



CEREAL PRODUCTS AND POTATOES



What cereals do you know?

Wheat, rye, barley,
buckwheat, millet,
oats, corn, rice, quinoa
and more.

What cereal products do you know?

Flour, bread, groats,
pasta, cereals (flakes).

How many **times a day** you
have to eat cereal products or
potatoes, to be **healthy**?



4-5 portions
a day

Remember to eat first of all
whole grains products, such as
whole wheat bread,
wholemeal pasta and **coarse**
cereals, e.g. buckwheat.

WHY ARE THEY IMPORTANT?

Because they contain **carbohydrates**
that should be the basic source of
energy in the diet. They are rich in
vitamins, mainly from **group B**.

WHY POTATOES ARE IMPORTANT?

Because they contain, i.a. **vitamin C**,
potassium and **fiber**, but above all
the **carbohydrates** that give us
energy. The best way to serve are
boiled potatoes, with dill :)!

