Moving to a healthy lifestyle
The basics of sensible eating and exercise

- Eat sparingly: Sweets, snacks and sweetened drinks
- Vary on a daily basis: High-fat foods
- Drink a lot: Water
- Grains
- Fruits and vegetables
- Protein-rich foods
- Legumes
- Milk
- White cheese
- Hard white cheese
- Yoghurt
- Canola oil
- Olive oil
- Butter
- Margarine
- Chips
- Cola
- Tehina

Exercise and sensible eating—a recipe for health