

EATING HEALTHY!

**SCHOOL NO. 4 – Pucioasa
SoLIFE PROJECT
GREEN COLOUR DAY EVENT**

**We should respect some
rules regarding our eating
habits!**



- Eat slowly and give yourself enough time without being stressed or interrupted, in a calm and peaceful environment.



**15-20 minutes before the main course,
you can eat a salad or another appetizer to
minimize your hunger and maximize your
satisfaction.**



- Eat as much as you like, but not too much even though the food is tasty and delicious.



- Respect the eating hours.



- Do not skip meals and don't replace them by a slice of bread and butter.



-Chew well to aid in your digestion.



-Do not drink liquids during meals, because it interferes with the acids that help with digestion.



- After 5:00 p.m. do not have meals rich in protein that are difficult to digest and never eat 2 hours before going to bed.



- We recommend 5-6 small portions meals per day.



- Eat only when you are hungry, it is not advised to eat when you are bored or have nothing else to do.



- Do not eat too much and eat in moderation.



- You should fast once a week to eliminate toxins and rest the internal organs. While fasting you should drink a lot of liquids like water, natural juice, tea at least 2-3 liters per day.



- In the evening before going to bed drink a hot cup of milk with honey in it or a hot cup of tea.





Respect these rules to have a healthy body!

If the product is not organic, do not eat it!



**The longer it is kept on the shelf the worse it is for
your body!**



Never eat anything that contains hydrogenated fats or partially hydrogenated fats in the list of ingredients!



Avoid artificial sweets!



[illegible]

**A healthy mind, in a
healthy body!**