

GREEN FOOD



Creating healthy life style
Healthy recipes

vegetarian diet



Creating a healthy lifestyle plan

Every individual is different so what is right for someone else may not be right for you.

What kind of food you eat and what kind of exercises you should be personal to you.

Find out what vitamins or minerals are good for you.

Get into the habit of reading labels while buying packaged food will help you make healthier food choices.

You can see the amount of chemicals are put in the products.



We have some example for healthy food on a budget: banana, almonds, eggs, spinach, frozen mixed berries, brown rice...

Vegeterian diet

There are several forms of vegetarian diet: vegans, lacto-vegetarians, lacto-ovo vegetarians, semi-vegetarians.

| | Red Meat & Poultry | Fish | Eggs | Dairy |
|----------------------|--------------------|--------------|------|-------|
| Semi-vegetarian | occasionally | occasionally | ✓ | ✓ |
| Lacto-ovo-vegetarian | ✗ | ✗ | ✓ | ✓ |
| Lacto-vegetarian | ✗ | ✗ | ✗ | ✓ |
| Ovo-vegetarian | ✗ | ✗ | ✓ | ✗ |
| Vegan | ✗ | ✗ | ✗ | ✗ |
| Macrobiotic | ✗ | occasionally | ✗ | ✗ |

This kind of diet is good if it is well planned. Since vegetarians do not eat animal products, they may have more difficulty meeting their daily needs for protein, zinc and iron. A good source of protein is soy which provides large amounts of quality protein. Tofu, soy milk, soy nuts, vegetarian burgers and salami can be purchased at health food stores. Peas, lentils, seeds and certain vegetables also contain a significant source of protein.



YOUR HEALTH
YOUR CHOICE

It is also important to eat enough legumes and green leafy vegetables and whenever possible you should consume drinks and foods rich in vitamin C.



Vegans need to supplement this vitamin with foods enriched with

It is important to eat whole foods like fruits, vegetables and whole grains because they are rich in nutrients

and will provide a number of important vitamins and minerals to fill any deficiencies in the diet.

Healthy recipies

A recipe for a healthy breakfast: simple pancakes. Pancakes need 1-2 bananas, cottage cheese and oatmeal. It is necessary to crush all the ingredients and mix with a mixer. Pir flour and water can be added as needed. When the mixture is even we can fry the pancakes in olive oil or coconut oil. It is also possible to add some berries to the top. Good apetite! 😊



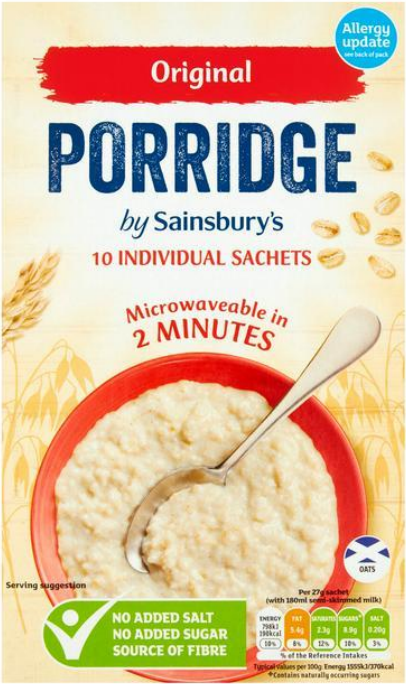
Lunch idea: couscous with chicken.

Put the couscous in a large bowl and pour boiling water over it. Leave for 10 to 15 minutes to swell and cool, then stir with a fork to stir the grains. Fry the chicken in a pan on olive oil until it turns yellow. Chop the tomatoes, squeeze 1-2 lemons and mix everything. Add the mixture to the chilled couscous. Bon appetit! 😊



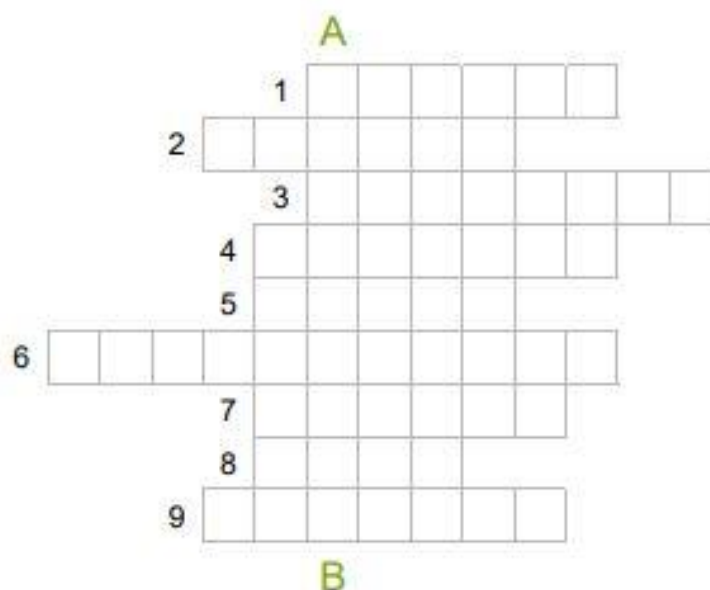
Recipe for a healthy dinner: porridge

It is necessary to take 1 glass of water. The water should be heated in a microwave, over low heat or in a kettle. When the water heats up, take a bowl and pour the porridge into it (the porridge must be opened beforehand). In a bowl in which the porridge is placed put heated water and stir. If necessary, add more water. Bon appetit! 😊



GREEN FOOD

COMPLETE CROSSWORD



1. WHAT VEGETABLES PROTECT US FROM VAMPIRES

2. RABBITS EATS...

3. BIG AND PURPLE VEGETABLES

4. MADE FROM A LOT OF LEAF

5. WHEN YOU CUT THEM, YOU CRY

6. WHITE FLOWER BOUQUET

7. CHIPS ARE MADE FROM

8. IT POPS WHEN ARE FRIED

9. SAME AS CARROT BUT WHITE

