

## Meat and poultry

When preparing meat, remove excess fat.

Eat up to 500 g of red meat per week. Red meat

includes beef, pork, lamb, reindeer and game.

Choose meat, fish and chicken with up to 10 % fat and up to 1% salt.

Poultry is a healthy alternative. Remove the skin before eating poultry.



## Cured meats and sausages

Choose:

Meat containing up to 1.8 % salt and up to 4 % fat.

Sausages containing up to 1.6 % salt and up to 12 % fat. Find the information on the package!

Choose ready-made food containing:

Up to 5 g/100 g fat

Up to 0.8 g 100 g salt.

## Fish

Fish is a good source of vitamin D and good fats.

You can eat fish and seafood twice a week. Choose fatty fish, such as salmon, herring, Baltic herring or mackerel.



## Eggs

You can eat 2–3 eggs a week. If you have high cholesterol, cut down on fat, for example by eating less cheese, potato chips, butter, chocolate, etc.

## Beverages

You need to drink 1–1.5 liters of water daily, preferably tap water.

With meals, you can drink fat-free milk or sour milk, mineral water or

tap water. Alcoholic beverages should not be used too often.



*The recommendations of the nutritional care unit at Åland Central Hospital are based on current Finnish recommendations. This easy-to-read version was compiled by the EU project En Säker Hamn.*



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EN SÄKER HAMN



Ålands hälso- & sjukvård

# Eat a balanced diet

Exercise 30 minutes every day!!

## The healthy plate model

The healthy plate model illustrates a balanced and healthy meal.

By following the model, you can ensure your intake of the vitamins and minerals that your body needs.

Eating lots of vegetables is environmentally sustainable.



## Eat less sugar

Eating sugar raises your blood sugar level.

Too much sugar is bad for your health. You can get used to less sugary food and drink.

There is an abundance of sugar in soft drinks, juice, jam, cookies and sweets.

You can choose light products with artificial sweeteners, such as saccharin, acesulfame potassium or stevia.



If you eat something sweet, do it right after a meal.

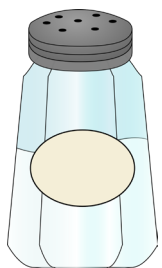
For better dental health, avoid eating and drinking sweet products in between meals.

Chewing gum containing xylitol after each meal is good for your teeth.

## Salt

Bread, sausages, cheese and ready-made foods contain salt. Choose low-salt foods.

Choose a cooking salt that contains iodine. Season your food with herbs, spices and a little salt.



## Vitamin D

Include around 5–6 deciliters of dairy products in your daily diet, for example yoghurt, sour

milk products, curd or cottage cheese. These dairy products are good sources of vitamin D.

You can also get vitamin D from many non-dairy products, such as drinks made with soya beans, oat or rice.



Fish is a source of vitamin D. Include fish in your diet 2–3 times a week.

Many sandwich spreads are a source of vitamin D.

Make sure you spend at least 15 minutes out of doors every day, so that you expose your arms and face to

sunlight. Sometimes you may need to complement your vitamin D intake by eating it in tablet form.



### **The heart sign and the keyhole sign**

Healthy food is often marked with a heart sign or a keyhole sign.

Products marked with these symbols contain less salt and less sugar, more fibers and wholegrain or less fat.



### **Bread, grains and cereal**

Eat whole grain bread and rye bread for more fiber. Make sure the bread is baked using whole grains by reading the package. Crispbread is often made with 100 % whole grains.

Choose grains marked with the heart sign or the keyhole sign. Cook porridge with oats, rye grains or whole grains. Use only a little salt (up to 1 %), a little fat (up to 5 %) and a little sugar (up to 16 %).

Choose soft bread with plenty of fiber (at least 6 g fiber/ 100 g), crispbread (at least 10 g fiber/ 100g) or dark bread (at least 15 g fiber/100 g).



### **Potato, rice, pasta and barley**

You can eat them raw or cooked.

Eat root vegetables, vegetables, berries, fruit or mushrooms five times a day. Include a handful in each meal.

Peas, beans and lentils are called legumes.

They are rich in fiber and protein. They help to balance your blood sugar level. You can use fresh or frozen vegetables, fruit and berries.

## **Vegetables, legumes and root vegetables**

Fill half your plate with vegetables and root vegetables.

You can eat them raw or cooked.

Eat root crops, vegetables, berries, fruit or mushrooms five times a day. You can include a handful in each meal.

Peas, beans and lentils are called legumes. They are rich in fiber and protein. They help to balance your blood sugar level. You can choose fresh or frozen vegetables, fruit and berries.



## **Fruit and berries**

Eat 2–3 fruits or 2 deciliters of berries daily. Berries from Finland do not need to be cooked before eating, while frozen berries imported from other countries need to be cooked for two minutes. Heat the water to 90 °C. Remember that juice may contain a lot of sugar!

## **Dietary fats**

The healthiest dietary fats are linseed oil, camelina oil and rapeseed oil.

For cooking, you can use liquid margarine or oil.

On bread, you can use a butter spread that contains around 60 % fat.

Use up to 5 teaspoons of butter spread per day.

In salad dressings, you can use linseed oil or rapeseed oil.

## **Nuts and seeds**

Nuts and seeds contain healthy unsaturated fat. Include nuts, seeds and almonds without salt or sugar in your diet.

Eat around two tablespoons of nuts and seeds daily.



## **Dairy products**

The body needs calcium, which is why your diet should include dairy products. You can choose fat-free milk, low-fat milk, sour milk or low-fat yoghurt. You can eat yoghurt or sour milk with fruit and berries. You can have 2–3 slices of cheese per day.

Choose dairy products that contain up to 1% fat and up to 12 % carbohydrates.