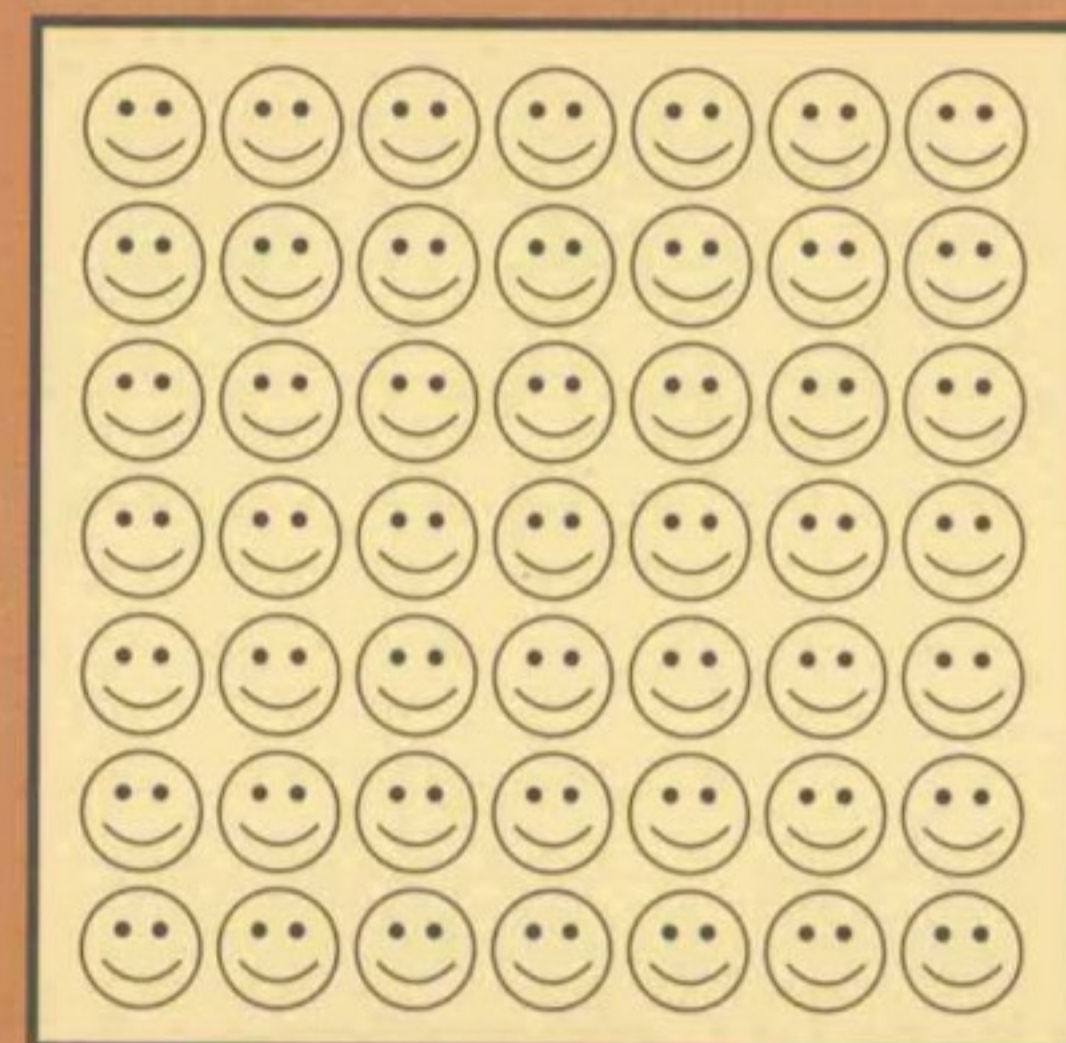


Now go back to your answers and mark, in the squares below, how many happy and sad faces you made:



• If you marked more happy faces 😊, CONGRATULATIONS. You are on the way for a healthy nutrition. Much better if you try not to remain still. Get off the bus before, dance, go for walks with your dog, climb stairs.

• If the number of happy faces and sad faces that you marked were the same, see where you marked sad faces and try doing what was in the answer with the happy faces. Remember: a healthy meal should be very diversified. More than that, eat everything with moderation, without exaggerating. Excess is health's enemy.

• If you marked more sad faces ☹️, your nutrition is not healthy. Be careful! Observe if you are eating fried food, salt, alcohol, sweets, because they could hurt your health.

**Increase and diversify your consumption of fruits and vegetables. Eat them 5 times a day.**

The fruit and vegetables are rich in vitamins, minerals and fibres. Eat, at least, 4 tablespoons of vegetables (greens and legumes) 2 times a day. Put the vegetables on the plate at lunch and dinner.

Begin with 1 fruit or a slice of fruit for breakfast and add one more in the morning and afternoon snacks.



**Eat beans at least once a day, and a minimum of 4 days a week.**

Beans are rich in iron. At meal time put a ladle of beans on the plate, so as to avoid anemia.

**Reduce fat foods, such as meats with visible fat, hot dogs, cold cuts, fried foods and salty snacks, to once a week.**

Remove before cooking the skin of the chicken, the visible fat of meat and the skin of fish. Although vegetable oils being a healthier type of fat, anything in excess is harmful! The ideal is not to use more than one can of vegetable oil per month for a family of 4 people. Choose cooked or baked foods and avoid cooking with margarine, vegetable shortening or butter.



**Reduce the use of salt. Take the saltshaker off the table.**

Table salt is the greatest source of sodium in our diet. Sodium is essential for the body to work, but too much of it could cause high blood pressure, what we call hypertension. The children and the adults don't need more than a pinch of salt a day. Follow these hints: do not place a salt shaker on the table, that way you avoid putting additional salt on the food on the table. Avoid prepared condiments, canned food, salted meat and cold cuts such as bologna, ham, sausage and others. All of them are full of salt.

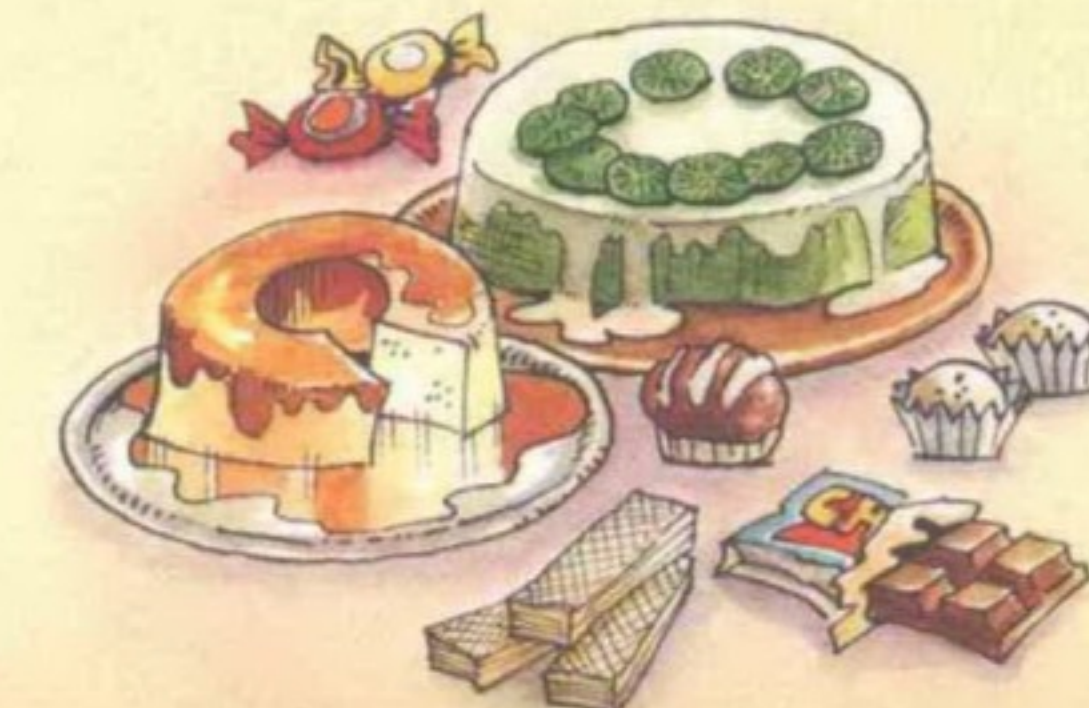
**Make at least 3 meals and a snack a day. Don't skip meals.**

For a snack and dessert prefer fruit. Having your all meals, you avoid the stomach to be empty for long and reduce the risk of gastritis, and also the exaggeration on the quantity when you eat. Avoid tasting, that will not help you control your weight.



# 10 steps for a healthy diet.

We are going to present to you the 10 steps for a healthy diet. These steps may and should be followed by the whole family. You have already answered the test about your diet and already know the weak points that need to be improved. Choose the one that would be the most useful for you and try to follow it every day. In the case that one day you are not able, don't give up, try again the next day. When the step becomes part of your daily routine then begin trying the next step.



**Reduce eating sweets, cakes, cookies and other foods rich in sugar to no more than 2 times a week.**

**Reduce the consumption of alcohol and sodas. Avoid daily use. Water is the best drink.**



**Enjoy your meal. Eat slowly. Make the meals a family gathering. Don't eat watching TV.**

**Keep your weight within healthy limits – see at your health service if your Body Mass Index is between 18.5 and 24.9 kg/m².**

The index shows if your weight is adequate for your height. It is figured by dividing the weight, in kilograms, by the height, in meters, squared.

To know if the weight is adequate for the height, we need to use the chart below:

| Value of the BMI | Classification |
|------------------|----------------|
| less than 18.5   | low weight     |
| 18.5 to 24.99    | normal         |
| 25 a 29.99       | over weight    |
| more than 30     | obesity        |

$$BMI = \frac{\text{weight (in kg)}}{\text{height (in m)}^2}$$



**Be active. Accumulate 30 minutes of physical activities every day. Walk your neighborhood. Climb stairs. Don't spend many hours watching TV.**



## this is, what you eat.

6. When you eat red meat (cattle), do you remove the fat that shows up?  
And when you eat chicken do you take the skin off?

- ☐ ) yes 😊😊      ☐ ) no 😞😞😞  
☐ ) I don't eat red meat or chicken (0 points)

7. Thinking about the following foods: fried food, cold cuts as Balonni, sausage, sweets, candy, cakes. Are you used to eating any of them?

- ☐ ) every day 😞😞😞😞  
☐ ) 4 to 5 times a week 😞😞😞😞  
☐ ) from 2 to 3 times a week 😊😊  
☐ ) less than once a week 😊😊😊😊  
☐ ) less than once a month 😊😊😊😊😊😊

8. What kind of fat is mostly use at your house to cook your food?

- ☐ ) animal fat or butter 😞😞😞  
☐ ) vegetable oil such as: soy, sunflower, corn, cottonseed or canola 😊😊  
☐ ) margarine or vegetable shortening 😊

9. Are you used to adding salt to the food that is on your plate?

- ☐ ) yes 😞😞😞      ☐ ) no 😊😊

10. Are you used to exchanging lunch or dinner for snacks?

- ☐ ) yes 😊😊      ☐ ) no 😊😊😊😊  
☐ ) sometimes 😊

11. How many glasses of water do you drink daily?

- ☐ ) 0 😞😞😞😞      ☐ ) less then 1 😞😞  
☐ ) 1 or 2 glasses 😊      ☐ ) 3 to 4 glasses 😊  
☐ ) 5 to 7 glasses 😊😊      ☐ ) 8 or more 😊😊😊😊

12. Do you drink alcoholic beverages?

- ☐ ) daily 😞😞😞😞      ☐ ) weekly 😞😞😞  
☐ ) monthly 😞😞      ☐ ) rarely 😊  
☐ ) never 😊😊😊😊😊😊

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Ministério  
da Saúde



## How is your diet?

## This test is about your food,

- If you think that more than one answer is right, choose the one that you do the most when you eat.
- Remember: answer what you really eat, and not what you would like or what you think would be better.
- If you have any difficulties in answering, ask for help, ask someone near in the family, friend or neighbor.
- Choose only ONE answer. Let's start!

1. How many pieces of fruit do you eat, or how many glasses of natural fruit juice do you drink a day?

- ☐ ) I do not eat fruit and don't drink any natural fruit juice 😞😞😞  
☐ ) 1 😊      ☐ ) 2 😊  
☐ ) 3 😊😊      ☐ ) 4 or more 😊😊😊😊

2. How many tablespoons of vegetables you eat a day?

- ☐ ) I do not eat vegetables 😞😞      ☐ ) 5 to 8 tablespoons 😊  
☐ ) 1 to 4 tablespoons 😊      ☐ ) 9 or more tablespoons 😊😊😊😊

3. How many times a week you eat one of these foods: beans, lentils, peas, chick peas or lima beans?

- ☐ ) none 😞😞😞😞      ☐ ) 3 times 😊😊  
☐ ) 1 time 😊      ☐ ) 4 or more 😊😊😊😊  
☐ ) 2 times 😊

4. How many tablespoons of rice, flour or pasta do you eat a day?

- ☐ ) none 😞😞      ☐ ) 6 to 10 tablespoons 😊😊  
☐ ) 1 to 5 tablespoons 😊      ☐ ) 11 or more tablespoons 😞😞😞😞

5. How many pieces of beef, pork, poultry, fish or eggs do you eat daily?

- ☐ ) 0 to 1 piece or 1 egg 😊  
☐ ) 2 pieces or 2 eggs 😊😊😊  
☐ ) more than 2 pieces or more than 2 eggs 😞😞😞

