

Healthy Nutrition

“Healthy enjoyment” means varied and balanced meals.
The food-pyramid provides the foundation.

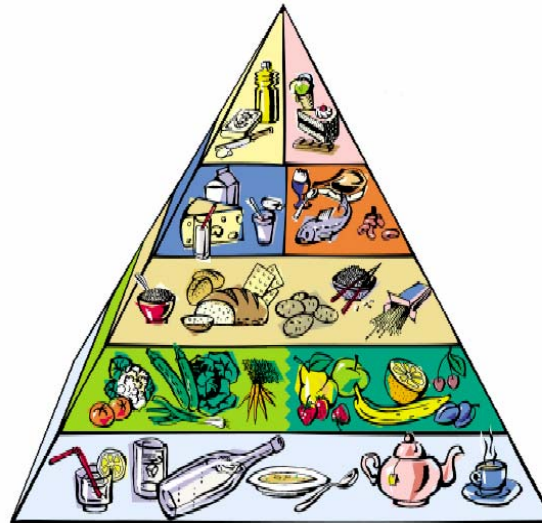
French fries, Chips, Fat, Oil – Sweets , Cakes
- Ice-cream, Sugar

Milk / Milk Products – Eggs, Meat, Fish

Grains, Pasta, Bread, Potatoes, Rice

Vegetables, Salad, Fruit

Sugar-free Drinks



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- Constrained consumption

- Moderate consumption

- Frequent, generous consumption

The food-pyramid shows at a glance how much of a food-group may be eaten. The further down a food is classified in the pyramid, the larger the amount that should be consumed.