

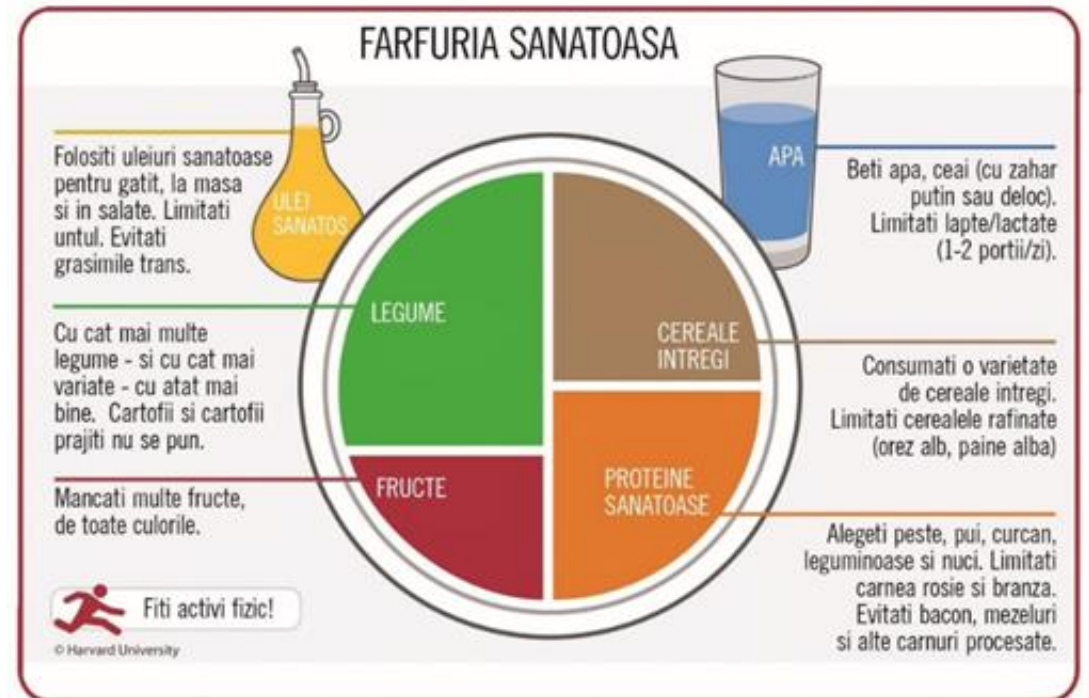
**Healthy eating** does not mean that certain foods are forbidden or others are mandatory. There must be a balance in the various foods in the diet, with the aim of increasing the quality of life and maximizing the benefit for your health.

The greater the variety of foods consumed, the more the body will receive all the nutrients it needs, and especially the vitamins and minerals needed to maintain good health.

### *General rules for a healthy diet:*

1. Follow the three main meals of the day ± snacks, don't skip breakfast.
2. Make a daily meal plan.
3. Reduce your intake of fats and high-fat foods such as: sausages, butter, margarine, oils, cream, fatty cheeses, fried foods, puff pastry.
4. Reduce your consumption of sweets, juices and other foods that contain sugar.
5. Eat foods that are high in fiber such as: fruits, vegetables, whole grains.
6. Avoid eating fried foods.
7. Grill, cook, simmer or bake.
8. Eat salt in moderation, use spices and herbs for seasoning, without adding salt.
9. Consume 2 liters of water daily.
10. Check out food labels to make the best choices. Select those low in sugar, salt (sodium), saturated fat and trans fats.

**The Healthy Eating Plate** is a visual guide in a simple format that provides a sketch / plan for a balanced and healthy meal, whether served on a plate or packaged. The size of each section suggests approximately the relative proportion of each food group that should be found on a plate of healthy food.



When making a meal, half of the food should be **fruits** and **vegetables**. A quarter of the plate should be **whole grains** such as wheat, barley, oats. A quarter of the plate should be **protein** foods such as fish, chicken, beans, peas, nuts. Add healthy vegetable oils such as olive, rapeseed, corn, sunflower, peanut, cooking and salads.

### Estimated Calorie Requirements (in Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity<sup>a</sup>

Gender	Age (years)	Activity Level <sup>b,c,d</sup>		
		Sedentary <sup>b</sup>	Moderately Active <sup>c</sup>	Active <sup>d</sup>
Child	2-3	1,000	1,000-1,400 <sup>e</sup>	1,000-1,400 <sup>e</sup>
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

**When people talk about the calories in food, what do they mean?**

A calorie is a unit of measurement- but it doesn't measure weight or length. A calorie is a unit of energy. When you hear something contains 100 calories, it's a way of describing how much energy your body could get from eating or drinking it.

**Are calories bad for you?**

Calories aren't bad for you. Your body need calories for energy. But eating too many calories- and not burning enough of them off trough activity-can lead to weight gain.

The energy requirement (number of calories) that our body needs daily varies depending on several factors, such as: age, sex, weight and lifestyle adopted.

If you want to lose weight you need to consume fewer calories than you need (for a limited period), and if you want to gain weight, you need to increase your caloric intake so that you exceed the allowable limit.

Most foods and drinks contain calories. Some foods, such as lettuce, contain few calories (1 cup of shredded lettuce has less than 20 calories). Other foods, like peanuts, contain a lot of calories (1/2 cup of fries potatoes has over 300 calories).

To the left is a table with the energy by sex and age categories. Below are tables the food groups and foods recommended / not recommended for consumption in each food group. In the category not recommended are those foods that have many calories, in order to limit consumption and in some cases, avoid as much as possible.

## What foods to choose - recommended and unrecommended products

Choosing the right food helps you eat healthily

Food group	Recommended (frequent consumption)	Not recommended (rare consumption)
Beverages	Water, herbal and fruit tea, natural fruit juice, natural vegetable juice, lemonade, black coffee.	Alcohol, hot chocolate, cappuccino in an envelope, energy drinks, soda fruit-flavored with added sugar, sweetened, carbonated soft drinks (Cola, Sprite, etc), instant sweetened tea (Nestea, Fuzetead)
Bread, cereals, pasta, rice	Oatmeal, plain muesli, wholemeal bread, rye, black, graham, fat-free toast, slices of expanded cereal (wheat, rice), basmatic rice, wholemeal, brown rice, wild rice, pasta preferred wholemeal, polenta	Fat toast, croissants, muffins, puff pastry, pastries, pretzels, white bread, sweet breakfast cereals, puff pastry, sweet or savory snacks, pizza
Vegetables and legumes	Any kind of fresh vegetables, greens, frozen vegetables, hot peppers, onions, garlic, herbs	Bean or potato flakes, vegetable oil in a jar, vegetable salads with mayonnaise or excess oil, chips, french fries
Fruits	All assortments of fresh fruit, dried fruit-5-6 pieces, jam without added sugar	Fruit compotes with added sugar, canned fruit in syrup, jam, jam, marmalade



Milk and milk products	Skimmed milk (0.1% fat) or partially skimmed (1.5% fat), plain yogurt, whipped milk, low-fat cottage cheese, 12% fat cream, fresh telemea, urda, mozzarella fresh in whey	Whole milk (3.5% fat), milk with cocoa and sugar, yogurt with commercial fruit or muesli, cottage cheese, mascarpone, cream with 15-20% fat, cheese, burduf cheese, melted cheese
Meat, fish, eggs	Lean fresh red meat (beef, pork, lamb), white chicken or turkey, chicken or turkey ham, beef or pork tenderloin, boiled eggs / poached / omelette without oil. Fish, seafood, smoked fish, black and red caviar, marinated fish, canned fish in own juice or tomato sauce	Fat red meat, neck, ribs, minced meat, small, sausages, salami, kaizer, bacon, parizer, canned meat, pate, fried schnitzels and meatballs, burgers, chicken wings, chicken breads, canned fish in oil, caviar salad, breaded or fried seafood, frozen semi-prepared meat or fish, burger
Fats, oils, sauces	In small quantities: olive oil, sunflower oil, rapeseed oil, butter, tomato sauce, broth, vegetable sauce, pepper paste	Lard, margarine, mayonnaise, ready-made sauces
Sugar products	Dark chocolate with at least 70% cocoa, water-based ice cream	Any confectionery (cake, cake, roll, cookies), wafers, candy, sugar, honey, cream and pudding in an envelope, chocolate or hazelnut ice cream



# Breakfast suggestions



**300 calories**  
 1 small yogurt (150 g) + 1 medium banana, cut into slices



**250 calories**  
 2 eggs or omelette (without oil) + 1 slice of bread preferred black / rye + 1 tomato + 1 cucumber



**200 calories**  
 1 slice of bread + 1 slice of cheese + 1 tomato + 1 cucumber



**200 calories**  
 2 slices of lean ham + 1 slice of bread preferred black / rye + 1 tomato + 1 cucumber



**270 calories**  
 2 boiled eggs + 1 slice of bread + 6 olives + 1 tomato (Eggs can be boiled the night before.)



**300 calories**  
 2 egg omlette + 100 g mushrooms + ½ teaspoon oil + salt / pepper + 1 slice of bread



**320 calories**  
 1 bun greased with ketchup or butter + 50 grams of grilled / boiled or boiled chicken breast + 3-4 pickled cucumbers



**300 calories**  
 1 apple + 1 pear + 10 grapes + 20 grams of nuts

## Lunch suggestions



### 400 calories

1 Greek salad (large) with 1 tomato + 2 cucumbers, ½ bell pepper, ½ onion, 5-6 olives + 1 slice of telemea cheese/Feta + 1 boiled egg + 1 slice of bread



### 300 calories

2 eggs or scrambled eggs with ham, mushrooms + 1 tablespoon grated cheese + 1 tomato + 1 slice of bread



### 300 calories

1 portion of pasta with red sauce + 1 slice of grated telemea cheese/Feta



### 300 calories

1 soup / large soup of any kind of lean meat and many vegetables (including potatoes) with hot peppers+1 slice of bread



### 300 calories

5-6 grilled or baked chicken liver + 3 tablespoons mashed potatoes + 1 white cabbage salad



### 300 calories

Lean pork or chicken with red sauce + 3 tablespoons boiled rice + a salad



### 300 calories

1 serving stewed vegetables with lean meat of any kind (in a soup plate) + pickles or salad



### 300 calories

1 salad (large): green beans, 1 boiled egg, 1 canned tuna, 6 olives, 1 boiled and diced potato



## Lunch suggestions



**400 calories**  
150 grams of grilled or baked fish + 1 baked potato + 1 salad



**400 calories**  
1 large salad: 125 grams of fresh cheese + 2 sliced tomatoes + 5-6 olives + 1 slice of bread preferably black or rye



**400 calories**  
3 tablespoons polenta + 100 grams of cottage cheese + 3 tablespoons sour cream



**400 calories**  
1 serving of fish brine + 2 tablespoons of polenta + hot peppers



**400 calories**  
1 serving of baked or grilled white fish + 3 tablespoons of cooked rice preferably whole + 3 tablespoons of cooked or grilled vegetables



**400 calories**  
1 serving of baked white fish + 3 tablespoons polenta + garlic sauce



1 piece of meat (chicken, beef, pork) or fish, boiled, baked or grilled

1 garnish: baked potato or puree / peas / beans / rice / bread / polenta

1 salad or cooked vegetables (cabbage, cauliflower, green beans, zucchini) or grilled (mushrooms, zucchini, eggplant, bell peppers)

## Dinner suggestions



### 350 calories

1 chicken leg or ½ chicken breast + baked vegetables (cauliflower, zucchini, eggplant or mushrooms) in a plate of soup



### 360 calories

1 piece of baked fish with a cube of butter + grilled or cooked vegetables



### 300 calories

1 piece grilled or baked pork + 4-5 tablespoons cabbage in tomato sauce



### 320 calories

1 piece of grilled or baked beef + grilled vegetables (mushrooms, zucchini, eggplant) or boiled (cauliflower, green beans) + 10 g butter



### 350 calories

1 Bulgarian salad: lettuce + 1 tomato + 1 cucumber + ½ bell pepper + 6 black olives + 2 slices of lean ham + 2 tablespoons grated cheese + 1 boiled egg



### 300 calories

1 grilled or baked chicken breast + 1 large white cabbage salad



### 300 calories

1 serving of lean vegetable soup + hot peppers+ 1 slice of bread











### 300 calories

1 piece of baked white fish with tomatoes, olives, mushrooms or other vegetables (cauliflower, zucchini, eggplant)






## Snack suggestions

	<p><b>200 calories</b> 1 small handful of hazelnuts, walnuts, almonds or other oily fruits without shell</p>		<p><b>120 calories</b> 6 cherry tomatoes + 1 slice of bread+ cream cheese</p>
	<p><b>200 calories</b> 1 large handful of sunflower or pumpkin seeds in the shell</p>		<p><b>100 calories</b> 1 small yogurt (150 g) + 3-4 strawberries</p>
	<p><b>150 calories</b> 2 raw chopped carrot sticks or 2 celery sticks + 2 tablespoons sauce (yogurt with garlic and cucumber)</p>		<p><b>120 calories</b> 1 boiled egg + 1 bell pepper</p>
	<p><b>100 calories</b> 10 black olives or 15 green olives</p>		<p><b>100 calories</b> 1 small handful of raisins or 20 grapes (1/2 bunch)</p>



## Examples of menus – 1500 calories



### Day 1

<p><b>Breakfast</b></p> 	<ul style="list-style-type: none"><li>- 250 ml (one cup) plain water</li><li>- 1 slice (25 g) preferably black / rye bread</li><li>- 2 egg omlette + 100 g mushrooms + ½ teaspoon oil + salt / pepper -</li><li>- 200 g raspberries / blueberries / strawberries</li><li>- Unsweetened tea or coffee</li></ul>
<p><b>Lunch</b></p> 	<ul style="list-style-type: none"><li>- Cauliflower cream soup of 200 g cauliflower + 100 g carrots + 50 g onions + 10 g butter + salt / pepper</li><li>- 200 g lean beef muscle in the oven</li><li>- 100 g baked potatoes</li></ul>
<p><b>Dinner</b></p> 	<ul style="list-style-type: none"><li>- 1 slice of bread preferably black / rye</li><li>- Bulgarian salad of 100 g cheese of cow's milk + 200 g of tomatoes + 100 g of bell pepper + 50 g of green onions + 1 teaspoon of your favorite olive oil</li></ul>

DO NOT FORGET! Water 1.5-2 L / day

## Examples of menus– 1500 calories



### Day 2

<b>Breakfast</b> 	<ul style="list-style-type: none"><li>- 250 ml (one cup) plain water</li><li>- 2 slices (50 g) preferably black / rye bread</li><li>- 50 g of fresh cheese</li><li>- 100 g tomatoes</li><li>- Fruit salad from 100 g banana + 50 g raspberries + 50 g strawberries + 10 g nuts</li><li>- Herbal tea or sugar-free coffee</li></ul>
<b>Lunch</b> 	<ul style="list-style-type: none"><li>- Vegetable soup of 100 g carrot + 100 g celery + 50 g onion + salt / pepper + 200 ml broth</li><li>- 100 g cod fish in the oven</li><li>- 150 g of rice preferably brown</li></ul>
<b>Dinner</b> 	<ul style="list-style-type: none"><li>- 1 slice (25 g) of preferably black / rye bread</li><li>- 200 g lean pork leg</li><li>- Cabbage salad of 200 g cabbage + 1 teaspoon oil + lemon juice + salt / pepper</li><li>- 100 ml dry red wine / natural fruit juice</li></ul>

DO NOT FORGET! Water 1.5-2 L / day

## Examples of menus – 1500 calories

### Day 3

<p><b>Breakfast</b></p> 	<ul style="list-style-type: none"> <li>- 250 ml (one cup) of water</li> <li>- 2 slices (50 g) preferably black / rye bread</li> <li>- 10 g butter</li> <li>- 50 g of ham</li> <li>- 100 g bell peppers</li> <li>- 200 g fruit salad from 100 g pear + 100 g strawberries + 10 g nuts</li> </ul>
<p><b>Lunch</b></p> 	<ul style="list-style-type: none"> <li>- 1 slice (25 g) of preferably black / rye bread</li> <li>- Beef soup of 50 g meat + 100 g carrots + 50 g celery + 50 g onions + broth + salt / pepper + parsley</li> <li>- Preferred wholemeal pasta - 150 g + 100 ml tomato juice + ½ teaspoon oil + parsley</li> </ul>
<p><b>Dinner</b></p> 	<ul style="list-style-type: none"> <li>- 1 slice (25 g) of preferably black / rye bread</li> <li>- 200 g of baked carp, 200 g of zucchini</li> <li>- 250 ml yogurt</li> </ul>

**DO NOT FORGET! Water 1.5-2 L / day**



## Examples of menus – 1500 calories




### Day 4

<p><b>Breakfast</b></p> 	<ul style="list-style-type: none"><li>- 250 ml (1 cup) water</li><li>- 2 slices (50 g) preferably black / rye bread</li><li>- 100 g cheese of cow's milk</li><li>- 100 g tomatoes</li><li>- 100 g cucumber</li><li>- 1 medium apple</li><li>- Sugar-free tea or coffee</li></ul>
<p><b>Lunch</b></p> 	<ul style="list-style-type: none"><li>- 1 slice (25 g) of preferably black / rye bread</li><li>- Vegetable soup with mushrooms of 200 g mushrooms + 100 g carrots + 50 g celery + 50 g onions + salt / pepper + parsley + 2 tablespoons tomato juice</li><li>- 100 g baked trout + lemon</li><li>- 100 g of sauteed green beans + garlic sauce</li></ul>
<p><b>Dinner</b></p> 	<ul style="list-style-type: none"><li>- 1 slice (25 g) of preferably black / rye bread</li><li>- Salad with 100 g turkey breast + 200 g lettuce + 1 teaspoon oil + 50 g onions + 5-6 olives + 4-5 cherry tomatoes</li><li>- 250 ml (one cup) plain yogurt</li></ul>

**DO NOT FORGET! Water 1.5-2 L / day**

## Examples of menus – 1500 calories




### Day 5

<b>Breakfast</b> 	<ul style="list-style-type: none"><li>- 250 ml (one cup) plain water</li><li>- 2 slices (50 g) of preferably black / rye bread</li><li>- 50 g of fillet muscle</li><li>- 250 ml of plain yogurt</li><li>- 1 pear, 20 sunflower seeds</li><li>- Unsweetened tea or coffee</li></ul>
<b>Lunch</b> 	<ul style="list-style-type: none"><li>- 1 slice of bread preferably black / rye</li><li>- Tomato soup of 200 g tomatoes + 100 g carrots + 50 g celery + 50 g onions + 1 teaspoon oil + salt / pepper + basil to taste</li><li>- 100 g skinless chicken breast grilled or baked</li><li>- 100 g mashed potatoes</li></ul>
<b>Dinner</b> 	<ul style="list-style-type: none"><li>- 200 g of polenta</li><li>- 100 g of cottage cheese</li><li>- 30 g cream</li><li>- Unsweetened herbal tea</li></ul>

DO NOT FORGET! Water 1.5-2 L / day

## Examples of menus – 1500 calories

### Day 6




<p><b>Breakfast</b></p> 	<ul style="list-style-type: none"> <li>- 250 ml (one cup) plain water</li> <li>- Whole grains (3 tbsp) - 30 g + 250 ml plain yogurt + 3 strawberries + 100 g apples</li> <li>- 20 g pumpkin seeds</li> <li>- Unsweetened tea or coffee</li> </ul>
<p><b>Lunch</b></p> 	<ul style="list-style-type: none"> <li>- 1 slice of bread preferably black / rye</li> <li>- 300 ml meatball soup</li> <li>- 150 g pork muscles in the oven or grill</li> <li>- 100 g of cabbage salad + 1 teaspoon oil + lemon</li> </ul>
<p><b>Dinner</b></p> 	<ul style="list-style-type: none"> <li>- 1 slice of bread preferably black / rye</li> <li>- Tuna salad from lettuce + 1 tomato + 150 g tuna + 1 teaspoon oil + 3-4 olives</li> <li>- 200 ml yogurt (one glass)</li> </ul>

**DO NOT FORGET! Water 1.5-2 L / day**



## Examples of menus – 1500 calories

### Day 7

<b>Breakfast</b> 	<ul style="list-style-type: none"><li>- 250 ml (one cup) plain water</li><li>- 2 slices (50) preferably black / rye bread</li><li>- 20 g butter</li><li>- 50 g of homemade jam</li><li>- 2-3 apricots</li><li>- Unsweetened tea or coffee</li></ul>
<b>Lunch</b> 	<ul style="list-style-type: none"><li>- 1 slice of bread preferably black / rye</li><li>- A portion of pumpkin soup with whipped milk from 100 g carrot + 100 g pumpkin + 50 g onion + 50 g celery + 50 ml whipped milk + salt / pepper</li><li>- 150 g baked in the oven</li><li>- 100 g mix of sauteed vegetables</li></ul>
<b>Dinner</b> 	<ul style="list-style-type: none"><li>- 200 g cooked pasta preferably whole</li><li>- 30 g telemea/feta</li><li>- 50 ml of tomato sauce with basil</li><li>- 200 ml plain yogurt</li></ul>

**DO NOT FORGET! Water 1.5-2 L / day**

# Tips for healthy cooking at home

- 1. Use healthy, fresh ingredients.** Adding sugar to sweets and cakes does not help maintain health. Excess salt can also lead to health problems over time, so added sugar and excess salt can make home-cooked food unhealthy. So, to keep the flavor of the food, replace salt and sugar with spices.
- 2. Don't get complicated.** Saute, bake or grill the vegetables, cook the grilled fish or chicken or bake, add spices, spices excluded (Vegeta or Delikat) or healthy sauces. Simple cooking can be both quick and tasty.
- 3. Cook more than you eat at a meal.** The remaining food can be used at another quick and easy meal the next day. For example, when cooking rice or pasta, cook twice as much and store it in the refrigerator, as it will provide you with a hand-cooked meal.
- 4. Replace foods and ingredients** for a healthier meal. Grill or bake food instead of frying. Replace the salt with onion and garlic. Reduce the sugar in the recipes in which it is used in large quantities.
- 5. Reduce meat consumption** and increase vegetable consumption. Choose unprocessed foods, replacing white flour with wholemeal flour.
- 6. Stock up on the foods** you eat most often. Ingredients such as rice, pasta, oil, spices are the most commonly used. Frozen vegetables can help you when you want to prepare a quick and healthy meal.