

⇓ Constructing meals - from top to bottom

Vegetables, fruit, berries (approx. 0,8 - 1 kg /day)

- Plenty of salad and vegetables at the beginning of every meal, also with warm meals
- Frozen vegetables are also good
- Fruit and berries for breakfast and snacks

Protein (approx. 300 - 500 g /day)

- Beans, lentil, peas
- Sour milk products
- Nuts, almonds, seeds
- Cheese, quark, cottage cheese
- Mushrooms, algae (occasionally)
- Fish, shellfish, chicken, turkey, other types of meat, and eggs

Fats ($\frac{1}{2}$ dl - $\frac{3}{4}$ dl or 4-6 tbsp /day) - visible fat and cooking

- Olive and canola oil
- Fish fat
- Other oils, e.g. linseed and hemp oil
- Avocado
- Nuts, almonds, seeds

Starch foods (approx. 300 - 600 g /day) - based on energy need

- Whole grains and whole grain bread = 100% oat and rye
- Whole grain porridge and granola
- Whole grain pasta
- Quinoa, millet, buckwheat
- Potato

Avoid sugars and white flour products!

Including hidden sugar, candy, cookies, soft drinks, confectionery products, yoghurt with added sugar, white bread, rice, pasta, etc.