Eat at least five portions of cereal products every day. Starch contained in them supplies muscles with energy and dietary fibre will regulate functioning of intestines.

Four portions of vegetables and three portions of fruits provide your organism with sufficient amounts of minerals, vitamins and dietary fibre also.

Two glasses of milk a day provide adequate amount of calcium and a lot of protein also.

One portion of fish, poultry, peas, beans or meat will provide remaining amount of needed protein.

Vegetable oils and soft margarines are recommended.

1. Take care to eat variety of foods.
2. Beware of overweight and obesity, be physically active.
3. Cereal products should be for you the main source of calories.
4. Drink at least 2 large glasses of the low-fat milk. Milk could be substituted for yogurt, kefir and partly for cheese also.
5. Eat meat in moderation.
6. Eat a lot of vegetables and fruits every day.
7. Limit intake of fats, particularly of animal ones and all foods containing cholesterol.
8. Be moderate in intake of sugar and sweets.
9. Limit salt intake.
10. Avoid alcohol.