

THE 7 STEP GUIDE TO HEALTHY EATING

*A healthy diet does not have to be complicated,
keep it simple and take it step by step.*

SEE DETAILS INSIDE



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Be Organically You
NATURAL HEALTH AND WELLNESS



Follow these 7 steps for guaranteed success. You don't need to implement them all at once:

TAKE IT SLOW AND FOLLOW YOUR OWN PACE.



1 EAT YOUR VEG

Give vegetables a main role on your plate. Accompany each portion of protein with a portion of delicious vegetables. Eat at least 250g of vegetables per day and feel the difference.



2 EAT HEALTHY FATS

Good fats lower your cholesterol level. So how can you include them in your diet? For example, eat a small handful of unsalted nuts per day, put fish on the menu every week and eat avocado more often.



3 STAY HYDRATED

An adult needs 1.5-2 litres of fluids every day, and the best thirst quencher is of course water. The good news: you can always keep it interesting.



4 BUY CONSCIOUSLY AND COOK HOME MADE MEALS

For a healthier diet, you can consciously, prepare your meals. It doesn't need to be complicated. Just read on...



5 INTRODUCE A NON-MEAT DAY

Eating meat-free for one day a week will have positive effects on yourself and the environment. Fortunately, there are many tasty ways to replace meat.



6 REINVENT BREAKFAST AND LUNCH

Eat smart. Swap the toast and sandwiches for more varied meals. By keeping variety in your diet, you get a bigger selection of nutrients. You'll also never get bored.



7 AVOID HIDDEN INGREDIENTS

Many products contain more sugar and salt than you think. Even products that you would not expect. Here's an insight into hidden sugars and salt.

