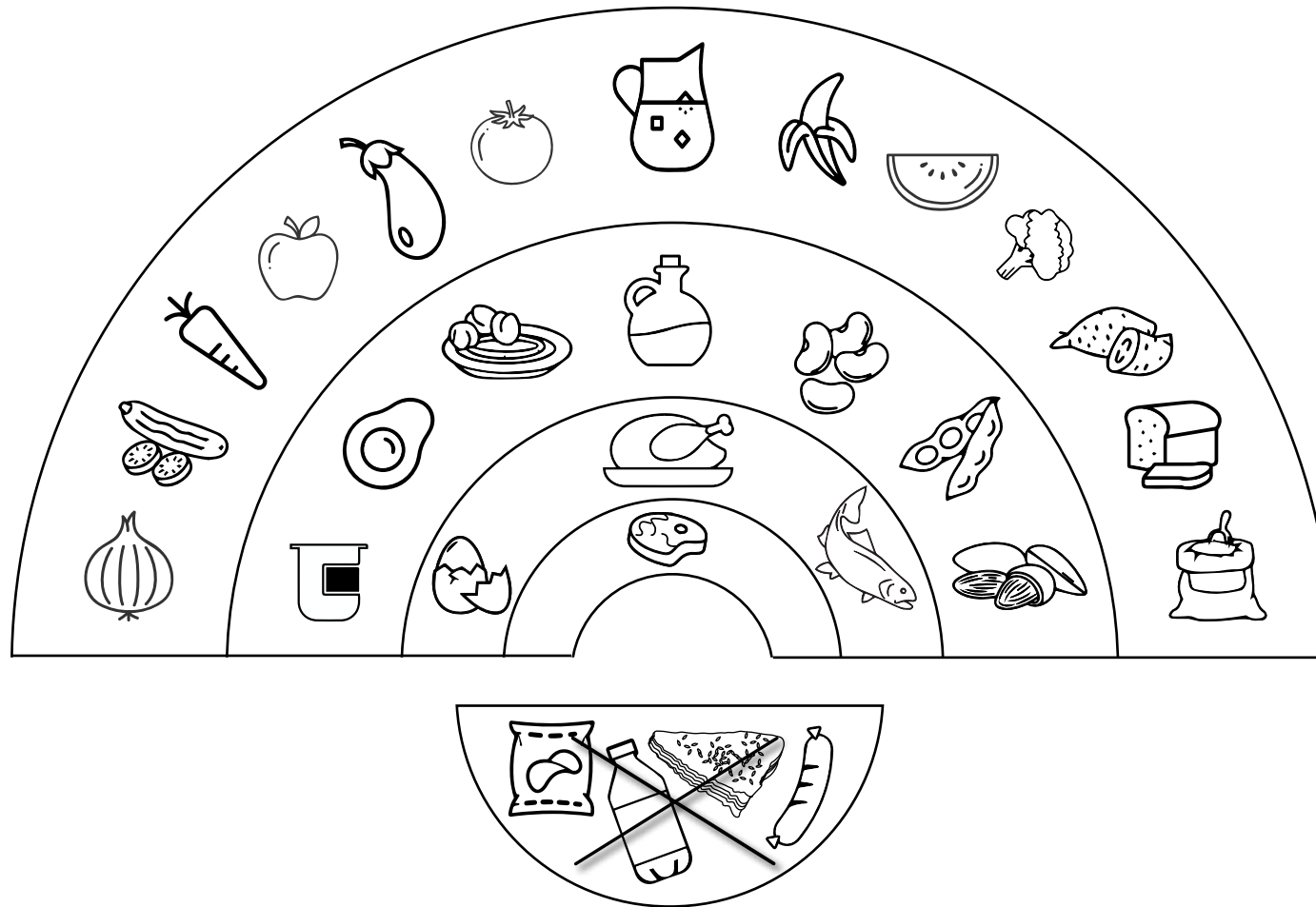


# The Nutritional Rainbow of the Ministry of Health



- **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

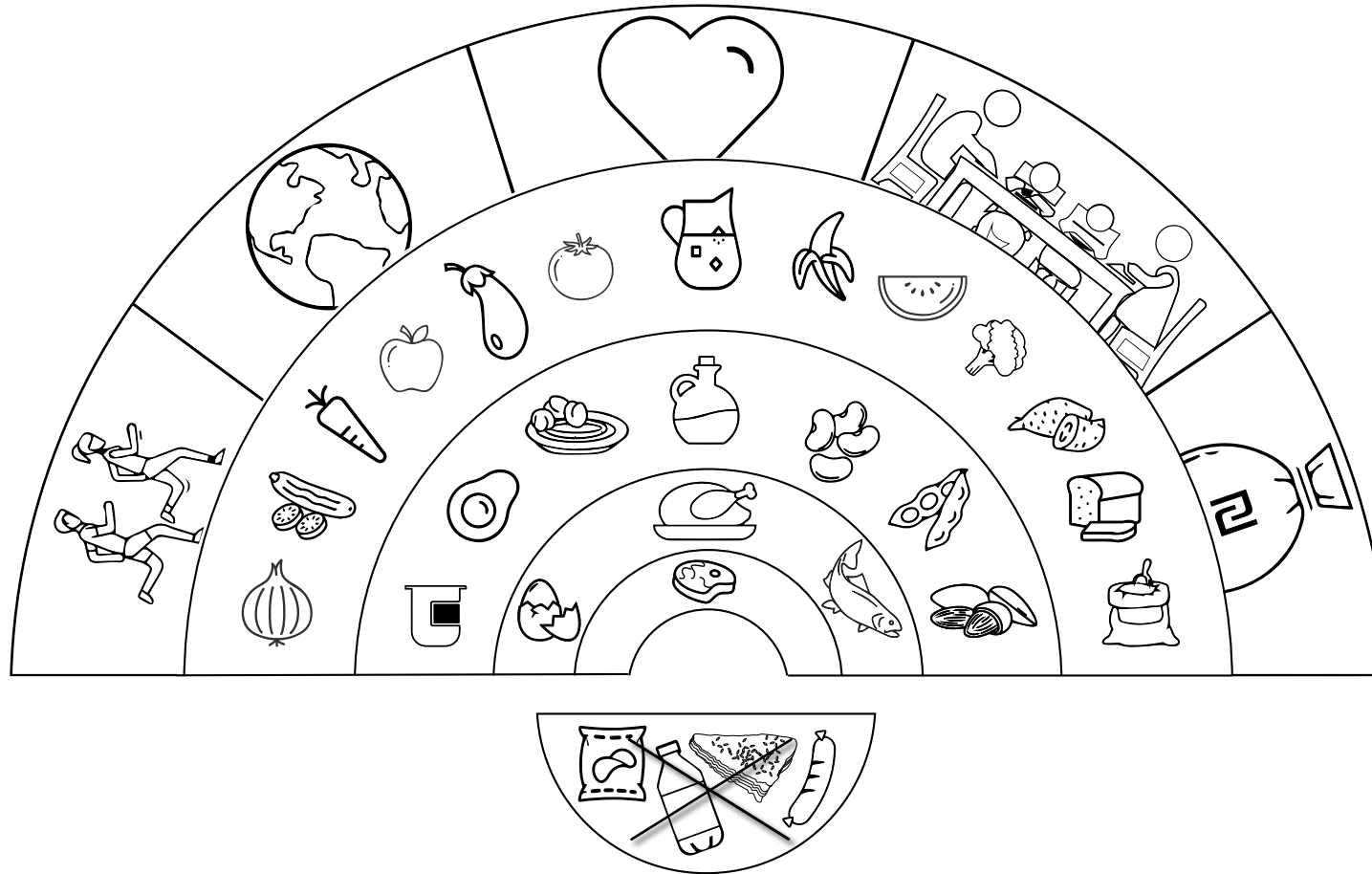
- **The pink arch**

**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

# The Nutritional Rainbow of the Ministry of Health



- **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
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