

HEALTHY EATING MODELS

Healthy eating models have been researched by nutrition foundations, government departments, sport institutes, as well as sport associations and federations. The following introduces two different healthy eating models that the researchers agreed on.

THE 5-A-DAY RULE

A good way of guaranteeing that enough vegetables and fruits are consumed, is applying the 5-a-day rule. With this rule it is made sure that at least 5 portions of vegetables and fruits are eaten daily. The portions should be sized so that the palm of a child's or adolescent's hand is filled.

THE PLATE MODEL

The plate model is a guide to put a well-balanced meal together in accordance with what is planned for the day. The plate model divides the plate into 3 parts, 1 part for carbohydrates, 1 part for proteins and 1 part for vegetables, fruits, berries and mushrooms.

THE PLATE MODEL FOR ...		
easy training days	hard training days	very hard training days and competition days

- vegetables, fruits, berries and mushrooms
- proteins
- carbohydrates (incl. potatoes)

Each plate is accompanied by a small amount of healthy fats/oils and water.