

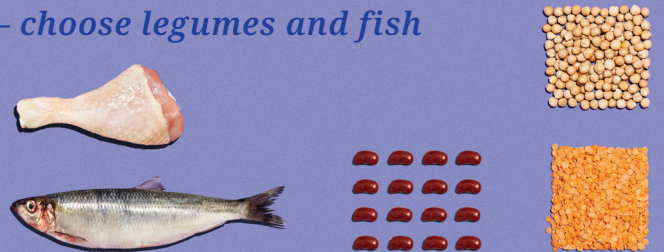
*Eat more vegetables
and fruit*



Eat wholegrain foods



*Eat less meat
– choose legumes and fish*



*Thirsty?
Drink water*



*Choose vegetable
oils and low-fat
dairy products*



*Eat less sweet,
salty and fatty
food*



Eat plant-rich, varied and not too much

The Official Dietary Guidelines
– good for health and climate



**Ministry of Food, Agriculture
and Fisheries of Denmark**
Danish Veterinary and
Food Administration

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