

# OKOSTÁNYÉR®

Eat fat, salt and sugar  
as little as possible



Drinks

Vegetables



Grains

Fruit

Meat/fish/egg/milk  
and dairy products

What should be on your plate every day?

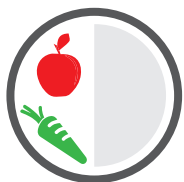
# OKOSTÁNYÉR®



Add as little salt, sugar and fat as possible in your cooking



Eat fresh fruit and vegetables every day



Half of what you eat every day should be fruit and vegetables

Vegetables

Fruit



Drinks



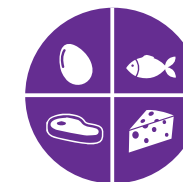
Drink plenty of water

Grains



Eat wholegrain foods regularly

Meat/fish/egg/  
milk and dairy  
products



Try to eat a wide variety of sources of protein

What should be on your plate **every day?**

Think about the quantity and quality of food and drink you consume. Drink plenty of fluids, have 3-5 meals a day and eat a varied, balanced diet; this means a diet which includes fruit, vegetables, wholegrain foods, meat, milk and low-fat dairy products on a daily basis every day.



## Vegetables

Eat red, orange and dark green vegetables as part of each main meal, for example: tomato, carrot, broccoli. Add legumes (for example: beans, lentils, chickpeas, soyabeans) to soups, veggie casseroles, salads or spreads. Fresh, frozen and canned vegetables, including pickles, all count. Choose options of canned vegetables with reduced or no salt. Eat potatoes maximum every other day.

**Have at least 4 portions of vegetables or fruit a day. Minimum 1 portion should be fresh or raw. Potatoes can't be counted as 1 of your 4 portions.**

1 portion = 100g fresh, steamed or boiled seasonal vegetables or fruit (for example, 1 medium sweet pepper or tomato, 1 medium apple or orange) or 1 small plate of salad, or 1 small cup of berries.



## Drinks

Water is the best to quench your thirst. Fruit and vegetable juices, tea with sugar, soft drinks, shakes/smoothies, milk drinks (for example cocoa, coffee with milk) can vary your beverage consumption, occasionally, in a small portion.

**Drink 8 glasses of fluid a day. 5 glasses out of 8 should be water.**  
1 glass = 200-250ml

Made by the Hungarian Dietetic Association (MDOSZ) with recommendation of the Food Science Scientific Committee of the Hungarian Academy of Sciences  
[www.mdosz.hu](http://www.mdosz.hu)



## Fruit

Eat fruit as a snack, or serve them as a salad or dessert. Add some seasonal fruit to breakfast cereals or pancakes. First of all, consume fresh fruit but you can also eat dried, frozen or canned fruit as well. Buy juices with 100% fruit content. A handful of unsalted oilseeds can be consumed 2-3 times a week, for example: walnuts, almonds, hazelnuts, pumpkin seeds, sunflower seeds.



## Grains

Have at least one portion of wholegrain as bread, bakery products or side dish a day. Swap refined grain choices for wholegrain bread, rolls, pasta, biscuits or cookies, cereals, brown rice. Durum wheat pasta could be a good choice as well. Check the ingredients on product labels for „wholegrain”.

**Have 3 portions of grains a day, at least one portion out of three should be wholegrain.**

1 portion = 1 piece of sweet bread dough (for example a crescent roll or bread roll) or 1 medium slice bread/brioche bread or 12 tablespoons (200g) cooked pasta/rice or 3 tablespoons of breakfast cereal/muesli.



## Meat/fish/egg/milk and dairy products

Consume milk and dairy products every day. Choose skimmed or low-fat products. They have almost the same amount of calcium and other essential nutrients, but less fat and energy as whole milk and full-fat dairy products. Choose low-fat cheese more often. Eat a variety of complete protein-rich food such as lean meat or egg every week. At least once a week have sea fish or bighead carp, sterlet, trout on your plate. Have offals (e.g. liver) maximum once a week.

**All main meals should contain complete protein. 500 ml milk or dairy products in an equivalent amount is recommended a day.**

1 portion = 200 ml milk/yoghurt/kefir or 50 g cottage cheese or 30 g cheese or 1 slice of meat - roughly size of your palm (100 g) or 1 slice (150 g) fish or 3-4 slices (50 g) cold cuts or 1 egg.



## Cut back on salt, fat and sugar

Look out for salt, fat and sugar in the food you buy, compare salt/fat and sugar content and choose those with the lower amount. Reduce added sugar and salt in your meals and drinks. Replace some of the salt with fresh or dried herbs. Have sweets/desserts maximum twice a week. Limit consumption of food with high-fat content (e.g. cakes, biscuits/cookies, heavy whipping cream, ice cream, high fat cheese, sausages, mayonnaise). Use less fat for cooking, switch to use oils. Use fat economic cooking techniques as grilling or steaming. Consume only occasionally breaded or deep-fried foods.

# EAT WISELY

## Be active



*Pick activities you like and do them for at least 10 minutes.*

*Increase the time of the exercise step-by-step: the more physical activity you do, the more your health benefits.*

*Children and adolescents get at least 60 minutes physical activity each day. For adults at least two and a half hours of moderate intensity activity, such as brisk walking is recommended a week.*