



Eat different foods every day from each group included in the healthy food pyramid.





Eat sea fish as often as possible.





Enrich every meal with vegetables.





Ograniczaj spożycie produktów smażonych.





Limit the consumption of white bread.



Give up eating sweets and sweet fizzy drinks.



Give up eating fast food.





Drink at least 2.5 liters of water every day.





5 Eat 4-5 meals a day. 5





Take the last meal 2-3 hours before bedtime.



Remember to eat but not overeat.



Eat breakfast everyday.



Do not eat between meals.

