

## TO STAY HEALTHY IT'S RECOMMENDED TO:

Engage in at least one hour of physical activity daily. Consume a varied and balanced diet. Establish the habit of having an adequate breakfast: it is the fuel for the morning, school activities and play. Avoid prolonged periods of fasting and distribute food into 4-5 meals each day:

### BREAKFAST: 15% of daily calories

Breakfast can be very simple but must be a complete meal:

- Semi-skimmed milk or yogurt
- Melba toast or whole-wheat bread with jam or muesli or dry cookies or whole-wheat breakfast cereals
- Nuts or potentially freshly squeezed orange juice

### MORNING SNACK: 5% of daily calories

### AFTERNOON SNACK: 10% of daily calories.

Morning and afternoon snacks are important parts of the day because they reduce time between meals, preventing you from arriving hungry at lunch or dinner, with the risk of overeating.

### LUNCH: 40% of daily calories - DINNER: 30% of daily calories.

To ensure the proper intake of all nutrients, carbohydrates, protein, lipids and fiber must be present. Two general approaches can be followed:

- Single course: grains with meat or fish or legumes or cheese or eggs + vegetables + fruit
- First course with grains and vegetables + second course (meat or fish or legumes or cheese or eggs) + vegetables + fruit

Adequate daily water intake is also important!

## THE MEDITERRANEAN DIET: TOWARD A NUTRITIONAL AND CROSS-CULTURAL STRATEGY

The Mediterranean Diet is characterized by a nutritional model primarily consisting of an appropriate intake of foods and nutrients, along with healthy lifestyle habits.:

- 5 daily meals (moderate amounts of foods at each meal, preferably fresh and seasonal, emphasizing conviviality)
- High intake of vegetables, legumes, fruits, nuts and whole grains
- Medium-high intake of fish
- High intake of unsaturated fatty acids (especially from olive oil)
- Low intake of saturated fatty acids
- Medium-low intake of dairy products
- Low intake of meat, especially red meat
- Moderate intake of salt
- Healthy lifestyle habits, among which daily physical exercise is essential

In the multiethnic society living in Italy, adherence to the Mediterranean diet is an important tool for prevention of chronic diseases in adults by promoting the integration of different food traditions.

## THE 14 WEEKLY MEALS CAN BE DIVIDED AS FOLLOWS

	FRUIT AND VEGETABLES	3-5 servings a day
	PASTA, RICE, GRAINS	3-5 servings a day
	TUBERS	1-2 times per week (as a substitute for the grains)
	MILK AND YOGURT	1-2 servings a day
	NUTS AND SEEDS	1 serving a day (ex. 3-4 nuts)
	MEAT	max 3 times per week (≤2 servings per week of white meats, ≤2 servings per week of red meats, ≤1 serving per week of processed meats ex., cooked ham or bresaola)
	FISH	3-4 times per week
	LEGUMES	4-5 times per week
	CHEESE	2 times per week
	EGGS	1-2 times per week

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## CROSS-CULTURAL FOOD PYRAMID

A nutrition education tool for all children from preschool age onward

Nutrition in children is of fundamental importance for their development and has great value in health promotion and disease prevention. Nutrition, in fact, is one of the main environmental factors that can modulate the genetic potential and growth of each individual. People continuously consume food, which our body uses to rebuild and repair itself; food provides the necessary substances to meet the energy and nutrient requirements of different organs.



From birth and throughout life

# CROSS-CULTURAL FOOD PYRAMID

## How to navigate food choices

**MILK:** semi-skimmed **YOGURT:** semi-skim white or fruit-flavored **GRAINS:** preferably whole grains and parboiled rice (the latter a maximum of 2 times per week). Al dente cooking is recommended. **BREAD:** 1 bread roll a day, preferably those made with whole grain flour or type 1 flour. **MEAT:** chicken, rabbit, turkey, veal, lean beef, lean pork. **FISH:** fresh or frozen, preferably oily fish (sardines, anchovies). Cod, hake, mackerel, sea bass or perch no more than 1 time per week. Cephalopods (squid, octopus) no more than 1 time per week. Shellfish and bivalve mollusks occasionally. Large fish (swordfish and tuna) should be avoided. **LEGUMES:** fresh, dried or frozen should always be combined in the same meal with grains (pasta, rice, barley). They are not vegetables, but an alternative to meat, fish, eggs and cheese. **FRUIT:** 2-3 times a day. Seasonal fruit should be preferred. Not blended or pureed. To be eaten no more than 2-3 times per week: kiwi, grapes, banana, pineapple, papaya or jackfruit. To be limited (<1 time per week): plantain or dates or avocado or tamarind. **VEGETABLES:** fresh or frozen, not blended or pureed, 2 times a day. Seasonal vegetables should be preferred. **CONDIMENTS:** extra virgin olive oil **SALT:** to be limited **COOKING:** stewed, steamed, baked, baked in foil.

