

Eating habits for a better health

Good eating habits are one of the most important factors for our well-being. Eating regular meals makes it easier to eat the right amount of food and your whole body feels better.

- ✓ Eat plenty of vegetables, fruits and berries. It's recommended that you eat three fruits and two handfuls of vegetables a day
- ✓ Eat fish and shellfish often, preferably three times a week. Vary between fat and lean types and choose eco-labeled foods if possible
- ✓ Choose wholegrain products when eating pasta, bread, corn and rice
- ✓ Choose healthy oils when cooking, for example rapeseed oil or liquid fats made of rapeseed oil
- ✓ Choose low fat, unsweetened dairy products, enriched with vitamin D
- ✓ Eat less red meat such as beef, pork, lamb, reindeer and game meat. Also try to reduce your intake of processed meat. Do not eat more than 500 grams per week
- ✓ Reduce the sodium in your cooking. Use iodized salt
- ✓ Hold back on the amount of sweets such as pastries, ice cream and other products that contains lots of sugar. Pay particular attention to sugary drinks
- ✓ When possible, select products labeled with the keyhole symbol. This symbol helps you find food that have less sugar and salt, more wholemeal and fiber, and are healthier or contain less fat
- ✓ Exercise - preferably 30 minutes per day. Take brisk walks, reduce the number of hours you sit down and take short active breaks



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