

Dear kids,

You should have a balanced diet in order to grow up healthily. To have an efficient and a balanced diet you should pay attention to consume suggested portion from four nutriment group below.

Milk And Dairy Foods

*Milk, yoghurt, ayran, cheese

These are essential for healthy teeth, bones and muscles.

Suggested portion:

-2,3 cups of milk or yoghurt

-1.1/2 oz. Cheese

MEAT, FISH, EGGS AND OTHER NON-DIARY SOURCES OF PROTEIN

*Meat, chicken, fish, turkey, egg, legume (bean, pea, lentil etc.) , walnut, nut and oilseed.

These are important for development of your brain, immune system also they protect you from anemia.

Suggested portion:

-2-3 pc meat, chicken or fish

-a bowl of legume (bean, pea, lentil)

-An egg three or four times a week

FRUITS AND VEGETABLES

*All fresh fruits and vegetables

These are important for your body resistance, your eyes, your teeth, your skin and digestive system

Suggested portion:

-2 servings vegetables

-3 servings fruits

BREAD AND OTHER STARCHY FOODS

*Foods made of rice, bulgur, corn, wheat and bread.

These are essential for you to be energetic and development of your nervous system.

Suggested portion:

- 4-6 slices of bread
- a bowl of rice/bulgur/pasta
- a bowl of soup

SUGGESTIONS

- You should have a balanced and efficient diet.
- You should have breakfast. It's important for a healthy start to the day .
- You shouldn't skip a meal.
- You should keep your weight stable.
- You should spend less time in front of TV and computer. You should have an interest in sports.
- You should prefer the food having high nutritional value rather than the foods having high fat and sugar.
- In your lunchbox, you should have milk, ayran, fruitjuice, cheese, dried fruits, bread, fresh vegetables, fruits, boiled egg, meat (chicken,meatball).
- You shouldn't buy the foods produced in uncontrolled places and sold without packages.
- You should brush your teeth twice a day.
- You should wash your hands before and after the meals.