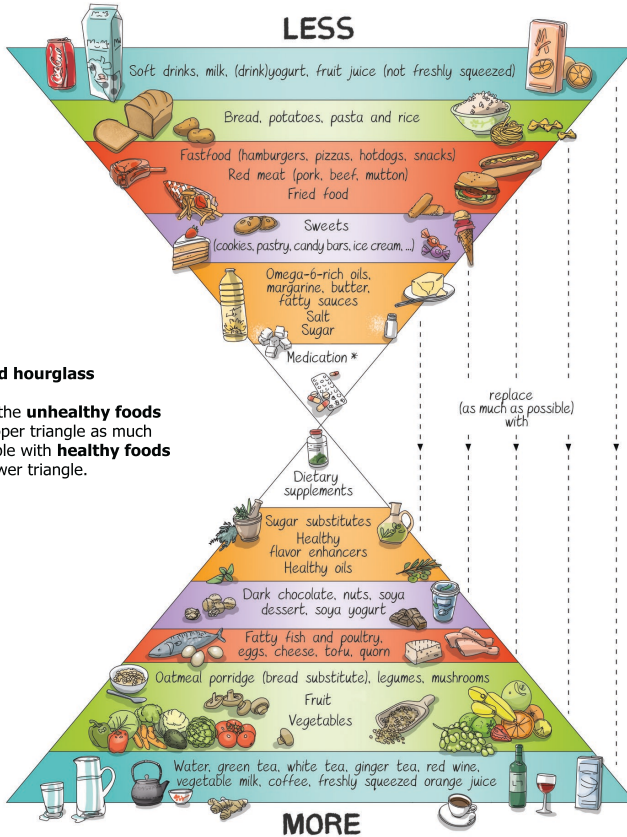
The food hourglass

Replace the **unhealthy foods** in the upper triangle as much as possible with **healthy foods** in the lower triangle.



Smart food supplements: vitamin D, iodine, magnesium, selenium, B vitamins

Healthy sugar substitutes: stevia, tagatose, sugar alcohols, (mashed) fruits
Healthy oils: olive oil, flax seed oil, walnut oil, canola oil, soy oil, perilla-oil
Healthy flavor enhancers: spices (turmeric, parsley, thyme, rosemary, basil, oregano, mint), garlic, onion, lemon juice, vinegar (balsamico, raspberry vinegar, tomato vinegar), potassium salt
Omega-6 rich oils (use less of): corn oil, sunflower oil, palm oil, sesame seed oil

Fatty fish: salmon, mackerel, herring, anchovy, sardine
Meat substitutes: tofu (made of soy) and quorn (made of a fungus)

Legumes: beans, peas, lentils, soy

Water: can be flavoured with lemon, sage, thyme or mint
Plant milk: soy milk, almond milk, rice milk
Alcohol: maximum 2 consumptions a day for men and 1 consumption a day for women
Coffee: limited to 3 consumptions a day

* Always consult a medical doctor before changing or reducing medication