

SA, MENJA MENJA EMPORDÀ



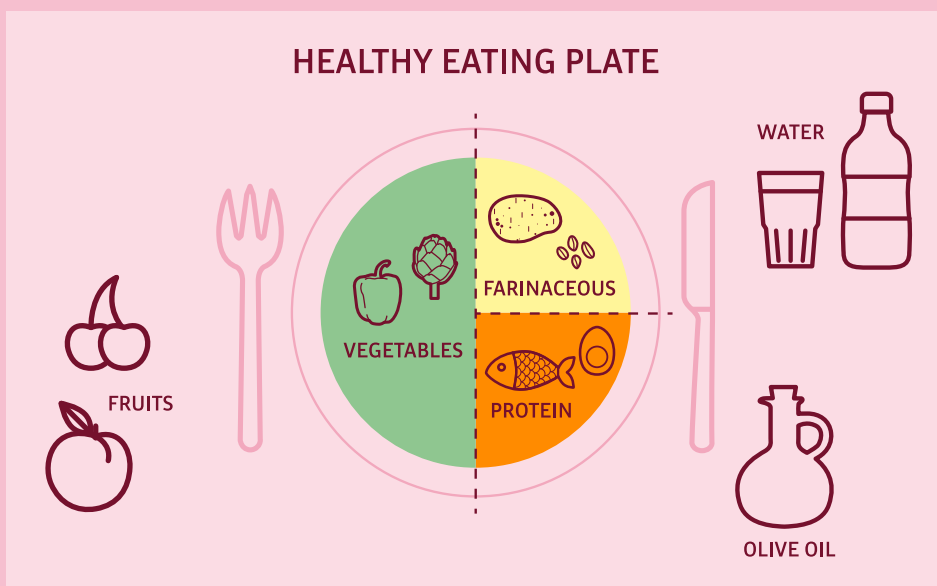
Where did the idea come from?

From different ABS in Alt and Baix Empordà, we detected the concern of some people who usually eat or dine in restaurants (for work reasons or to enjoy a social life) when they have wanted to start taking care of their health.

Going out to eat in a restaurant doesn't have to be an impediment to following a healthy diet. For this reason, we offer basic information so people who must eat in a restaurant know if the chosen courses of the menu follow a healthy eating pattern.

What should a healthy meal look like?

It is as simple as checking if there are the 3 food groups that can never be missing in a balanced meal and if the proportions are followed:



VEGETABLES: It includes all kinds of vegetables, whether raw or cooked, alone or together with other ingredients. It must be the most predominant group and it should be present in both the first and second course in the form of salad, roasted, sautéed, boiled, steamed, etc.



GRAINY: It includes pasta, rice, bread (if possible whole grain) and also starches such as potatoes and sweet potatoes. They are important but in a smaller proportion (1/4 of the meal), therefore they should only be present in one of the dishes of the meal. We will accompany the bread when there are no other grainy food in the meal.



PROTEINS: It includes meat and its derivatives (including sausages), fish and seafood, eggs, legumes (chickpeas, lentils, dried beans, beans, peas). They are important in the same proportion as grainy (1/4 of the meal). It is recommended that we consume 3-4 portions of legumes per week, only 1-2 portions of red meat and processed meat such as sausages occasionally, both to improve health and for the sustainability of the planet.



DESSERT: Fruit is the recommended option. For dairy desserts, it is recommended to be sugar-free and without sweeteners.

For further information:

Small changes to eat better

Healthy meal