Informationsblatt für gesunde Ernährung

Information von der steiermärkischen Gebietskrankenkasse Graz aus der Vorsorgeuntersuchungsstelle

BASIS = PFLANZLICH = SCHUTZ

Die pflanzliche Ernährung, wie Gemüse, Obst und Salat, liefert Schutzstoffe in Form von Vitaminen, Vitalstoffen, Mineralien und Ballaststoffe.

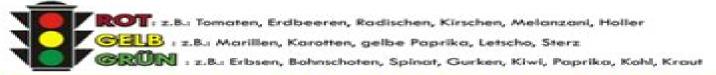
Optimale Verteilung der Mahlzeiten über den ganzen Tag



Zum Frühstück: Z.B. Müsli, Marmelade, Honig, Tee, Kaffee, Orangensaft Über den Tag verteilt: **BOT-CIIV-CE**

(Jede Farbe weist beim Gemüse, Obst und Salat auf andere Inhaltsstoffe und somit auf andere Schutzstoffe hin. Deshalb ist Abwechslung sehr wichtig!)

2x pro Woche sollte @cm@co in jeder Farbe gegessen werden. Dabei sollte auch beim Salat auf die Abwechslung nicht vergessen werden. Äpfel, aber auch alle anderen @betserten sind sehr gesund, wie z.B. Beeren



Tierisch = Cholesterin = Baustoff

Erwünscht ist: 2x täglich tierisch am Tag (besonders in Form von Milchprodukten) = 2x Cholesterin/Tag; Baustoffe sind wichtig für den Knochenaufbau:

Beispiele:

1 x 5 dag Schnittkäse 45% oder 1 x 1 Joghurt + Liptauer mit Magertopfen oder 1 x 1 Joghurt + 1 /4 Liter Milch

2xtäglich

Fleisch, Wurst und Eier werden viel zu oft gegessen und sollten zugunsten von fleischlosen Speisen und Fisch verringert werden. Essen Sie höchstens 2 bis 3 Fleischmahlzeiten pro Woche!

Fisch, Fleisch, Ei oder Wurstwaren (max. 5 dag/d) sollten nur einmal am Tag und nur 3mal die Woche gespeist werden. Fisch und Fleisch möglichst nicht panieren (sonst würde das zusätzlich Ei bedeuten!) Der Fisch beinhaltet die für uns gesündesten Fettsäuren! Meeresfisch ist außerdem der beste Jodliferant.

Triglyceride = Fette = Benzin oder Speicher

Fette gibt es im Tier- und Pflanzenreich. Alle Pflanzenöle sind cholesterinfreil

Obst Zum Fr Hst Ck Eier Abend Ebook

Margarita Atzl

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