

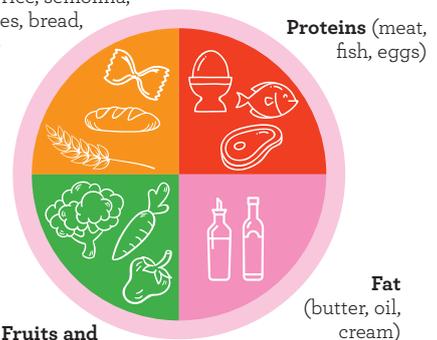
# THE FOOD PYRAMID



A balanced diet is vital for optimal health. The food pyramid is a visual guide to help you understand how to create balanced meals to keep yourself healthy.

Nutrient-rich food should be eaten regularly and evenly throughout the day to support proper bodily function. You should eat as many calories as you burn!

What should your plate look like?



**Starch**  
(pasta, rice, semolina, potatoes, bread, pulses)

**Proteins** (meat, fish, eggs)

**Fat**  
(butter, oil, cream)

**Fruits and vegetables**  
(the more the better!)

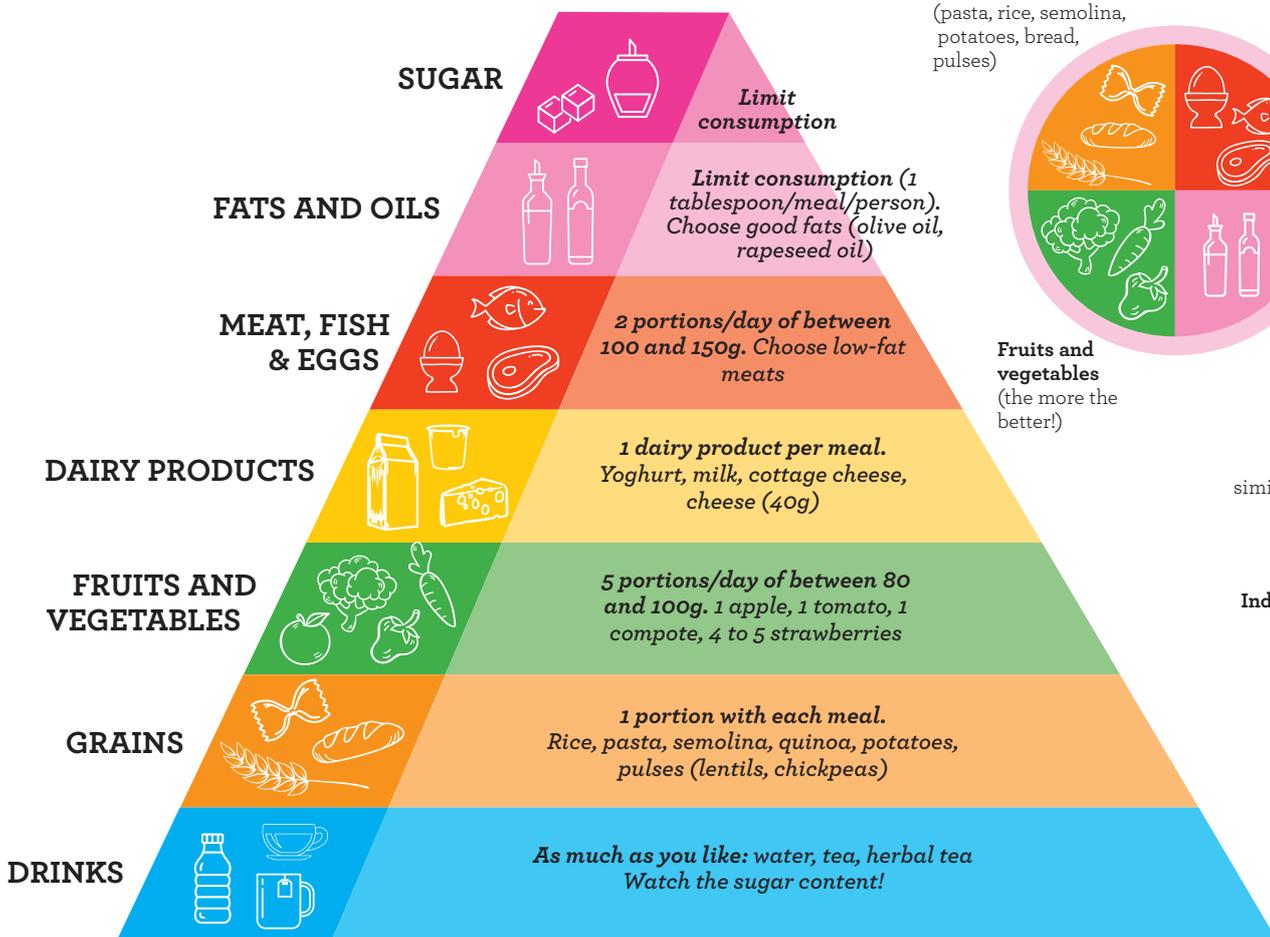
**Water and similar products**



**Dairy products**



**Indulgent food (optional)**



## WHICH OIL TO USE?



### COOKING

Olive oil, grape seed oil



### SEASONING

Rapeseed, olive, linseed, walnut and hazelnut oil



### FRYING

Peanut oil, sunflower oil

