

Nutritional goals

to decrease diseases caused by nutrition

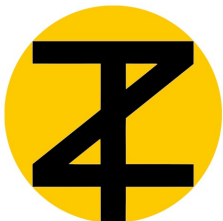
no recommended intakes for fats and carbs

in Spain

R.I. for protein but higher intakes in reality

keep an eye on alcohol, salt, cholesterol and fibre

Physical Activity Level (PAL)
Body Mass Index (BMI)



Carbs 55-60% (Sugars <6%)
Fats 30-35% (Sat. 7-8%,
Unsat. ω -6: ω 3 1:1-4:1)
Proteins 10-15% Animal and vegetable

Cholesterol <300 mg
Water >1,5 L
Fibre >25 g
Alcohol <20 g
Salt <5 g
Vit. D 5 μ g
Iron 10 mg
Folate 400 mg
Ca²⁺ 800 mg

Food guidelines

provides guidance on food consumption

to reach nutritional goals

simple graphic representations

practical advice and scientific principles

