REFUGIUM – Refugee Health

This flyer is part of the REFUGIUM health awareness project for refugees by HAW Hamburg Department of Health Sciences. The knowledge provided here will help you and your family to maintain and regain health in Germany.

Learn with REFUGIUM about
- Health care in Germany
- Mental health in Germany
- Hygiene in Germany
- Oral health in Germany
- Physical activity in Germany
- Nutrition in Germany

We Care for You and We Care for Your Health!

Hidden Sugar

<table>
<thead>
<tr>
<th>Drink 1l</th>
<th>Sugar Cubes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cola</td>
<td>36</td>
</tr>
<tr>
<td>Apple juice</td>
<td>33</td>
</tr>
<tr>
<td>Ice Tea</td>
<td>24</td>
</tr>
<tr>
<td>Apple Spritzer</td>
<td>20</td>
</tr>
<tr>
<td>Mineral Water</td>
<td>0</td>
</tr>
</tbody>
</table>

Normal weight

Avoid Fast Food

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Dieses Faltblatt ist erhältlich in 8 Sprachen:
Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi, Russisch, Türkisch.
Tips for healthy Nutrition

Steps to healthy nutrition

1. Plenty of wholegrain cereals and potatoes.
2. Fruit and vegetables – “take 5 portions a day”
   (1 portion = 1 hand full)
3. Milk and dairy products daily
4. Fish 1–2 x/week; meat, sausages and eggs
   moderately.
5. Fat and high-fat foods moderately.
6. Sugar and salt sparingly.
7. When cooking, boil or steam food rather than deep-frying it.
8. When eating take your time and enjoy.
9. Watch your weight and stay active.
10. Drink 1.5–3 litres per day.

Enjoy the variety of foods

- A wholesome diet keeps you in good health, promotes vitality and well-being and supports sustainable dietary habits.
- Eat from all 7 food categories daily.
- Mind the represented proportion of food categories.
- Enjoy the diversity of all the different food categories.

Source: German Nutrition Society