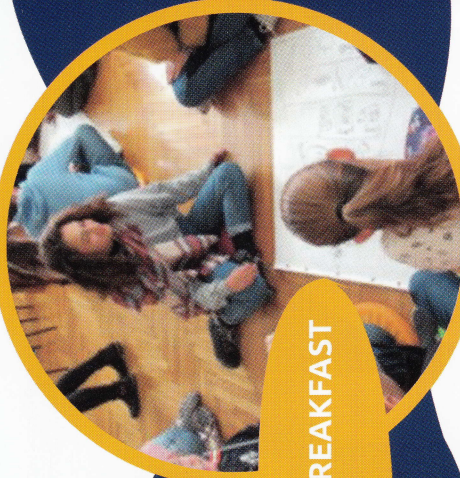


Szkoła Podstawowa
Buszkowice



We should eat 5 meals a day (every 3-4 hours). Breakfast is the most important meal of all as it gives you energy for the whole day.

DO NOT SKIP BREAKFAST



The healthy nutrition and lifestyle pyramid has changed recently:

Physical activity is the basis for staying healthy as it can have a number of benefits not only for your body.



BE ACTIVE!

Fruit and vegetables should be a part of your every day diet.

Dining out is ok, but it's better to prepare and cook your own meals.

AVOID FAST FOOD RESTAURANTS WITH JUNK FOOD

Proper hydration is essential for your all body function. You should drink up water and avoid sugary drinks and energy drinks.

DRINK UP AT LEAST 6 GLASSES OF WATER PER DAY

EAT 5 PORTIONS OF FRUIT AND VEGGIES OF ALL COLOURS A DAY ACCORDING TO THE PROVERB: AN APPLE A DAY KEEPS THE DOCTOR AWAY!

Eat a variety of whole grains (bread, pasta, brown rice,...)

GO FOR WHOLE GRAINS



Drink milk or natural yoghurt, eat cheese, but...

CHOOSE LOW FAT DAIRY PRODUCTS



A calorie is a unit of energy. Consuming too low or too high amount of energy can lead to health problems. The average caloric intake is based on a 2,000 kcal diet a day.

FOR TEENAGE GIRLS IT IS AN AVERAGE OF 2,200 CALORIES A DAY,

FOR TEENAGE BOYS IT IS AN AVERAGE OF 2,800 CALORIES A DAY

Do not forget about eating fish, eggs, beans, poultry and nuts.

PROTEIN POWER COUNTS AS WELL