

FIREFIGHTERS' MEDITERRANEAN PYRAMID

Five Small Steps to improve your health

Water as the main beverage. Avoid sugary drinks and energy drinks



Sweets
Red Meats



Fermented dairy (greek yogurt and other fermented dairy)



Beans
Fish / Sea food
Poultry / Eggs / White meats



Fruits / Vegetables
Olive oil / Herbs / Allium (members of the onion and garlic family)
Nuts / Seeds / Whole grains



Use Extra Virgin Olive Oil for food preparation, cooking and all salad dressings. Use at the table to add flavor to foods.



Sleep 7-8 hours nightly. Use naps during shift work.

Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.



FIREFIGHTERS' MEDITERRANEAN PYRAMID

1. Replace butter and stick margarine with **Extra Virgin Olive Oil** and eat at least 4 tablespoons/day

Water as the main beverage. Avoid sugary drinks and energy drinks



Use Extra Virgin Olive Oil for food preparation, cooking and all salad dressings. Use at the table to add flavor to foods.

Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.



FIREFIGHTERS' MEDITERRANEAN PYRAMID

2. Drink Water instead of sodas, energy drinks and other sugary beverages. A glass of red wine with off-duty dinners is fine

Water as the main beverage. Avoid sugary drinks and energy drinks



Use Extra Virgin Olive Oil for food preparation, cooking and all salad dressings. Use at the table to add flavor to foods.



Sleep 7-8 hours nightly. Use naps during shift work.

Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.



FIREFIGHTERS' MEDITERRANEAN PYRAMID

3. Choose Chicken, Turkey, Fish, Eggs & Beans. Limit red and processed meats

Water as the main beverage.
Avoid sugary drinks and energy drinks



Sweets
Red Meats



Fermented dairy (greek yogurt and other fermented dairy)



Beans
Fish / Sea food
Poultry / Eggs / White meats



Fruits / Vegetables
Olive oil / Herbs / Allium (members of the onion and garlic family)
Nuts / Seeds / Whole grains



Use Extra Virgin Olive Oil for food preparation, cooking and all salad dressings. Use at the table to add flavor to foods.



Sleep 7-8 hours nightly.
Use naps during shift work.

Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.



FIREFIGHTERS' MEDITERRANEAN PYRAMID

4. Eat more Fruits and Vegetables. Eat Fresh Berries instead of sweet desserts

Water as the main beverage.
Avoid sugary drinks and energy drinks



Use Extra Virgin Olive Oil for food preparation, cooking and all salad dressings. Use at the table to add flavor to foods.



Sleep 7-8 hours nightly.
Use naps during shift work.

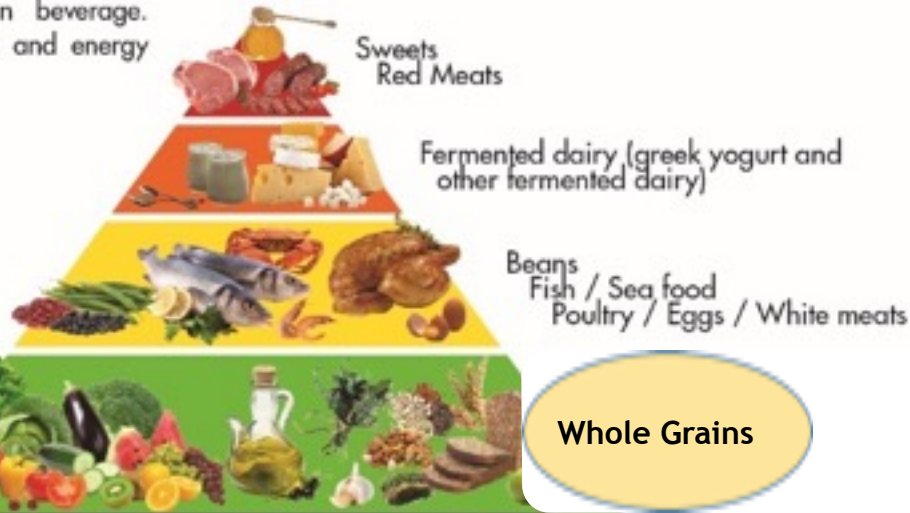
Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.



FIREFIGHTERS' MEDITERRANEAN PYRAMID

5. Choose Whole Grains. Avoid refined carbohydrates

Water as the main beverage.
Avoid sugary drinks and energy drinks



Use Extra Virgin Olive Oil for food preparation, cooking and all salad dressings. Use at the table to add flavor to foods.



Sleep 7-8 hours nightly.
Use naps during shift work.

Good Nutrition, Adequate Sleep and Frequent Physical Activity (150 minutes of moderate intensity or 75 minutes of vigorous intensity aerobic activity each week) promote weight control and reduce the risks of heart disease and cancer, while lowering stress and its negative consequences. Spend quality time with family and co-workers.

