

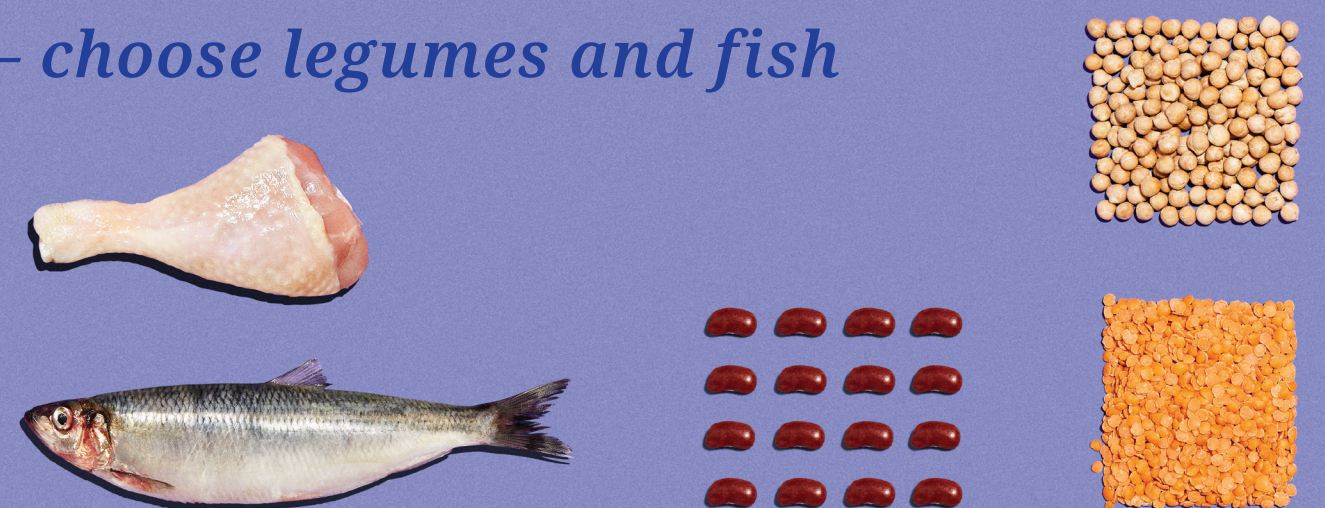
*Eat more vegetables  
and fruit*



*Eat wholegrain foods*



*Eat less meat  
– choose legumes and fish*



*Thirsty?  
Drink water*



*Choose vegetable  
oils and low-fat  
dairy products*



*Eat less sweet,  
salty and fatty  
food*



# Eat plant-rich, varied and not too much

**The Official Dietary Guidelines**  
– good for health and climate



**Ministry of Food, Agriculture  
and Fisheries of Denmark**

Danish Veterinary and  
Food Administration

[altomkost.dk](http://altomkost.dk)