

The 10 Golden Rules

The Sodexo's 10 Golden Rules are universal, simple and committed

10 golden rules

for better nutrition,
health and wellness

1 Rhythm

A good breakfast,
and a light dinner.
Do not skip meals!
Avoid snacking.

2 Fruits and vegetables

Full of fibers, vitamins
and minerals.

3 Milk and dairy products

At each meal in various forms.

4 Proteins

Animal and/or vegetal –
they are essential
for building muscles.

5 Carbohydrates

Bread, rice, pasta, beans,
potatoes... at each meal.

6 Fats

The right balance
for health and wellness.

7 Sugar

Less sugar for the same
pleasure!

8 Salt

Have the light hand with salt!

9 Hydration

Drink water without
moderation.

10 Physical activity

Move at least 30 minutes
every day.

(at least 1 hour for children and teenagers)

