EATING HEALTHY!

SCHOOL NO. 4 – Pucioasa SolIFE PROJECT GREEN COLOUR DAY EVENT

We should respect some rules regarding our eating habits!

two

- 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 tp 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.



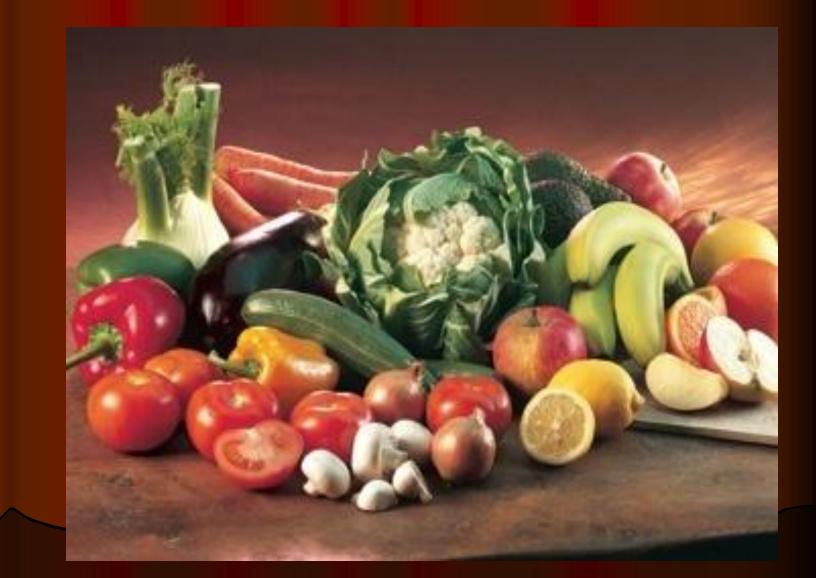
- After 5:00 p.m. do not have meals rich in protein that are difficult to digest and never eat 2 hours before going to bed.



- 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.



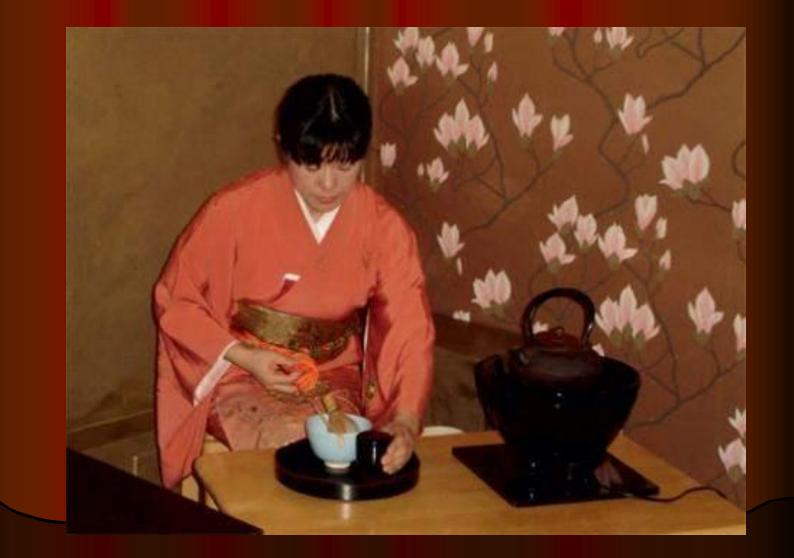
- Do not eat too much and eat in moderation.



- You should fast once a week to eliminate toxans 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!



Never eat products that are have written on list of ingredients "rich in fats"!



A healthy mind, in a healthy body!