

# OKOSTÁNYÉR®

Eat fat, salt and sugar  
as little as possible



Drinks

Vegetables

Grains

Fruits

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



Drinks

Drink plenty of water



Vegetables

Grains

Fruits

Meat/fish/egg/  
milk and dairy  
products



Eat wholegrain foods regularly

What should be on your plate every day?

Pay attention to the quantity and quality of food and drink you consume! Choose more seasonal, freshly consumable ingredients and less processed foods. If you can, favour the domestic, locally produced ingredients! Drink plenty of fluids, eat regularly, have 3-5 meals a day and eat a varied, balanced diet. A healthy diet is more than the consumed food in itself. Eating in calm conditions with pleasure has countless benefits.



Try to eat a wide variety of sources of protein



## Vegetables

Eat red, orange and dark green vegetables as part of each main meal, for example: tomato, carrot, broccoli. Consume legumes at least once a week (beans, peas, lentils, chickpeas, soy). 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 5 portions of vegetables or fruit a day.**

**Of this, 3-4 portions of vegetables / 1-2 portions of fruit and at least 1 portion of fresh / raw. Potatoes can't be counted as 1 of your 5 portions.**

1 portion = 1 large pepper or tomato, 1 large apple or peach or 1 medium bowl of salad or 80 g of dry or 120 g of fresh / frozen legumes or 1 cup of berries or 2 dl smoothie.



## 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)



## Fruits

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.



## Milk and dairy products Egg / fishes / meats

Consume milk and dairy products every day. Choose more often the lower fat dairy products. If you drink a plant-based drink, choose the enriched varieties with no additional sugar. The nutrient content of plant-based drinks is significantly lower than milk, which must be taken into consideration when compiling a diet. Insert at least one meat-free day a week.

Choose a variety of protein sources, you can replace the meat with fish, egg, dairy products, legumes, cereals and seeds. From meats, choose lean variants more often. Consume not more than 350-500g a week of cooked / steamed / fried (500-700 g raw) red meat (e.g. beef, pork).

Eat processed meat products only occasionally, in small amounts. Eat fish at least once a week. Choose from domestic fishes more often (e.g. trout, catfish, bighead carp). Offals should be included in the diet no more than once a week.

**All main meals should contain complete protein. 500 ml milk or an equivalent calcium-containing dairy product is recommended per 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 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 in connection with meals. 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 those activities, that 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.*

*For adults at least 150 minutes of moderate intensity or 75 minutes of intense exercise is recommended a week.*