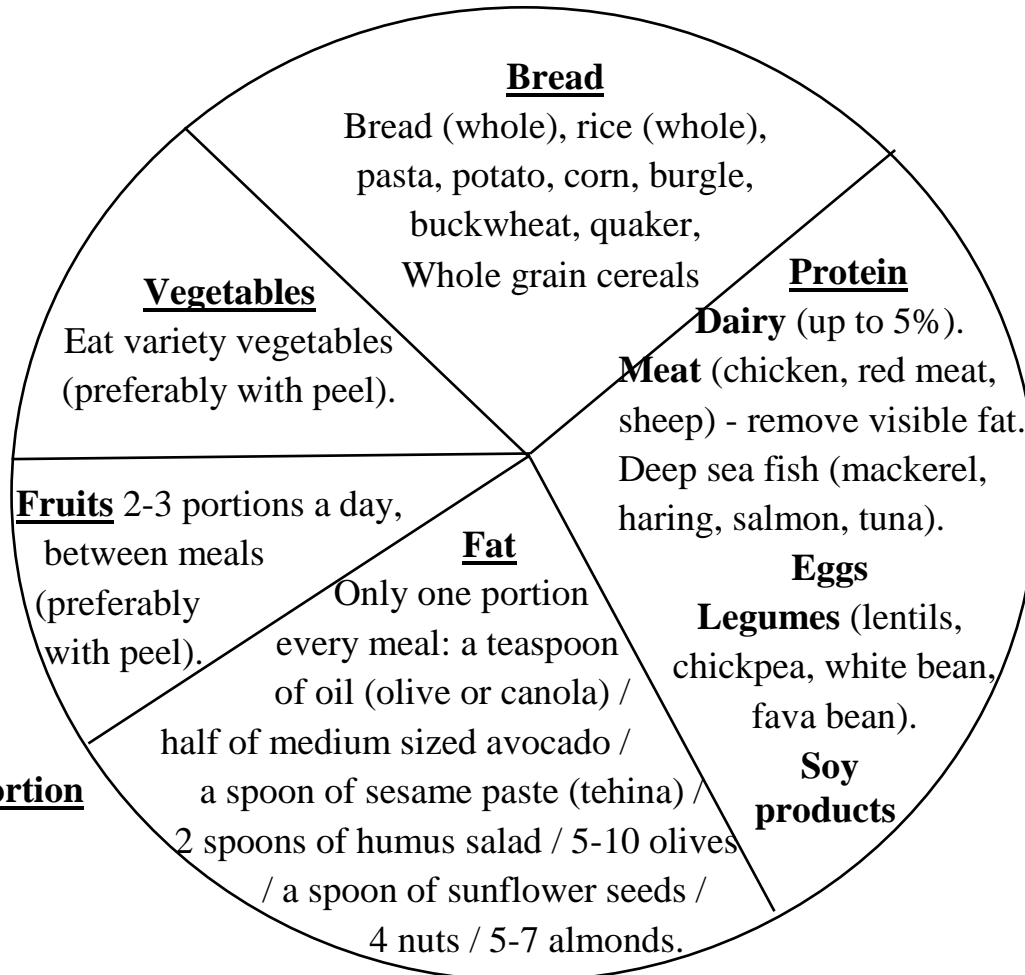


- Eat 3 meals a day (Breakfast, Lunch and Dinner) & 2-3 snacks between (a fruit).
- Eat from all the food groups every meal (bread group, protein group, fat group and vegetables group (It's better to eat fruit as a snack, between meals)).



**One Fruit portion**

- an apple
- a pear
- a peach
- a banana
- an orange
- 2 clementines
- 1/2 grapefruit
- a persimmon
- 2-3 dried fruits
- an apple size bunch of grapes
- a slice of watermelon (5 cm)
- 1/4 small melon
- half glass of fruit juice.

- Avoid fried food!!!
- Drink a lot (sugar free drinks, preferably water).
- Avoid sugar and sugar rich food.
- Use less salt.
- Avoid preservative food and food coloring.
- Avoid processed food (sausage, hot dogs and smoked meat)
- Avoid using burning coals for barbeque (the smoke is cancerous)