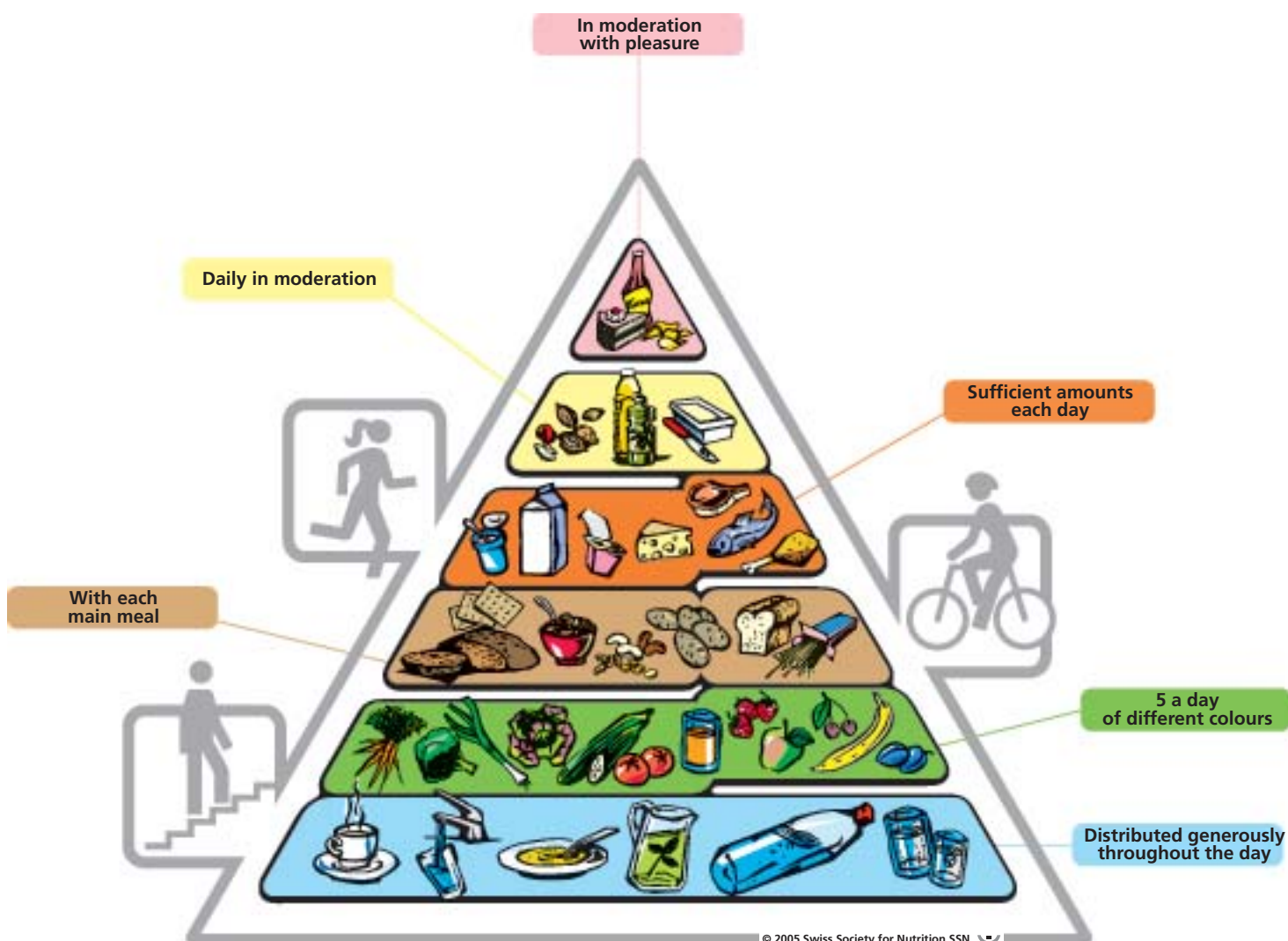


# Recommendations for healthy, tasty eating and drinking for adults

## Food pyramid

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# Recommendations for healthy, tasty eating and drinking for adults

## Food pyramid

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Our eating and drinking patterns are influenced by a number of different factors such as individual needs and desires, our everyday health and social environment, current food availability, advertising etc. The following recommendations are designed for healthy adults. Other age groups and population categories (e.g. children, pregnant women, athletes, vegetarians etc.) have specific requirements which cannot all be illustrated in the same pyramid.

This food pyramid shows a balanced, mixed diet that guarantees the body a sufficient supply of energy, essential nutrients and protective substances, making a major contribution to our well-being. Food from the lower levels of the pyramid should be eaten in larger quantities, and those from the higher levels in smaller quantities. All food items are allowed. The key is to eat a diet that is as varied as possible and which considers each pyramid level. This diet should

be seasonal and made up of foodstuffs that have been processed and prepared with care.

A healthy diet should of course be a source of pleasure and enjoyment, which is best achieved by eating in company. *The recommendations do not need to be followed every day, but should be observed on a long-term basis, e.g. a whole week.* Liquid intake is an exception, and these recommendations should be followed daily.

However, our health is not merely dependent on our eating and drinking habits. To maintain a healthy body weight, it is particularly important to do at least half an hour of exercise each day (in the open air if possible). Refraining from smoking, adopting a healthy attitude towards stressful situations and/or utilising specific, conscious relaxation techniques also contribute to a healthy lifestyle.



# Recommendations for healthy, tasty eating and drinking for adults

## Food pyramid

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### Beverages – distributed generously throughout the day

Drink 1 – 2 litres of liquid a day, preferably in the form of non-sugared drinks e.g. tap/mineral water or fruit/herb teas.

Caffeine-rich beverages (coffee, black/green tea) should be drunk in moderation only.

### Fruit & vegetables – 5 a day of different colours

Eat 3 portions of vegetables a day, at least one of which should be raw (1 portion = at least 120 g of vegetables, e.g. salad, soup or as a side).

Eat 2 portions of fruit a day (1 portion = at least 120 g = 1 «handful»).

One daily portion of fruit or vegetables can be replaced by 200 ml of non-sugared fruit or vegetable juice.

### Whole grain products & pulses, other cereals & potatoes – with each main meal

Each main meal should be served with 1 starch-rich side dish (i.e. 3 portions a day, 1 portion = 75 – 125 g of bread or 60 – 100 g of pulses [raw weight] for instance lentils/chick peas or 180 – 300 g of potatoes or 45 – 75 g of pasta/rice/flakes/corn/other grains [raw weight]), including at least two portions of whole grain products.

### Milk, dairy products, meat, fish & eggs – sufficient amounts each day

Each day, alternate between 1 portion of meat, fish, eggs, cheese or other sources of protein e.g. tofu (1 portion = 100 – 120 g of meat/fish [fresh weight] or 2 – 3 eggs or 200 g of fresh/cottage cheese or 60 g of hard cheese or 100 – 120 g of tofu).

In addition, consume 3 portions of milk or dairy products a day, preferably reduced fat varieties (1 portion = 200 ml of milk or 150 – 180 g of yoghurt or 200 g of fresh/cottage cheese or 30 – 60 g of cheese).

### Oils, fats & nuts – daily in moderation

2 – 3 teaspoons (10 – 15 g) a day of high-quality plant-based oils such as rape-seed oil or olive oil in cold dishes (e.g. salad sauces).

2 – 3 teaspoons (10 – 15 g) a day of plant-based oils for cooking (frying, braising): olive oil is recommended for example.

Use 2 teaspoons (10 g) a day of butter or margarine made from high-quality oils to spread on bread as required.

A daily serving of 1 portion of nuts is recommended (1 portion = 20 – 30 g of almonds, walnuts or hazelnuts etc.).

### Sweets, salty snacks & sweetened or alcoholic drinks – in moderation with pleasure

Consume sweets, salty snacks and sweetened drinks (e.g. soft drinks, ice tea, energy drinks) in moderation.

When consuming alcoholic beverages, do so in moderation and with a meal.

Use salt with added iodine and fluoride, but only in limited quantities.



## Additional recommendations for the elderly

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◀ Food that is rich in protein is particularly important for the elderly!

The recommendations for **healthy elderly people** are basically the same as those contained in the food pyramid for adults. However, in old age, special attention must be paid to the following.

### Protein

Ensuring adequate protein intake is particularly important in order to preserve muscle and bone mass and maintain various body functions (e.g. immune defences). The easiest way to meet protein requirements is through the **daily consumption** of food rich in protein such as dairy products, fish, meat and eggs (see diagram).

### Calcium

Calcium is the mineral responsible for strengthening the bones and preventing osteoporosis. Milk and dairy products are good calcium sources. Daily requirements can be met by eating **3 – 4 portions each day** (1 portion = 200 ml of milk or 150 – 180 g of yoghurt or 30 – 60 g of cheese). Mineral water that is rich in calcium (containing over 300 mg per litre) can also make a significant contribution to daily needs.

### Fluids

As the sensation of thirst decreases with age, the elderly must take extra care to drink a sufficient amount of liquid each day, i.e. **1 – 2 litres**. Amongst other things, fluids support intellectual capacities.

### Energy

Energy requirements **depend on physical activity**. People who do not exercise much need correspondingly less energy, but their bodies still require at least the same amount of protein, vitamins and minerals as they did when they were younger.

Those who continue to exercise in old age have higher energy requirements and live a healthier life. They can eat more and provide their bodies with all the essential nutrients, and their weight is more likely to remain stable.

### Underweight and overweight

Being either under- or overweight can impair quality of life and increase the risk of disease (e.g. malnutrition, heart disease or circulatory problems).

Elderly people without much appetite may find it helpful to eat **several small portions** spread throughout the day to prevent becoming underweight. For those who are overweight, a balanced, low-calorie diet and regular exercise can help.

### Food supplements

Protein, fibre, vitamin and mineral requirements are not always covered adequately by our diet. **Enriched foods** (e.g. multivitamin juices) can help to meet the body's requirements. In some situations it may be advisable to take **food supplements** (e.g. vitamin tablets), but only after consulting a specialist.

### Exercise

**Daily exercise** such as walking, climbing stairs or gymnastics helps to keep fit, reduces the chances of becoming overweight and helps preserve bones and muscle mass.

A healthy lifestyle consisting of a balanced diet and sufficient exercise is the best way to ensure that you will stay fit into old age. Exercise and eating are particularly enjoyable in the company of others!