



## GSD INTERNATIONAL SCHOOL COSTA RICA

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| <b>Tips for a healthy dinner</b><br>Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake.<br>It will consist of a starter, main course and dessert.<br>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:                                                                                                                                                                                                                                      |                          |
| <b>If at lunch...</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>At dinner...</b>      |
| <b>Starters</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                          |
| Rice/pasta, potatoes or pulses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Cooked or raw vegetables |
| Vegetables                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Rice/pasta or potatoes   |
| <b>Main course</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                          |
| Meat (beef, pork, poultry)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Fish or eggs             |
| Fish                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Lean meat or egg         |
| Egg                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Fish or meat             |
| <b>Dessert</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                          |
| 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.<br>Water should be the drink of choice as opposed to juice or soft drinks.<br>A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.<br>It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and pulses.<br>It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast.<br>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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                          |



Cucumber salad  
Fresh fruit  
Water

Mixed meats  
Fresh fruit  
Water

Beef stew  
Fresh fruit  
Water

