



GSD INTERNATIONAL SCHOOL COSTA RICA

Tips for a healthy dinner	
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.	

