

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: **ROT-GELB-GRÜN**

(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 **Gemüse in jeder Farbe** gegessen werden. Dabei sollte auch beim Salat auf die Abwechslung nicht vergessen werden. Äpfel, aber auch alle anderen **Obstsorten** sind sehr gesund, wie z.B. Beeren



ROT: z.B.: Tomaten, Erdbeeren, Radieschen, Kirschen, Melanzani, Holler

GELB: z.B.: Marillen, Karotten, gelbe Paprika, Letscho, Storz

GRÜN: z.B.: Erbsen, Bohnschoten, Spinat, Gurken, Kiwi, Paprika, Kohl, Kraut

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:

1x 5 dag Schnittkäse 45%

oder

1x 1 Joghurt + Liptauer mit Magertopfen

oder

1x 1 Joghurt + 1/4 Liter Milch

2xtätiglich

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 Jodlieferant.

Triglyceride = Fette = Benzin oder Speicher

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

Obst Zum Fr Hst Ck Eier Abend Ebook

Margarita Atzl



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