Healthy Ideas

Breakfast tips
- Cereal product with low sugar and fat content with milk or yoghurt
  - A glass of milk
  - Yoghurt
  - Fruit salad
- White or Brown Bread toast
- Freshly squeezed orange juice

Lunch:
- Brown or white bread (Bun, rolls or sandwiches)

Filling:
- Fresh tomato with tuna
- Ham and cheese/ricotta
- Bigilla paste
- Tuna paste
- Hummus paste

Dinner:
- Brown/White Rice salad with meat balls and tomato sauce
- Farfalle with tomato sauce and some grated cheese
- Couscous salad with red kidney beans and fresh vegetables
- Fresh and local vegetable soup
- Omelette with 3 cherry tomatoes and mashed potatoes
- Homemade burger in pita bread
- Potato and egg salad

Snacks:
- Any local and seasonal fruit
- Yoghurt
- Dried fruits
- Glass of milk
- Homemade cereal bars
- Smoothie

Beverages:
- Bottled water
- Freshly squeezed fruit juice
- Glass of milk