






# Adopt a **HEALTHY** lifestyle

## Your shopping guide!

### Vegetables

-  green vegetables
-  cabbage
-  tomato, paprika, carrot
-  eggplant
-  beetroot
-  onion, garlic

### Fruits

-  apple, pear, plum
-  grapefruit
-  berries
-  watermelon

### Fish & meat

-  trout, shrimps
-  tuna
-  chicken/ turkey (without skin)

### Dairy products, eggs

-  cooked eggs, scrambled eggs
-  unsweetened, high-protein, low-fat dairy products

### Drinks

-  water
-  tea (unsweetened)
-  vegetable juice
-  vegetable stock

### Vegetables

-  sweet corn
-  chickpeas
-  lenses
-  broad bean

### Fruits

-  pineapple, banana
-  dry fruits
-  kiwi, grapes
-  orange

### Fish & meat

-  salmon, herring
-  red meat
-  goose, duck (without skin)
-  baked/ fried fish or meat

### Dairy products, eggs

-  milk
-  cream cheese, mozzarella (< 40 % Fat)
-  greek yogurt (10 % Fat)

### Drinks

-  fruit spritzer

### Sweets

-  bitter chocolate
-  oatmeal cookies




### Oil, fat

-  olive oil
-  canola oil
-  olives, avocado

### Nuts

-  almonds
-  hazelnuts
-  peanuts
-  pumpkin seeds

### Vegetables

-  ketchup
-  pumpkin
-  cream spinach
-  roast potatoes, French fries



### Fruits

-  jam

### Fish & meat

-  sausage
-  bacon
-  breaded or fried fish or meat

### Dairy products, eggs

-  fruit yogurt
-  high-fat products > 30%

### Drinks

-  alcoholic drinks
-  lemonade, energy drinks, ice tea
-  fruit juice, fruit smoothies

### Sweets

-  chocolate
-  ice cream, pudding etc.
-  granola bar
-  gummy bears

### Oil, fat

-  butter, margarine
-  mayonnaise
-  dressings

### Cereals

-  rice
-  pasta
-  pizza
-  muesli / cereals
-  flummery
-  chips, popcorn