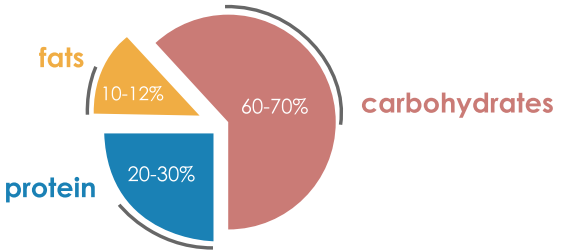


# Healthy Eating

## 🍏 Calorific distribution in Balanced Diet:



## 🍏 Recommended dietary intake

<50 g/day  
(<10% of total  
energy from  
free sugar)



<60 g/day  
(<30% of total  
energy from fat)



<5 g/day  
(sodium <2g/day)

