

TO EAT ACCORDING TO THE NUTRITIONAL RAINBOW HEALTHY IS POSSIBLE

The National Israeli Nutritional Guidelines



- **The blue arch**

Eating according to the nutritional rainbow represents five values: economic, social, health, environmental, and an active lifestyle

- **The green arch**

Include a variety of fruits, vegetables, and whole grains in **some meals each day**, and drink plenty of water throughout the day

- **The yellow arch**

Include a variety, **at least once a day**, from each of these groups: 1.Legumes 2.Plant-based fats and oils 3.Unsweetened dairy products and their substitutes

- **The orange arch**

Include a variety, **a few times a week** - of chicken, turkey, fish and eggs

- **The pink arch**

Limit red meat and beef to 300 grams a week

- **The red arch**

Avoid, or significantly reduce, intake of sweetened drinks, candies, snacks, processed meat products and other ultra - processed foods



For further information scan the QR code