

Healthy diet

Recommendations and tips to improve nutrition.

01

Includes a variety of foods

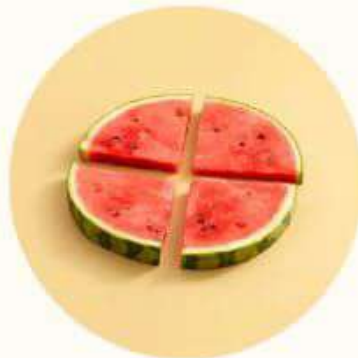
Be sure to include fruits, vegetables, whole grains, lean protein, and low-fat dairy in your daily diet. This will provide you with the necessary nutrients to maintain your health.



02

Control the portions

It is important to eat adequate portions to avoid excess calories. Use smaller plates, read food labels, and familiarize yourself with the recommended servings for each type of food.



03

Drink enough water

Staying hydrated can help support physical performance, prevent headaches and more. The human body comprises around 60% water.



04

Benefits of eating eggs

Eat one whole egg, including the egg yolk, every day if you don't have cardiovascular disease and you do have a healthy level of blood cholesterol.



04

Reduce the consumption of sugar and salt

Excess sugar and salt in the diet can be harmful to health. Limit consumption of sugary foods and drinks, as well as processed foods that contain high levels of salt.

