



GSD INTERNATIONAL SCHOOL COSTA RICA

| Tips for a healthy dinner | |
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| Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake. | |
| It will consist of a starter, main course and dessert. | |
| It should complement the rest of the day's intake, which is why it should be made up of food groups which were not eaten at lunch: | |
| If at lunch... | At dinner... |
| Starters | |
| Rice/pasta, potatoes or pulses | Cooked or raw vegetables |
| Vegetables | Rice/pasta or potatoes |
| Main course | |
| Meat (beef, pork, poultry) | Fish or eggs |
| Fish | Lean meat or egg |
| Egg | Fish or meat |
| Dessert | |
| Fruit | Dairy product or fruit |
| Dairy product | Fruit |
| It's recommended to eat food that is not high in fat in order to sleep well afterwards. | |
| Water should be the drink of choice as opposed to juice or soft drinks. | |
| A balanced diet should be varied in order to make sure we have a good intake of all the nutrients. | |
| It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and pulses. | |
| It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast. | |
| We can't forget to include physical exercise as the companion to a balanced diet. | |
| In every menu, the kcal of an approximate average serving is indicated. | |

