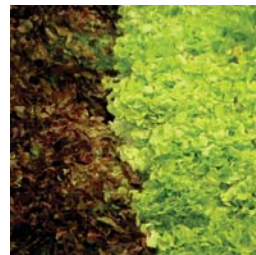
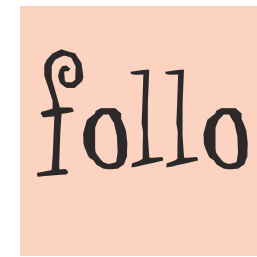


8 Steps towards a Healthy Lifestyle

- Base your meals on breads, cereals, pasta, rice and potatoes, choosing wholemeal or wholegrain products when possible.
- Eat, at least, 5 portions of fruits and vegetables everyday.
- Drink milk and milk products eg. yoghurt and cheese in moderation. Choose low-fat products when possible eg. skimmed milk and light yoghurt.
- Eat meat, fish, eggs and legumes such as beans, peas and nuts in moderate amounts. Try to choose lean cuts when eating white or red meat.
- Always choose those foods that are low in fat, sugar and salt.
- Enjoy your food by eating regular meals in moderate amounts.
- Drink, at least, 6 to 8 glasses of water daily.
- Exercise for 30 minutes to 1 hour everyday.

Reprinted 2011

Compiled by Ms Petra Mallia
Design & Photography by Mr Stefan Attard

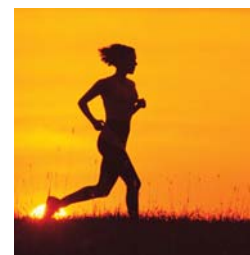


Health Promotion & Disease Prevention Directorate

5B, The Emporium, C. De Brocktorff Str., Msida MSD 1421 Malta.
Tel: 2326 6000, Fax: 2326 6104, www.ehealth.gov.mt



Ministry for Health, the Elderly and Community Care



The Food Pyramid




Group 5

Sugar, Fat and Salt.
These should be taken in small amounts.



 Eat a wide variety

 Eat in moderation

 Eat the least

Group 3

Milk, Yoghurt and Cheese.
These are needed to strengthen bones and teeth.



Group 4

Meat, Fish, Legumes, Eggs and Nuts.
These are needed for growth and repair.



Group 2

Fruits and Vegetables.
These give us vitamins and minerals.



Group 1

Bread, Cereals, Pasta, Rice and Potatoes.
These are needed for energy.

