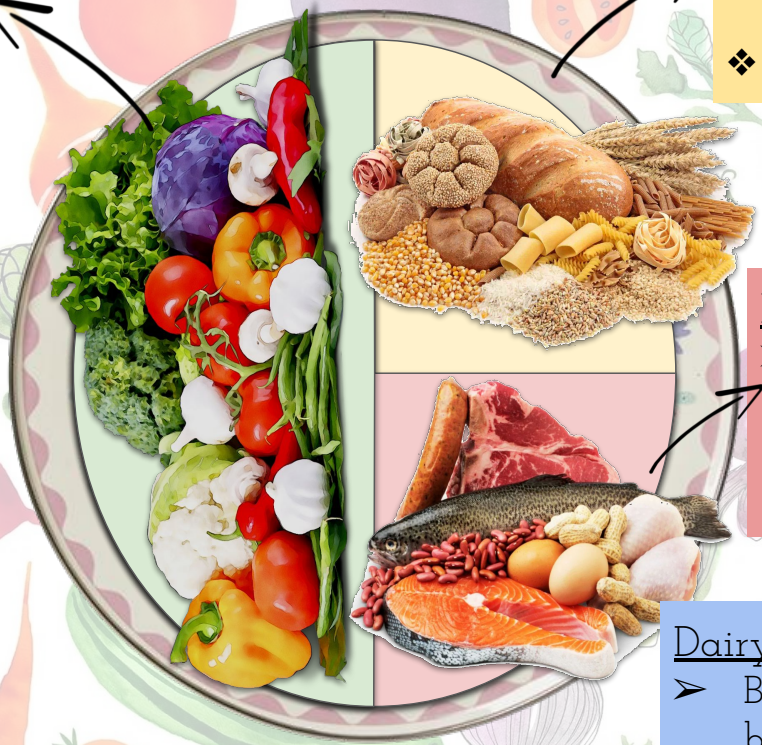
Create a healthy meal

<u>Vegetables and fruits:</u>

- Contain plenty of nutrients
- Reduce blood pressure
- Reduce risk of stroke
- Reduce risk of eye and digestive problems

<u>Whole grains:</u>

- Contain essential minerals
- Reduce blood sugar and cholesterol
- Promote digestion



<u>Proteins:</u>

- Are imperative for the good functioning of the body

<u>Unsaturated fats.</u>

Such as olive or canola oil

- Do not have a negative impact on health

<u>Dairy products:</u>

- Build strong bones

Foods to avoid

Sugary drinks:

- Contain lots of calories, but no nutrients
- Cause diabetes, obesity, cardiovascular disease
- Are as harmful to the liver as alcohol

Processed and commercially prepared foods

- Contain excessive amounts of salt and sodium
- Cause high blood pressure, heart disease, and stroke
- Cause calcium losses and weaken the bones
- Do not taste as good as homemade meals

Breakfast cereals with added sugar

- Cause weight gain, dental decay and cardiovascular disease
- Instead, try oatmeal with nuts and fruits!