

Eat fat, salt and sugar as little as possible

# OKOSTÁNYÉR®

for 6-17 year olds



Vegetables



Grains

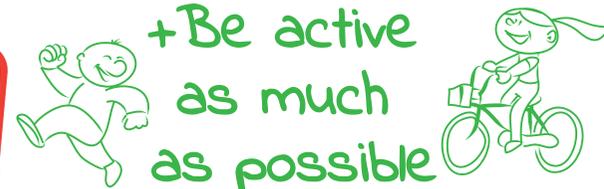


Fruit

Meat / fish /  
egg / milk and  
dairy products

What should be on your plate  
**EVERY DAY?**

+Be active  
as much  
as possible



Made by the Hungarian Dietetic Association (MDOSZ) with recommendation of the Food Science Scientific Committee of the Hungarian Academy of Sciences and the National Institute of Pharmacy and Nutrition.  
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## Fruit and vegetables



Fruit and vegetables are the main sources of many essential nutrients, especially of vitamins, minerals and fiber. All of these nutrients help us to be healthy and energetic, and to maintain a healthy weight.

- ▶ 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.
- ▶ Eat potatoes maximum every other day.
- ▶ Eat fruit as a snack, or serve them in 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 nuts, seeds can be consumed 2-3 times a week, for example: walnuts, almonds, hazelnuts, pumpkin seeds, sunflower seeds. Choose the ones without salt!

**Eat at least 4 portions of fruit or vegetables a day! Minimum 1 portion should be fresh or raw. Potatoes can not be calculated into the 4 daily servings.**

*Fruit: fresh and frozen fruit, e.g. apple, pear, plum, peach, orange, grapefruit, banana, grapes, kiwi, melons, strawberries, blueberries.*

*Canned, dried fruits, e.g. raisins, apple chips, 100% juices and nuts, seeds, e.g. walnut, almond*

*Vegetables: fresh, frozen and preserved, and vegetable products cooked /baked or raw, legumes.*

*For example, spinach, carrot, broccoli, lettuce, tomato, pepper, cucumber, sweet potato, pumpkin, green peas, green beans, beetroot, radish, onion, kohlrabi, cauliflower, potato, lentils, chickpeas, beans.*



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## Grains



Grains and grain products play an important part of a healthy diet. They contribute to our energy-intake, in addition they contain valuable vitamins and fibers.

- ▶ Have at least one portion of whole grain as bread, pastry or side dish a day.
- ▶ Replace refined grains with whole grains e.g. whole-grain, brown bread, rolls, buns, pasta, biscuits or cookies, cereals, brown rice.
- ▶ Durum or whole wheat pasta can be a good choice as well.
- ▶ Check the sugar content of cereals and mueslis! Choose the sugar-free or low sugar varieties!

**Eat 3 portions of grains a day, of which at least one portion should be whole grain.**

*Grains e.g. bread, pastry, cereal flakes (e.g. oat-, cornflakes), muesli, pasta, rice, brown rice, millet, bulgur, couscous, matzah, extruded bread, wheat, spelt, rusk, tortilla.*



## Drinks



Water (tap water, mineral water) is the best to quench your thirst. Fruit- and vegetable juices, teas with sugar, soft drinks, shakes/smoothies, milk drinks (e.g. hot cocoa, coffee with milk) can vary your beverage consumption, occasionally, in a small quantity. Energy drink consumption is not recommended, because of their high caffeine and sugar content. Children are not allowed to drink alcoholic beverages.

**Drink 8 glasses (8 x 1.5 to 3 dl) of fluids a day, and greater number of which (at least 5 glasses) should be water.**



## Be active as much as possible!



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 should have minimum 60 minutes of physical activity daily.



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



Meat, fish, egg, milk and dairy product contain complete proteins, and they are good sources of many vitamins and minerals, e.g. calcium in milk and milk products, as well as the iron content of meat are particularly valuable. Sea fish (e.g. mackerel, salmon) and some domestic types (e.g. bighead carp) contain fats that are beneficial towards our health (also called omega-3 fatty acids).

- ▶ Consume milk and dairy products every day.
- ▶ 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. 3 servings of milk or dairy products in an equivalent amount is recommended a day.**

*Meat (eg chicken, turkey, pork, veal), cold cuts (e.g. ham, pork chop deli meat, frankfurter), dairy products (e.g. cottage cheese, yoghurt, kefir, cheese), milk and milk drinks (e.g. shakes, hot cocoa), egg dishes (e.g. scrambled eggs, boiled eggs), fish (e.g. sardines, tuna, salmon).*

## Salt, sugar and fat

Too much salt, fat and sugar have a bad effect on our health: they can lead to overweight, heart disease, and caries. So it's important to minimize their intake with the foods and drinks consumed.

- ▶ If you go shopping, look at the label, compare salt, fat and sugar content of the products, and choose those with the lower amount!
- ▶ Reduce added sugar and salt in your meals and drinks.
- ▶ Have sweets and desserts only occasionally, maximum two or three times a week.
- ▶ Limit consumption of foods with high-fat content, e.g. cakes, biscuits/cookies, ice creams with whipped cream, high fat cheese, sausages, mayonnaise.
- ▶ Consume only occasionally (maximum once a week) deep-fried foods (e.g. breaded meat, french fries, deep fried dough).