

BREAKFAST:

- grain products such as porridge or whole grain bread
- protein such as dairy products, egg, nuts or hummus
- vegetables, fruits or berries

LUNCH:

- Vegetables as salad, grated or cooked
- Carbohydrates such as whole grain rice, whole grain pasta or potatoes
- chicken, meat, fish or plant-based protein

SNACK:

- grain products such as porridge or whole grain bread
- protein such as dairy products, egg, nuts or hummus
- vegetables, fruits or berries

DINNER:

- Vegetables as salad, grated or cooked
- Carbohydrates such as whole grain rice, whole grain pasta or potatoes
- chicken, meat, fish or plant-based protein

EVENING SNACK:

- grain products such as porridge or whole grain bread
- protein such as dairy products, egg, nuts or hummus
- vegetables, fruits or berries



REGULAR MEAL TIMES

Eat every 2 to 4 hours, for a total of five meals a day.
You can drink water between meals to quench your thirst.