

what is a
healthy diet
meal plan?!

BONNEAU Carla
NACHAIR Lorenza
BOYER Emie

Summary

➤ Main facts

➤ Healthy breakfast

➤ Healthy lunch

➤ Healthy dinner



Main facts

A healthy diet helps to :

1. Allows for better health
2. Protect against all forms of malnutrition, as well as non-communicable diseases
3. Healthy eating habits start at an early age
4. Our diet must provide a caloric intake commensurate with our energy expenditure. It must also be sufficiently varied and well distributed throughout the day

limit their consumption



3 every days



1 or 2 every days

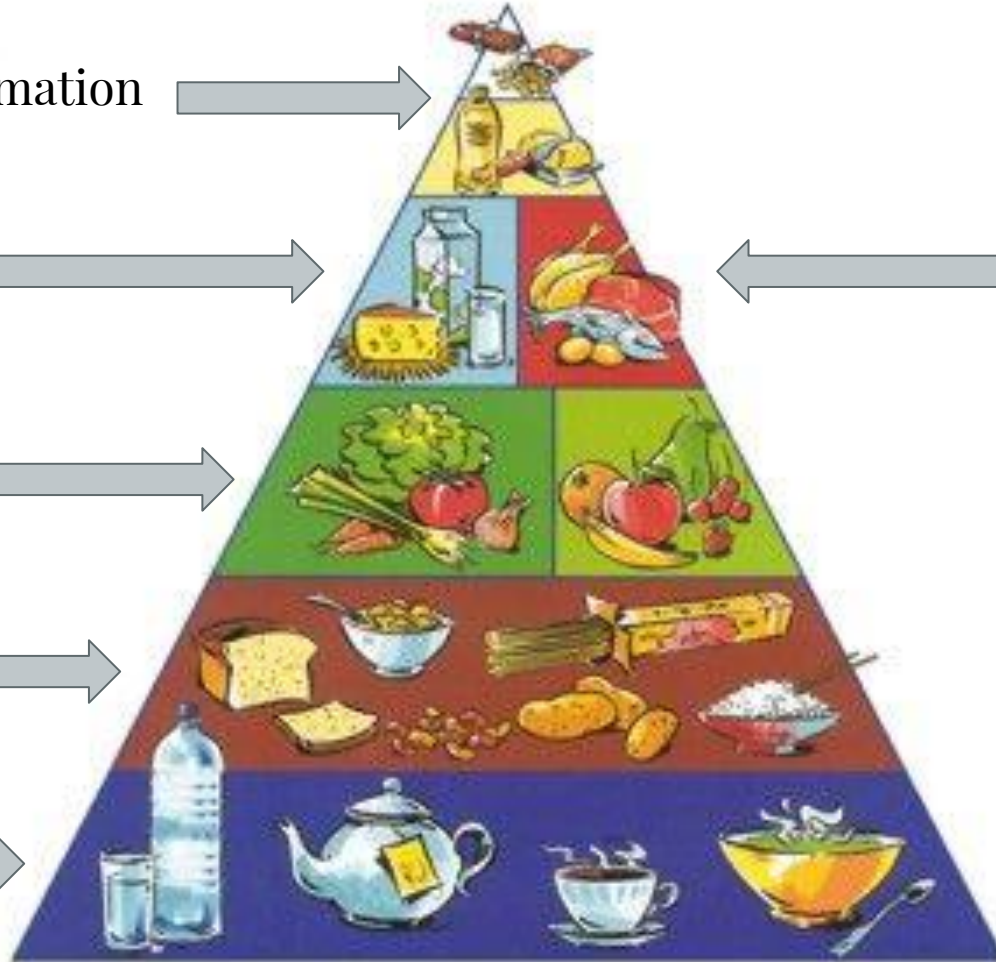
5 every days



every meal



according to
our desire



Healthy Breakfast

1 glass of fruit juice

1 coffee

1 plain yogurt

2 slices of bread with butter

1 apple



Healthy lunch



1 steak Green beans

2 glasses of water

2 slices of bread green salad

1 strawberry banana compote



Healthy dinner

1 salmon share

1 rice share

1 slice of bread

3 glasses of water

1 banana



Dinner must provide 30 to 35% of your energy intake