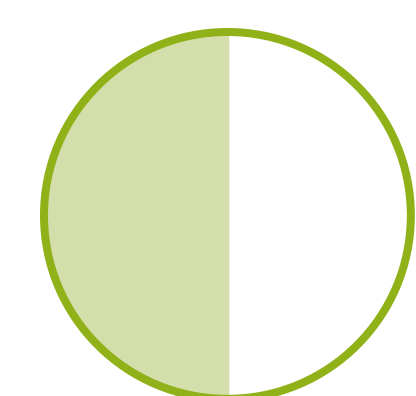
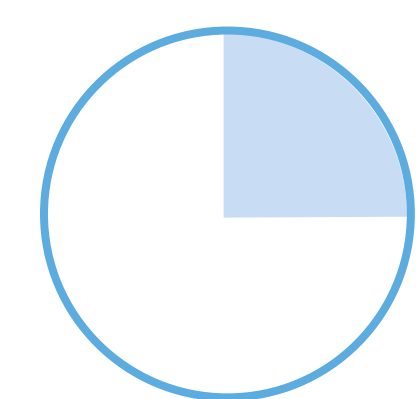


Eat healthy, live with taste!



Fill half your plate with **seasonal vegetables**.



1/4 of your plate should be made up of **protein sources**!

Choose quality proteins, giving preference to **plant-based** options (pulses and their derivatives).



1/4 of your plate should be made up of **complex carbohydrates**!

Choose whole grains and wholemeal bread.

