

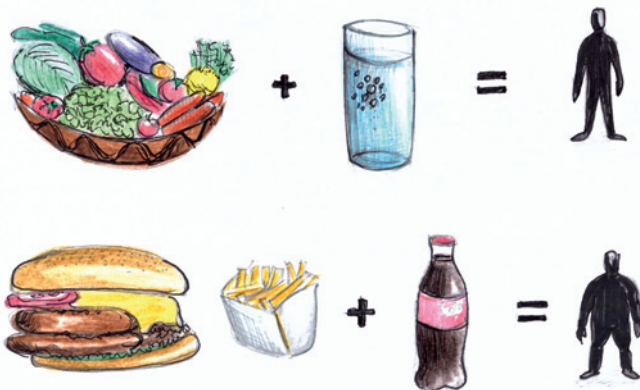
## Hidden Sugar

Drink 1l	Sugar Cubes
Cola	36
Apple juice	33
Ice Tea	24
Apple Spritzer	20
Mineral Water	0

## Normal weight



## Avoid Fast Food



## 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!**



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Dieses Falblatt ist erhältlich in 8 Sprachen:

Deutsch, Englisch, Albanisch, Arabisch, Bulgarisch, Dari/Farsi,  
Russisch, Türkisch.

**REFUGIUM**  
**Flucht und Gesundheit**

**Healthy Nutrition**  
**in Germany**  
**Gesunde Ernährung**  
**in Deutschland**

# 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 sparsely.
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

# 7 Basic Food Categories

