



**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'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.



Cucumber salad  
Fresh fruit  
Water

Mixed meats  
Fresh fruit  
Water

Beef stew  
Fresh fruit  
Water

