



Recommendations for employees - How to eat well?

1. It is fundamental to **eat 3 in 3 hours** because, besides controlling the ingestion at each meal, it induces an increased energy state and a better individual profitability;
2. **Always have breakfast**, in the first hour of the day, and enjoy this moment with your family. Try to include fruit, cereals, milk and dairy products;
3. **Plan your meals in advance**. Planning your daily meals saves you money, and you'll promote a more balanced diet and complete meals;
4. **Replace the white bread by brown or whole bread**. The fiber present in this type of bread increases satiety and improves the functioning of the organism;
5. Always start meals with a **vegetables and pulses soup**;
6. **Drink water at meals**. In case of choosing red wine, the daily recommendation is (at maximum) 2 glasses of wine for men and 1 for women;
7. **Add fruit on dessert and between main meals**. In snacks, fruit should not be eaten alone and must be accompanied by a dairy product or bread, in order to prevent the excessive absorption of fruit's simple sugars;
8. **Reduce salt added in meals**, giving preference to condiments. The World Health Organization recommends that adults should consume less than 2,000 mg of sodium or 5 grams of salt (equals to 1 teaspoon).
9. Prefer **baked, grilled or stewed methods for cooking** and choose **vegetable oils**, always with moderation, for the confection;
10. **Restricted the processed food** on your daily meals, which have excessive amounts of salt. Choose always fresh food and meals;
11. Keep always a **bottle of water** next to you. It is important to drink water regularly during the day in order to avoid thirst signals, increasing intake during physical activity;
12. Practice at least **150 minutes of aerobic physical activity** throughout the week. Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

"Let your food be your medicine and your medicine be your food" - Hippocrates