



THE HEALTHIEST FOODS

The Big Nutrition Guide.



With tips on
storage &
preparation



Contents

03 Introduction

04 Food and its nutritional profile

05 Vegetables and salad

07 Fruit

09 Cereals and potatoes

11 Pulses

13 Fats, oils and nuts

15 Milk and dairy products

17 Meat, sausages, fish and eggs

18 Drinks

20 Storing correctly

What food provides us with

They provide us with nutrients, energy and the strength to enjoy every day. Whilst our ancestors had access only to a limited selection of foods, we are faced with a veritable abundance today. Our cupboards are full of food, and anyone who fancies something different on the spur of the moment will find something to suit them in supermarkets and restaurants at almost any time of day. What's more, new varieties appear on the shelves almost every week, or a new 'superfood' takes centre stage in nutritional science. The sheer abundance of food and information about 'good' and 'bad' foods often leads to uncertainty and feels overwhelming. What else can you buy? Which foods are really good for you?

It's time to bring some clarity: in this food guide, you'll find helpful overviews and information about the foods we eat. You'll learn which foods are particularly rich in nutrients, which products you can confidently choose, and you'll receive clear recommendations on portion sizes. We also provide helpful tips on storage and preparation.

But before we look at the individual food groups, here are three simple guidelines to help you understand what's important for a healthy diet:

- 1 Eat as plant-based a diet as possible.**
- 2 Eat food that is as unprocessed as possible.**
- 3 Eat slowly and stop as soon as you feel slightly full.**

If you eat according to these three guiding principles, you'll be doing your body a favour and, as well as enjoying your food, you'll also be leaving room for natural cravings (the 80-20 rule). Choose one of these guiding principles and try to put it into practice over the next few weeks. If you find this getting noticeably easier, you can start incorporating the next guiding principle into your daily routine. You'll see that these changes will make a big difference and support you on your journey towards a healthy life.

We hope you find our food guide useful and informative!

Your LaVita Team



Quick overview:

Food and its nutritional profile

Below is a rough overview of which foods provide which nutrients. As well as the nutritional profile, it is primarily the origin, the amount consumed and the bioavailability that determine the quality of a food.

Fruit

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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● ●

● ● ●

Vegetables

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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● ● ●

Pulses

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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Bread, wholegrain cereal flakes,
pasta, rice, potatoes

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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Milk, yoghurt (plain),
quark, cheese

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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Meat, fish, eggs

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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Oils, fats

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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Water

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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Nuts

Carbohydrates

Fats

Protein

Vitamins

Minerals

Hydration

Fibre & phytonutrients

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● ● ● a very good source ● ● a good source ● mediocre source — not a good source

You should eat the following every day:

Vegetables and salad

Packed with vitamins, minerals, phytochemicals and plenty of fibre – (low-starch) vegetables are an ideal source of satiety and nutrients. They are particularly rich in β -carotene (a precursor to vitamin A), vitamin C, vitamin K, vitamin B9 and vitamin B6. Each type of vegetable contains a different range of valuable nutrients. The more colourful and varied your diet is with vegetables, the better your body will be supplied with health-promoting nutrients.

Storage and preparation methods have a significant impact on micronutrient content. Eating vegetables raw or cooking them only briefly helps to prevent vitamin loss caused by heating. However, certain nutrients in vegetables, such as β -carotene from carrots or lycopene from tomatoes, are more easily absorbed by the body when cooked. Incidentally, frozen vegetables are a good choice: they often contain more nutrients than fresh vegetables that have been stored for a few days.

Our shopping tip: Choose locally grown vegetables that are currently in season. Local and seasonal produce is often cheaper, has a better environmental footprint and stays fresh for longer.

Our recommendation:

Eat at least 3 portions (400 g) of vegetables a day – both cooked (200–300 g) and raw (100–200 g).

One portion is equivalent to a handful and is approximately:

- 1/2 courgette
- 1 small kohlrabi
- 1 pepper



Dos

- Wash vegetables thoroughly under cold water before preparing and eating them.
- Choose tinned vegetables (e.g. peas, sweet-corn) with no added sugar and do not boil them further; simply heat them through.
- Add frozen vegetables (e.g. broccoli, spinach leaves) directly to the saucepan or frying pan with the other ingredients without defrosting them first.
- Just before eating, add a little oil to the vegetables so that fat-soluble vitamins can be absorbed more effectively (e.g. in carrots, peppers).
- It is best to eat fresh vegetables on the same day or in the days that follow.



Don'ts

- Chop vegetables and soak them in water, as this causes vitamins and minerals to be lost.
- Allow frozen vegetables to thaw slowly at room temperature, as this reduces the levels of vitamins that are sensitive to heat, light and air.
- Peel each vegetable, as the skin often contains plenty of micronutrients and fibre. Opt for organic produce where possible and eat the skin as well, if you can.

Discover the **colourful variety** of vegetables:

Vegetables

- Artichoke
- Aubergine
- Cauliflower
- Broccoli
- Chinese cabbage
- Chilli
- Fennel
- Kale
- Cucumber
- Ginger
- Garlic
- Kohlrabi
- Pumpkin
- Turmeric
- Spring turnip
- Swiss chard
- Horseradish
- Carrots
- Pak choi
- Peppers
- Parsnips
- Leeks
- Radishes
- Daikon radish
- Romanesco
- Brussels sprouts
- Beetroot
- Red cabbage
- Black salsify
- Celery
- Spinach
- Pointed cabbage
- Swede
- Sweet potato
- Tomato
- Jerusalem artichoke
- White cabbage
- Savoy cabbage
- Root parsley
- Courgette
- Sweetcorn
- Sugar snap peas
- Onion

Salad

- Chicory
- Oak leaf lettuce
- Iceberg lettuce
- Endive
- Lamb's lettuce
- Frisée
- Head lettuce
- Lollo (Rosso/Bionda)
- Radicchio
- Romaine lettuce (Romana)
- Rocket

Herbs

- Basil
- Savory
- Borage
- Watercress
- Dill
- Tarragon
- Barley grass
- Nasturtium
- Coriander
- Lovage
- Marjoram
- Lemon balm
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Chives
- Thyme

Mushrooms

- Oyster mushrooms
- Birch bolete
- Button mushroom
- Curly bolete
- Chestnut bolete
- Chanterelle
- Portobello
- Stalked bolete
- Shiitake
- Porcini



Can I eat too much **fruit?**

As a sweet counterpart to vegetables, fruit is one of our healthiest foods. Its skin and flesh also provide a wealth of different micronutrients, phytochemicals and fibre.

The fructose in whole fruit is bound to fibre and therefore has a different effect on the body than refined sugar and fructose from processed products. However, you should still not overdo your consumption of fruit and dried fruit. Although dried fruit tastes particularly sweet due to its low water content and can satisfy sweet cravings, sugar is still sugar and should be enjoyed in moderation.

Our recommendation:

Eat at least 2 portions (250 g) of fruit every day, if possible, with the skin on and fresh. One portion is, for example:

- 1 apple/orange/banana
- 2 handfuls of berries
- 5 dried apricots



Dos

- Wash fruit thoroughly under cold water before eating.
- Buy fruit that is in season and locally sourced wherever possible.
- Where possible, use frozen fruit (e.g. mangoes, raspberries) whilst still frozen – for example, in smoothies or baked goods – or heat it directly without defrosting.
- Opt for organic produce to avoid pesticide residues.



Don'ts

- Peel fruit, such as apples, as the antioxidants and fibre are found in the skin.
- Store fruit for a long time before of eating it, as this is likely to result in significant losses of micronutrients.



Discover the

Variety of fruit:

Fruit

- Pineapple
- Apple
- Apricot
- Avocado
- Banana
- All kinds of berries
- Pear
- Fig
- Pomegranate
- Persimmon
- Cherry
- Kiwi
- Lime
- Lychee
- Mandarin
- Mango
- Passion fruit
- Melon
- Mirabelle plum
- Nectarine
- Orange
- Papaya
- Peach
- Plum
- Physalis
- Pomelo
- Quince
- Rhubarb
- Sea buckthorn
- Grapes
- Lemon
- Damson

Dried fruit

- Apricots
- Bananas
- Dates
- Figs
- Mango
- Peach
- Raisins



Low-fructose fruit

If you don't tolerate fructose very well, you can opt for fruit that is low in fructose. These include, in particular, blackberries, clementines, strawberries, raspberries, honeydew melon, mandarins, lemons, grapefruit and papaya.

These are our energy boosters:

Cereals and potatoes

Cereal products and potatoes are the main sources of carbohydrates and therefore an excellent source of energy, making them one of the most popular food groups. Bread, baked goods, pasta and potatoes often feature on our plates several times a day. Wholemeal varieties promote greater well-being, better digestion and a longer-lasting feeling of fullness. The whole grain provides the body with plenty of fibre, as well as vitamins and minerals, particularly B vitamins, iron, zinc and magnesium.

As much as we enjoy eating cereal products, they can just as easily prevent us from eating more vegetables. Rather than being served as a side dish, cereal products often become the main component of a meal. There is

no reason to cut them out entirely. However, opting for wholegrain varieties and occasionally reducing the portion size in favour of vegetables offers many benefits for our wellbeing.

Our recommendation:

The recommended daily intake is around three slices of bread (150–200 g) and one portion of cooked cereal products such as pasta, rice or potatoes (150 g).

Discover the various

Cereal varieties

Cereal varieties

- Einkorn
- Emmer
- Barley
- Grünkern
- Oats
- Millet
- Kamut
- Maize
- Rice
- Rye
- Wheat

Pseudo-cereals

- Amaranth
- Buckwheat
- Quinoa

Gluten-free cereals

- Amaranth
- Buckwheat
- Oats
- Millet
- Maize
- Quinoa
- Rice

Please note: Oats may contain traces of gluten due to cross-contamination. Always check the packaging and choose **gluten-free** oats if needed.

Food

Good choice

Our tip

Bread & Rolls

Wholemeal version, well tolerated

Don't be fooled by appearance and colour when buying wholemeal bread. Many baked goods masquerade as healthy products thanks to their dark colour or the grains they contain. However, the crucial factor is whether they are actually baked using wholemeal flour. By law, bread and rolls labelled 'wholemeal' must consist of at least 90 per cent wholemeal flour or wholemeal groats. However, the whole grains do not have to be left whole; they can be finely ground.

Unprocessed Cereal flakes

All varieties

Oat flakes are packed with nutrients and a real all-rounder in the kitchen – but it's worth trying other grains such as buckwheat, millet and the like from time to time.

Flour

Wholemeal or flour types with a number of 1050 or higher

The higher the flour grade, the more bran and minerals it still contains. White wheat flour is grade 405, whilst grade 1050 is the last stage before wholemeal.

Potatoes

All varieties

Choose fresh, locally grown potatoes and make sure you store them correctly to avoid green patches or sprouting potatoes. These contain high levels of the toxin solanine, which is harmful to us.

Pasta

Wholemeal variety

Wholemeal pasta is just as easy to digest as the white flour variety, but provides more fibre and micronutrients.

Rice

Brown rice or parboiled rice

These two varieties contain more nutrients than polished white rice, as brown rice retains its outer layers and, in the parboiled process, the nutrients are pressed into the rice grain before husking.

In the event of **intolerance**

If you cannot tolerate wholemeal flour, you can use Type 1050 or try wholemeal pseudo-cereals.



Why even small amounts are so healthy.

Pulses

Pulses are plant seeds that ripen inside a pod, and they are among the leading sources of plant-based protein. Their protein content is usually 20–40 per cent of their dry weight. However, they are not only extremely rich in protein; they also provide plenty of valuable vitamins, minerals and phytochemicals. Pulses are also particularly well known for their high fibre content, which offers numerous benefits for gut flora. The indigestible fibre supports beneficial gut bacteria and helps to eliminate pathogens and harmful substances, whilst protecting the gut barrier. Not to mention that fibre keeps you feeling full for longer, making pulses an ideal, healthy way to feel satisfied.

The wide variety of types available allows for a range of different preparations and makes them a good alternative to meat products.

Our recommendation:

Due to their high fibre content, you should increase your intake of these only gradually so as not to overload your digestive system. It is recommended that you eat a handful of pulses and foods made from them, such as tofu and tempeh, every day. One portion is equivalent to 3–4 tablespoons of pulses a day.



Dos

- Pulses should always be cooked before eating.
- Pulses are easiest to digest if they are soaked (in three times their volume of water) before cooking and then boiled. Soaking also reduces the cooking time.
- Canned or jarred chickpeas are ideal for quick preparation without soaking. They should not contain any spices or added ingredients (sugar, salt). It is best to rinse them thoroughly with water.
- Versatile in the kitchen: in soups, stews, for patties, dips and spreads, in salads, sauces, as a filling for vegetables, in baked goods or roasted as a snack.



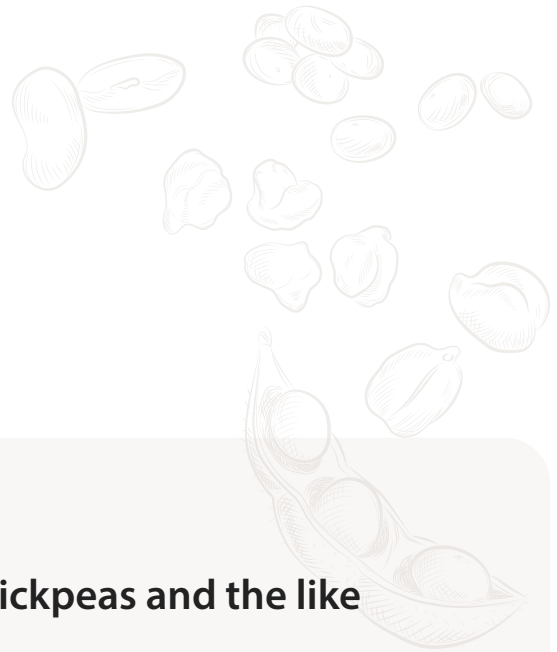
Don'ts

- Raw pulses contain substances that are harmful to health and are only broken down when cooked. You should therefore never eat pulses raw.
- Do not cook pulses in the soaking water, as the complex sugar stachyose – much of which leaches into the soaking water – cannot be broken down by the body's own enzymes, but only by bacteria in the large intestine, which can lead to unpleasant gas.
- Canned peas are often heavily salted, flavoured and contain fewer healthy nutrients. A better alternative is frozen peas or fresh peas during the summer months.

Discover the **different types** of pulses:

Pulses

- Field beans
- Beans
- Peas
- Peanuts
- Chickpeas
- Lentils
- Lupins
- Mung beans
- Soya beans



Pasta made from lentils, chickpeas and the like

For some time now, pasta made from pulses has been available in many supermarkets. It is just as nutritious as the pulses themselves and, compared to traditional cereal-based pasta, contains more protein and, depending on the variety, more fibre and minerals. Another advantage for people with gluten intolerance is that it is gluten-free, as it is made solely from pulse flour and water.

These are healthy varieties for every day:

Fats, oils and nuts

There is still a persistent myth that fats are bad for you. However, as well as the quantity, it is the quality that matters most – and there are fatty acids that the body cannot produce itself: linoleic acid and alpha-linolenic acid. These are therefore essential and must be obtained from food. Fats, oils and nuts contain saturated, unsaturated and the essential polyunsaturated fatty acids, as well as vitamin E. They are also extremely important for the absorption of fat-soluble vitamins (vitamins A, D, E and K).

When it comes to diet, it is important to consume a healthy amount of high-quality fat and to ensure the right balance of fatty acids. Omega fatty acids are a case in point. A high proportion of these polyunsaturated fatty acids in the diet is considered beneficial, as they may help to reduce inflammation. However, what matters most is the ratio of the different groups of omega fatty acids to one another.

- **Omega-3 fatty acids** (e.g. from oily fish) help to reduce inflammation and promote good health.
- **Omega-6 fatty acids** (e.g. from baked goods) play vital roles, but if consumed in excess they can also promote inflammation.

Many people do not consume enough omega-3 fatty acids and, at the same time, consume too many omega-6 fatty acids. To restore this balance, the focus should be on increasing your intake of omega-3 fatty acids. These are found in oily fish (salmon, mackerel, herring) and vegetable oils (linseed oil, algae oil).

Our recommendation:

Eat the following every day:

- 1–2 tbsp oil (e.g. olive, linseed, walnut or nut oil) and
- 3 tbsp nuts, seeds or nut butter

Choose vegetable oils and fats.



Food

Good choice

Our tip

Oils for cold dishes

Linseed oil, hemp oil, walnut oil, olive oil, wheat germ oil, pumpkin seed oil

Look for cold-pressed and organic oils. Store the oils in an airtight container in a cool place.

Oils and fats for sautéing

Extra virgin olive oil and (organic) butter

'Extra virgin' and 'virgin' olive oils are both high-quality oils and differ only in their acidity, although this is hardly noticeable to the taste.

Oils and fats for frying and cooking

Coconut oil, rapeseed oil, clarified butter, ghee

When buying rapeseed oil, pay particular attention to the quality.

Nuts and seeds

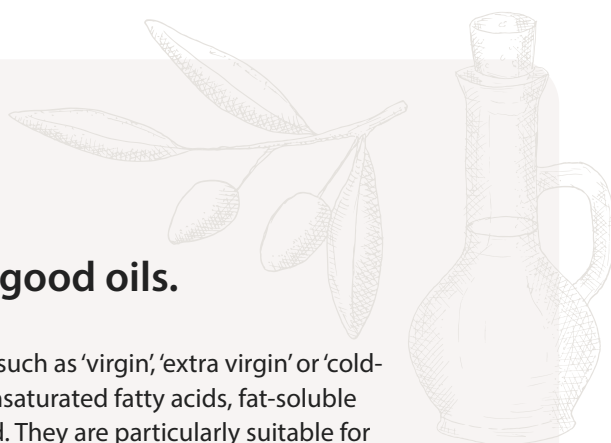
All varieties

Nuts also taste delicious as nut butter in yoghurt and muesli.

Quite **clever**

Here's how to recognise good oils.

You can recognise high-quality vegetable oils by terms such as 'virgin', 'extra virgin' or 'cold-pressed'. Thanks to the gentle extraction process, the unsaturated fatty acids, fat-soluble vitamins and other beneficial compounds are preserved. They are particularly suitable for salad dressings or as an addition to herb quark.



The quality you should look for:

Milk and dairy products

Milk and dairy products are particularly rich in protein and provide, amongst other things, vitamin B2 and calcium. There is still much debate as to whether milk is really that healthy or not. What is clear is that, milk and dairy products provide the body with important nutrients and make it easy to meet one's daily protein requirements. However, anyone wishing to avoid dairy products can obtain these nutrients from other foods. These days, milk alternatives, such as oat and soya drinks, are fortified with important nutrients.

(Natural) yoghurt and kefir, with their lactic acid bacteria, are considered particularly beneficial for gut health. Quark is suitable for weight loss due to its high protein content.

Our recommendation:

For anyone who eats dairy products, the recommended amount is:

- 200–300 g milk and dairy products
- 2 slices (50–60 g) of cheese

Food

Good choice

Our tip

Yoghurt

Plain yoghurt

Fruit yoghurts often contain a lot of sugar, artificial flavourings and other additives. Make your own fruit yoghurt by mixing plain yoghurt with fresh or frozen fruit.

Quark

Low-fat quark, 20% and 40% quark

Here, too, you should always check the sugar content of ready-made fruit quark, which should not exceed 10 g per 100 g. It's best to make your own natural quark with fresh fruit.

Milk

Fresh milk, UHT milk, hay-fed milk, goat's milk

Choose organic products: It's not just about animal welfare; organic products also come out on top in terms of quality (hormone and pesticide levels), shelf life and nutritional content. For example, organic milk contains up to 50 per cent more of the beneficial omega-3 fatty acids than conventional milk.

Food

Good choice

Our tip

Cheese

All varieties

Feta, sheep's cheese and shepherd's cheese – the subtle differences:

- **Feta** is made from sheep's milk and a maximum of 30 per cent goat's milk. The milk must come from mainland Greece or the island of Lesbos.
- **Sheep's cheese** is made from 100 per cent sheep's milk.
- **Shepherd's cheese** is made from cow's milk and has a milder flavour than varieties made from sheep's and goat's milk.

Other dairy products

Skyr, kefir, buttermilk, low-sugar milk drinks

Pay attention to the sugar content of milk-based drinks: this should be less than 10 g per 100 g.

Milk alternatives

All varieties with no added sugar: soya, oat, almond, hazelnut, pea and rice drinks

Milk alternatives, such as soya drinks, often provide plenty of protein and unsaturated fatty acids whilst being low in calories.

Lactose-free indulgence

- **Lactose-free or virtually lactose-free:** mature hard and semi-hard cheeses, soya products, oat and rice drinks, and special lactose-free dairy products. In the case of long-matured hard and semi-hard cheeses, the lactose is largely broken down during the maturing process.
- **Contain little or varying amounts of lactose and are often well tolerated:** depending on the variety and production method, this category includes, soft cheeses, mozzarella and feta, as well as natural yoghurt and kefir. Tolerance varies from person to person and should be tested. Yoghurt is not necessarily low in lactose, but is often well tolerated nonetheless.
- **Contains lactose – test the amount and tolerance:** milk, buttermilk, quark, cream cheese, cream, crème fraîche, condensed milk, fruit yoghurt and – depending on the recipe – cooked cheese.



What to know about animal products

Meat, sausages, fish and eggs

Animal products, such as meat and eggs, are among the best sources of protein and iron, which can make them a valuable part of the diet. They also provide vitamin B12, which is not found, or is found only in very small amounts, in plant-based foods. Fish is also an important source of iodine, and oily sea fish such as salmon, mackerel and herring provide valuable omega-3 fatty acids.

The key to consuming animal products in a healthy way lies in their quality, origin and quantity. The most sustainable and highest-quality products can be found at regional organic farms. Although organic products are slightly more expensive, anyone wishing to do something good for their health should prioritise quality over quantity. It is better to eat them a little less often, but to choose animal products from sustainable and animal-welfare-friendly farming practices.

Our recommendation:

If you eat meat, fish and eggs, the recommended amount is:

- **Fish:** 1–2 times a week (180 g)
- **Eggs:** Several times a week
- **Meat and sausages:** 1–2 times a week (300 g)

Food	Good choice	Our tip
Fish	Choose fish that is as fresh as possible, and not breaded or deep-fried: salmon, mackerel, herring and trout	Choose fresh fish from more sustainable sources (bio/sustainable fishing, and those with the MSC and ASC labels).
Eggs	Organic quality	The codes on the eggs provide information about how the hens are reared and where the eggs come from. A code number starting with a 0 indicates that the eggs are organic. Why not pop round to the local farm to see if you can buy fresh eggs from happy hens?
Meat	Lean poultry meat	Here, too, look out for organic produce and treat yourself to red meat (beef, pork) as an occasional delicacy.
Sausage	Varieties with a distinct meaty texture, such as smoked pork loin, cooked ham or turkey breast	Most types of sausage contain very little lean meat and a lot of fat, salt and other additives.

Drink regularly throughout the day:

Drinks

Around two-thirds of the body is made up of water. To compensate for the daily loss of water through breathing, urine and sweat, the body needs a regular supply of fluids. Adequate fluid intake is crucial for our well-being, concentration and performance levels. Water keeps the circulation going, supplies the cells with important nutrients and carries waste products out of the body. However, not all drinks are suitable for maintaining fluid balance.

Recommended fluid intake:

A good guideline for adults is 30 millilitres per kilogram of body weight. Overweight people should use their normal weight as a reference.

Important:

Make sure you drink regularly throughout the day. Your body absorbs small, regular amounts more effectively than if you drink large amounts only occasionally.

Food

Good choice

Our tip

Water

Mineral water, tap water

Always check the label on mineral water, as the mineral content can vary considerably.

Tea

White tea, green tea, black tea, herbal tea, rooibos, fruit tea, chai tea

It's best to choose unflavoured varieties. Instant tea and granules usually contain a lot of sugar.

Coffee

All varieties

After 3 pm, opt for decaffeinated coffee so as not to disrupt your sleep in the evening. Many (milk-based) coffee drinks from the chilled section usually contain a great deal of added sugar.

Juices

Fruit juice containing 100 per cent fruit, pure juices, freshly squeezed juices

Nectar and fruit juice drinks contain a great deal of sugar. It's better to buy juices or pure juices and drink them diluted as a spritzer. The more diluted, the better.

Food

Good choice

Our tip

Soft drinks

none

Soft drinks offer no health benefits. However, if you don't want to give them up entirely, you should only have them once a week.

Alcoholic drinks

Dry wine, (non-alcoholic) beer

Alcohol is a neurotoxin and should therefore be consumed as rarely as possible. Non-alcoholic beer can be drunk after exercise as an isotonic drink.

Does **coffee** dehydrate you?

This caffeinated pick-me-up does not dehydrate the body and therefore helps maintain the body's fluid balance. However, it is not recommended as a 'thirst-quencher', but rather for occasional enjoyment. Experts recommend a maximum of three cups a day.



Store correctly,

preserve freshness

If you store food properly, you'll get more out of it: greater freshness, more micronutrients and better flavour. There are also different temperature zones within the fridge. If you store your food correctly, it will last longer.

Fridge

Top compartment (approx. 8 °C)

Cheese, wrapped leftovers, sauces, opened jars (mustard, jam, gherkins, etc.) and tinned food (peas, sweet-corn, etc.)

Middle shelves (approx. 5 °C)

Cheese, milk, yoghurt, quark, whey, kefir, etc.

First glass plate (approx. 2–4°C)

Perishable foodstuffs, such as raw meat, raw fish and sausages

Vegetable drawer (approx. 8–10°C)

Salad, fruit, vegetables

Fridge door (approx. 8–10°C):

At the very top

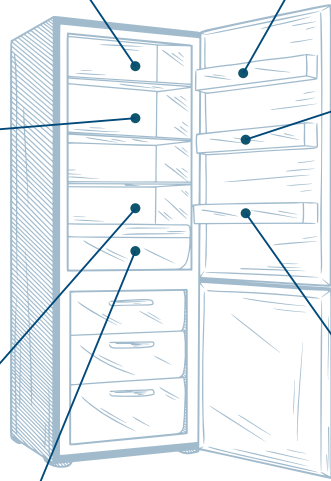
Eggs, butter, margarine

Middle compartments

Partially used jars, sauces, tomato purée, ketchup

Bottom compartment

Opened drinks, freshly squeezed juices



Don't put in the fridge

- Exotic fruits (mango, papaya, pineapple, bananas)
- Water-rich vegetables (tomatoes, cucumbers, courgettes, peppers)
- Onions, garlic and potatoes



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