

vegetables

All fresh, pre-cut, frozen and puréed vegetables, including potted or canned varieties. Of course without any added sugar or salt.

EAT IN COLOR
Purple aubergines, orange carrots, green peas... Varying your diet is easy if you eat in all colours of the rainbow!

CHECK THE LABEL
Any added sugar or salt will be listed on the label.

ANY TIME OF DAY
At breakfast, as a snack, on a sandwich, a salad for lunch or served with dinner: there is a place for vegetables in every meal.

fruit

Fresh, pre-cut and frozen fruits.

ANYTIME, ANYWHERE
Slices of apple or banana on bread, mixed with yoghurt, as a snack, as a fruit salad at lunch or added to the evening meal.

GREAT GARNISHES
Try adding a handful of dried, unsweetened fruit. Maybe add it to your muesli, or to spice up a curry.

FEELING PECKISH?
A full fruit bowl at home means there is always a snack within reach.

drinks

Water, filtered coffee and black and green tea.

SOURCE OF IODINE
Most bread in the Netherlands is baked using iodised salt. Without bread, it can be difficult to get enough iodine. Be aware: organic breads are sometimes iodine-free. Not sure? Ask your baker.

FAST RESULTS
Do you usually eat white bread, white pasta and white rice? Give your diet a wholegrain update. Your body will thank you for all the extra fibre!

Wholemeal or brown bread, wholemeal crispbread, rye or oat bread, wholemeal breakfast cereals and pasta, unpolished rice and potatoes.

bread, grain/cereal products and potatoes

GOOD MORNING!
Why not skip bread for a change? Make a solid breakfast from oats or simple muesli, with a handful of nuts and fresh fruit.

HEALTHY SANDWICHES
There are plenty of healthy sandwich options available: vintage (30+) cheese, fresh goat's cheese, nut spreads, boiled eggs, fish, veggies, fruit and hummus.

EGG-CELLENT!
Two to three eggs per week can easily form part of a healthy diet.

VARIETY IS KEY
Do not eat too much meat. Alternating meat with fish, tofu, nuts, legumes or an occasional egg is better for both you and the environment. Prefer to skip meat altogether? That is fine too.

All varieties of fish, crustacea and shellfish, legumes such as lentils and brown beans, tofu and tempeh, unprocessed meats such as chicken fillets, steak or pork tenderloin, eggs, and salt-reduced vegetarian products.

fish, legumes, meat and eggs

CHANGE IT UP!
A handful of unsalted nuts a day is good for your body. Eat them as a snack, in your dinner, in a salad, with yoghurt or as a nut spread on your sandwich.

All unsalted nuts and peanuts, nut spreads and peanut butter made of 100% nuts.

nuts

HEALTHY CHOICES
Choosing low-fat or skim varieties will reduce the amount of saturated fats you eat.

Low-fat or skim milk, buttermilk, low-fat yoghurt varieties, low-fat quark, soy drinks with added B12 and calcium, aged (10+, 20+, 30+) and salt-reduced cheeses, cottage cheese, mozzarella, fresh goat's cheese and cheese substitutes.

dairy

spreading and cooking fats

LIQUID FATS ARE THE BEST!
Go for the healthy fats, such as those in soft margarine and oil.

Margarine (including low-fat) on sandwiches, liquid frying oils and vegetable oils such as olive or sunflower oil.

ESSENTIAL OILS
Your body needs fat for fuel and to make new cells, and it also contains vitamin A, D and E.