How to eat well?

Here are some tips to help you eat better:

1. You should eat fruit and vegetables that are:

- **seasonal.**
  For example, do not eat strawberries in winter in Belgium.

- **local.**
  This means fruit and vegetables grown near you.

- **organic.**
  This is when the fruits and vegetables are grown without using chemicals..

Why is that?

Because some of the chemicals used in the fields
are bad for your health.
For example: pesticides.
These are chemicals used to kill insects.
Pesticides can sometimes cause illness.
Like cancer, Parkinson's disease...

2. You should avoid eating too much meat.

And you should avoid eating smoked
or processed meat or fish.
For example, charcuterie such as ham or pâté.

Why is that?

Processed meat and fish contain nitrite.
If you eat too much nitrite, you can get cancer or an illness.

3. You should not use plastic pots.

You should use containers that are made of glass or stainless steel.

Especially when you put the container in the oven or microwave.
Stainless steel is grey and looks like metal.

You should not use aluminium bottles, cans or tins.

Why is that?

Plastic contains chemicals that are bad for your health.

These chemicals can go into food or drinks.

Especially when you heat plastic.

Aluminium bottles, cans and tins also
contain chemicals that are bad for your health.

4. You should avoid eating too much processed food.

It is better to eat meals that you cook yourself.
Industrial food is, for example:

- lasagne or pizza you bought
  from the supermarket,

- or biscuits from the supermarket.

Why is that?

Industrial food often contains many different chemicals.
This is so that the food stays good for longer,
or to give the food flavour.
These chemicals are often bad for your health.

You can use the Yuka app to help you.

It is an app for your mobile phone.

Using the app, you scan the item.

Then, the app tells you whether the item is good or bad for your health.
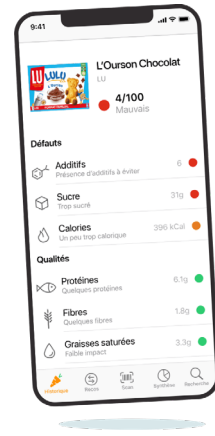
5. Il ne faut pas manger trop de gros poissons ou des poissons d'eau douce.

Freshwater fish are fish that live in lakes, ponds and rivers.

For example, you should not eat too much:

- tuna,

- monkfish,

- sea bream,

- swordfish,

- halibut,

- bass,

- catfish,

- carp.

Why is that?

There is often pollution in the oceans, seas and rivers.

So there is also pollution in the fish.

Eating too much fish is bad for your health because of this pollution.

6. You should not eat too much small seafood. For example, mussels.

Why is that?

They often contain tiny bits of plastic.

7. You should not eat too much animal fats.

Animal fats are fats that come from animals.
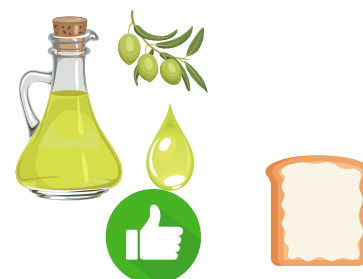For example: butter or cream
made from animal milk.

Why is that?

Animal fats are less healthy.
It is better to eat vegetable fats.
This is fat that comes from plants.
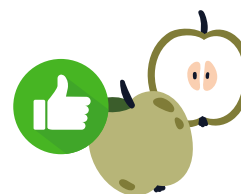For example: olive oil.

8. You should not eat food with added sugar.

Added sugar is when the food contains extra sugar.
There is often added sugar in biscuits.
This is different from fruits.
Fruits are sweet, but no extra sugar has been added.

Why is that?

When you eat too much added sugar, you can:

- get diabetes, it is a disease.

- gain weight.

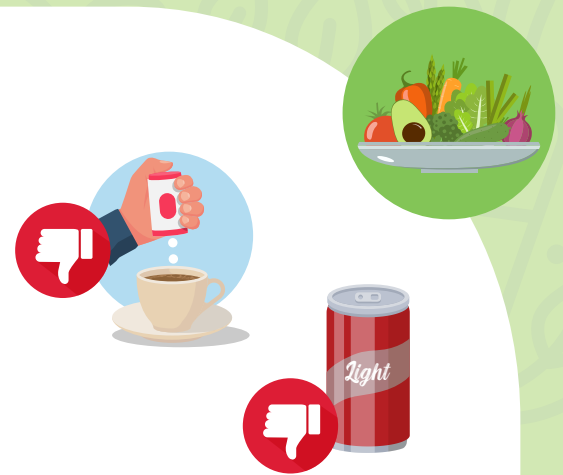When you get too fat, it is bad for your health.

9. You should not eat sweeteners.

Sweeteners taste like sugar,
but they are not sugar at all.

For example, aspartame is a sweetener.

It is often used in diet products.

Like Diet Coke.

Why is that?

When you eat too much sweeteners, it is the same as with sugar,
you can get illnesses.
And it is bad for your health.

10. You should use frying pans made of stainless steel, ceramic or cast iron.

Do not use non-stick frying pans.
Non-stick is when the food does not stick to the pan.
This often makes cooking easier.
But it is bad for your health.

11. Do not overcook cereals or potatoes.
You should avoid cooking on the barbecue too much.

Why is that?

Because when you cook food for too long, the food overcooks or burns.
The food turns brown.
It means there is a chemical in the food.
This chemical can cause cancer.
The same goes for barbecuing.