

Country: Slovak Republic

Author: Public Health Authority of the Slovak Republic



## Ten rules of a healthy plate

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1. Eat regularly 5 times a day: breakfast, morning snack, lunch, afternoon snack and dinner.
  2. Reduce intake of salt to less than 5 g of salt per day.
  3. Avoid consuming a lot of foods or drinks with added sugar.
  4. Consume at least 5 portions of fruit and vegetables each day.
  5. Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.
  6. To increase your fiber intake you could: go for whole grains breads, pastries or wholemeal.
  7. Replace saturated fats (e.g. margarine) by virgin oils (e.g. sunflower seeds oil, olive oil).
  8. Choose a variety of proteins, which include fish, lower-fat meat and poultry, eggs, beans and peas, soya products and natural seeds and unsalted mixed nuts.
  9. Increase intake of skimmed milk, low fat yoghurt and reduced fat cheese.
  10. Eat smaller food portions.

## Key Message

Drink at least 2 liters of liquids per day, prefer water and drink with non-added sugar.

Date of Record: 2014-2015

Source of Information: [Link](#)