



Ask your family doctor if you are underweight, normal (healthy) weight, overweight, or obese.

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**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest **Migrant Health Centre** for more information and support



[www.sihhatproject.org](http://www.sihhatproject.org)



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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

*I lead an active life  
I eat healthy*

**I PROTECT MY HEALTH**



# An adequate and balanced diet is key to healthy living

Conscious nutritional behaviors are essential to make sure that our bodies get the right amount of all the necessary nutrients at the right time to protect and promote good health and quality of life.

## To maintain an adequate and balanced diet;

Drink 8-10 glasses of water a day

Eat vegetables and fruits every day

Eat slowly and chew properly

Do not consume any food marketed without suitable packaging

Avoid sugary drinks

**Choose eating fruits whole over drinking fruit juice**

## What does an adequate and balanced diet look like?

The aim of eating is not to quench hunger, fill your stomach, or eating and drinking whatever you crave.

A poor diet means that the body does not get the right amount of essential nutrients.

The amount and variety of food a person should consume daily can be optimized for healthy growth and development and for a long, healthy and, productive life.

A body that cannot get the right amount of essential nutrients will experience retardation in growth and development.



Physical activity is critical for the protection and promotion of good physical, mental, and social health. Being as active as possible in daily is the first step to a healthy life.

Exercise regularly and make it a part of your daily routine to protect and improve your health.

Adults need 150 minutes of moderate-intensity exercise per week (30 minutes 5 days a week) to protect and promote their good health.

