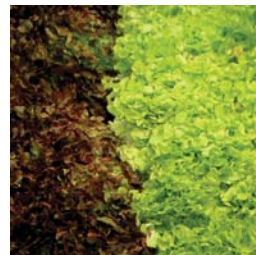


8 Steps towards a Healthy Lifestyle

- 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

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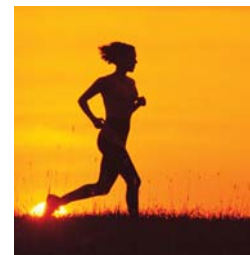


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Ministry for Health, the Elderly and Community Care



The Food Pyramid

