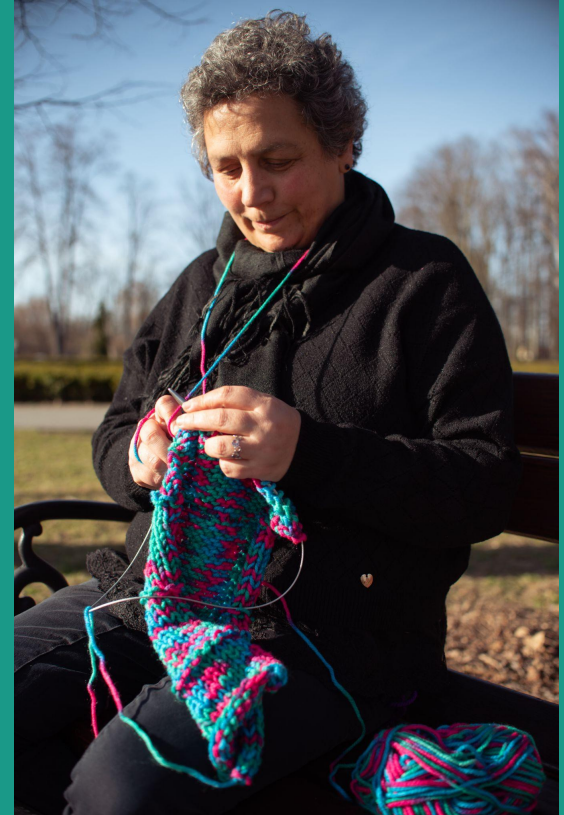


**Healthy Hero**

What food products you should choose

## What do the terms longevity and healthspan mean to you?

•  
*“If you look at centenarians (people who live to be 100 years old) and what they do today, they only spend about 5% of their life afflicted by the disease of aging.”*



One of the reason why we don't reach the age of 100(it doesn't seem to the age of 50 either) is the unhealthy food that makes us happy to eat it every day,



# Healthy Eating Pyramid

## FOOD PYRAMID

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## The Five Layers of the Pyramid

The healthy eating pyramid is divided into layers of differing sizes representing the five common food groups, from the base upwards:

Fruit and vegetables.

Starchy foods, such as bread, cereals and potatoes.

Proteins, such as meat, fish, eggs and beans.

Milk and dairy foods.

Fats and sugars.



### 1. Fruit and vegetables

Aim for at least 5 portions of fruit and vegetables each day. The key is to include a variety to ensure you get a good mix of vitamins and minerals on a daily basis.



## **2.Starchy foods**

Carbohydrates should make up the second largest portion on your plate. Choose from potatoes, rice, beans, bread, whole-grains, cous cous and pasta. The carbohydrates that these foods contain is needed by your body to create energy. Carbohydrates also help to protect your muscles, regulate blood pressure and lower cholesterol.



### **3. Proteins**

Protein is needed by the body for building and repair. As it lies in the centre of the pyramid, you should consume a moderate amount at each meal. High quality proteins (those that are of animal origin and are easier for the body to absorb) include meat, fish, poultry, eggs and dairy products. Low quality proteins also count towards your daily intake, including grains, fruit, vegetables, peas, beans, nuts and seeds.





#### **4. Dairy foods**

Dairy is also at the centre of the food pyramid and so should be eaten in moderate amounts at every meal.

Choose from a mixture of milk, cheese, yoghurt, butter, cream and any other products made using animal milk.



## 5. Fats and Sugars

Fats and sugars are found at the tip of the healthy eating pyramid. These are non-essential elements to a diet and so should be eaten in small amounts.

Make sure that you only

# Healthy fats

- fats are a source of energy and so shouldn't be omitted from the diet completely.
- the trick is to separate the good fats from the bad fats.
- you should opt for unsaturated fats instead of saturated, such as those found in olive oil, olives, peanuts, soybeans and most vegetable oils.

# Alternatives to Refined Sugar

- **Stevia** is a natural sweetener that's derived from the leaves of the South American shrub *Stevia rebaudiana*. This plant-based sweetener can be extracted from one of two compounds called glycosides — stevioside and rebaudioside A.
- **Sugar alcohols**, also known as polyols, are a type of carbohydrate naturally found in fruits and vegetables
- **Monk fruit** extract is obtained from the *Siraitia grosvenorii* plant, which is native to China

## EASY COOKING, EASY LIFE

### TOAST RECIPES

- 4 slices of bread
- 2 boiled eggs
- cherry tomatoes
- pesto





Over the course of 2022, many of us continued to adapt to a new normal, characterized by a return to some pre-pandemic activities mixed with hobbies or habits that have emerged since 2020`s lockdowns.

▪ ▪

Gabi Boureanu  
Ze Ricardo  
Izabel Yankova

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Thank you for attention !

ok .....bye,bye



# The Power of Photography

25.03. - 01.04.2022

Wierzchosławice/Tarnów

- 1) Stowarzyszenie Inicjatyw Kulturalno-Młodzieżowych ART (Polska)
- 2) Histerico - Associacao de Artes (Portugalia)
- 3) Connected for Future (Bułgaria)
- 4) Youth for Experience - Slovakia (YES) (Słowacja)
- 5) Young Leaders CZ z.s (Republika Czeska)
- 6) ASOCIATIA SUPER TINERI (ASIRYS) (Rumunia)
- 7) Asociacija Tavo Europa (Litwa)



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