



# Basics of healthy eating and water balance

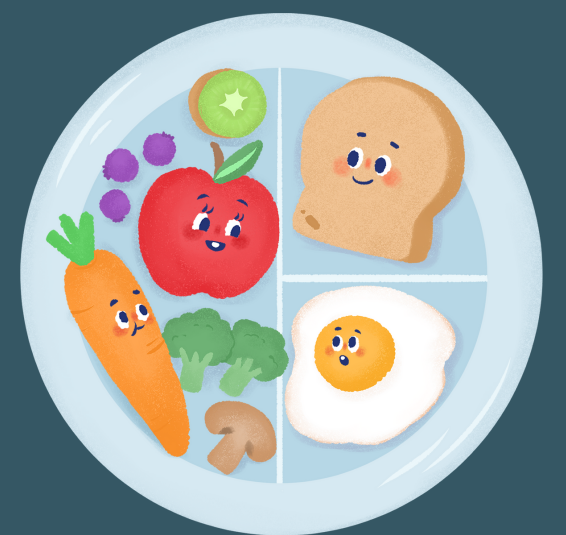


## 10 Rules for a Healthy Diet

1. Eat various foods.
2. Eat vegetables and fruits every day.
3. Eat whole grains.
4. Eat dairy products every day.
5. Eat healthy fats.
6. Eat little sugar and salt.
7. Drink much water.
8. Cook food gently.
9. Take your time to eat.
10. Get plenty of exercise.

## Breakfast, Lunch, and Dinner

- **Breakfast:** The most important meal of the day. Some recommended foods include whole-grain products, low-fat quark, berries, nuts, oatmeal, flaxseed, avocado, eggs, grapefruit, and bananas. Drink water first thing in the morning to jumpstart your hydration goal.
- **Lunch:** Meal prep is a great option to save time and money. Eat consciously and take a break to improve air flow. Exercise, drink water, and avoid heavy dishes to avoid afternoon sleepiness.
- **Dinner:** Make sure your meals contain an appropriate distribution of proteins, carbohydrates, fruits, and vegetables. Crave light snacks if you feel hungry in the evening.



## Water Balance

- Water has many benefits, such as providing energy to muscles, cleansing toxins, strengthening the immune system, increasing concentration, promoting regular bowel movements, and maintaining fluid balance.
- Drinking recommendation and tips for drinking more: Drink 1.5 to 3 liters of water per day, spread throughout the day. Set reminders, have water handy, flavor water with cucumber or lemon slices, and drink a large glass of water first thing in the morning.

A healthy diet and hydration are essential for our well-being and physical performance. Start implementing these tips today and see the positive changes in your body and mind.



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