

2015 Spring and Summer's Recommendations

Enjoy the best that sun can give to you!

- **Eggs are an ideal protein source to join to salads.** There is no problem in consuming an egg per day, in case of healthy people. It is rich in many nutrients and minerals. Eggs should not be stored in the refrigerator door and neither be cleaned with water before stored in order to not destroy the natural and protector barrier;
- **It is really important to maintain adequate water ingestion.** With temperature increase, water's losses increases too, being extremely important to decrease losses through an adequate hydration. Try to drink 1.5 to 2 liters of water daily. You may include cold teas that have precious antioxidant and regulatory properties;
- **Grains and cereals = the perfect wedding!** Combining rice, potatoes and pasta with pulses (such as beans and chickpeas) will allow amino acid supplement (protein's constituents) between them. This occurs because grains are poor in the amino acid lysine and high in the amino acid methionine while pulses have low methionine content but is rich in lysine;
- **Chocolate, It may not be a sin!** Some studies show evidence that the consumption of 1-3 squares of chocolate per week, in healthy individuals, may have health benefits due to its content of caffeine and flavonoids;
- **Juices and ice cream can refresh you in a healthy way.** During the warmest season, enjoy the freshness of the national and season fruit and replace soft drinks and alcoholic beverages by natural juices. You can also choose ice cream that is made-up with yogurt or water, it have a lower energy density than the common cream ice-cream;
- **Relax and enjoy the sun during your daily breaks.** The sun exposure it's fundamental to increase levels of vitamin D which regulates calcium and phosphorus levels and prevents osteoporosis;
- **Dedicate 30 minutes of the day for physical activity.** With the sun coming, stay in shape and practice at least 30 minutes per day of aerobic physical activity throughout the week. Muscle-strengthening activities should be done involving major muscle groups on 2 or more days a week.

"Healthy isn't a Look. It's a way of being"

