



MEAT AND FISHES



WHAT TYPES OF MEAT DO YOU KNOW?

- **Red meat:**
pork, beef, lamb,
venison, duck, mutton.
- **White meat:**
chicken, turkey and rabbit meat.

WHY ARE THEY AN IMPORTANT ELEMENT OF THE DIET?

Meat and fish are a source of **wholesome protein**. Also are a source of **minerals**, e.g. iron. Meat is also a source of **B group vitamins**. Fish is rich in healthy fats - unsaturated **Omega-3** fatty acids.

WHY DO WE NEED PROTEIN?

Protein is the main building block of the body, thus it affects our proper development. Is a source of amino acids that are part of enzymes and hormones that are responsible for the proper functioning of the body.

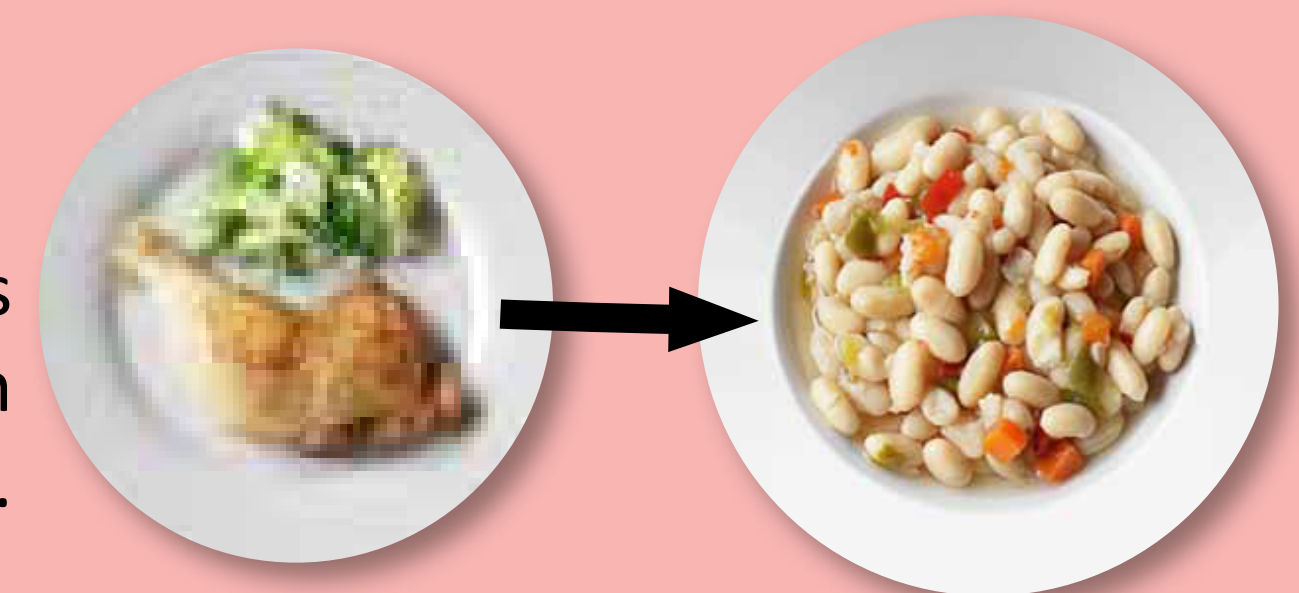
WHAT TYPE OF FISH DO YOU KNOW?

- **Marine fish:**
Herring, sprat, mackerel, cod, salmon and others.
- **freshwater fish**
Trout, carp, zander, catfish, eel and others.

DO YOU HAVE TO EAT MEAT AND FISH EVERY DAY?

We don't have to eat meat every day. Let's replace them with other protein sources in the diet.

When it comes to **fish**, it is recommended to eat 2 servings per week.



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