

# Healthy Eating

ERASMUS+ PROJECT'  
THE CHALLENGE TO A HEALTHY LIFE  
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**BOOK FROM MACEDONIAN TEAM**

# Greeting

Welcome This publication was created during the Erasmus+ project, The Challenge to a Healthy Life. The project's aim is to help people, students, teachers, parents and others to embrace a healthy lifestyle, to be more physically active and adopt healthy eating habits.

Starting in 2021, this project has helped many students and other individuals to be healthier.



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# RECOMMENDATIONS

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- All meals and snacks, served or sold in the schools and the places where children are taken care of, should to be within the recommendations or the legal acts in the state related to the diet of the youngest.



- comprehensive education is required;
- health, nutrition and physical education programs;
- activity as well as emphasis on food preparation skills;
- food security and physical activity.

- Nutrition and health are our choices.

The influence of food on our

health depends on our interest and

effort to make the right one ourselves

choice.





**composition**

- The diet means the food we bring in daily.
- The food we introduce daily should provide us with all types of nutrients as well as sufficient energy. Such a diet is called proper nutrition.
- By consuming different types of food, all the necessary nutrients are obtained. In addition to the diversity of food, the way food is prepared, the amount of food and its content is important.
- A healthy diet implies as much raw food as possible, such as fresh fruit and vegetables and less boiled, roasted or completely omitted fried food. Healthy foods to consume daily are presented paku pyramid of nutrition.



# Carbohydrate-rich foods

- Healthy food sourcing

is presented daily

through the pyramid of

nutrition

composition

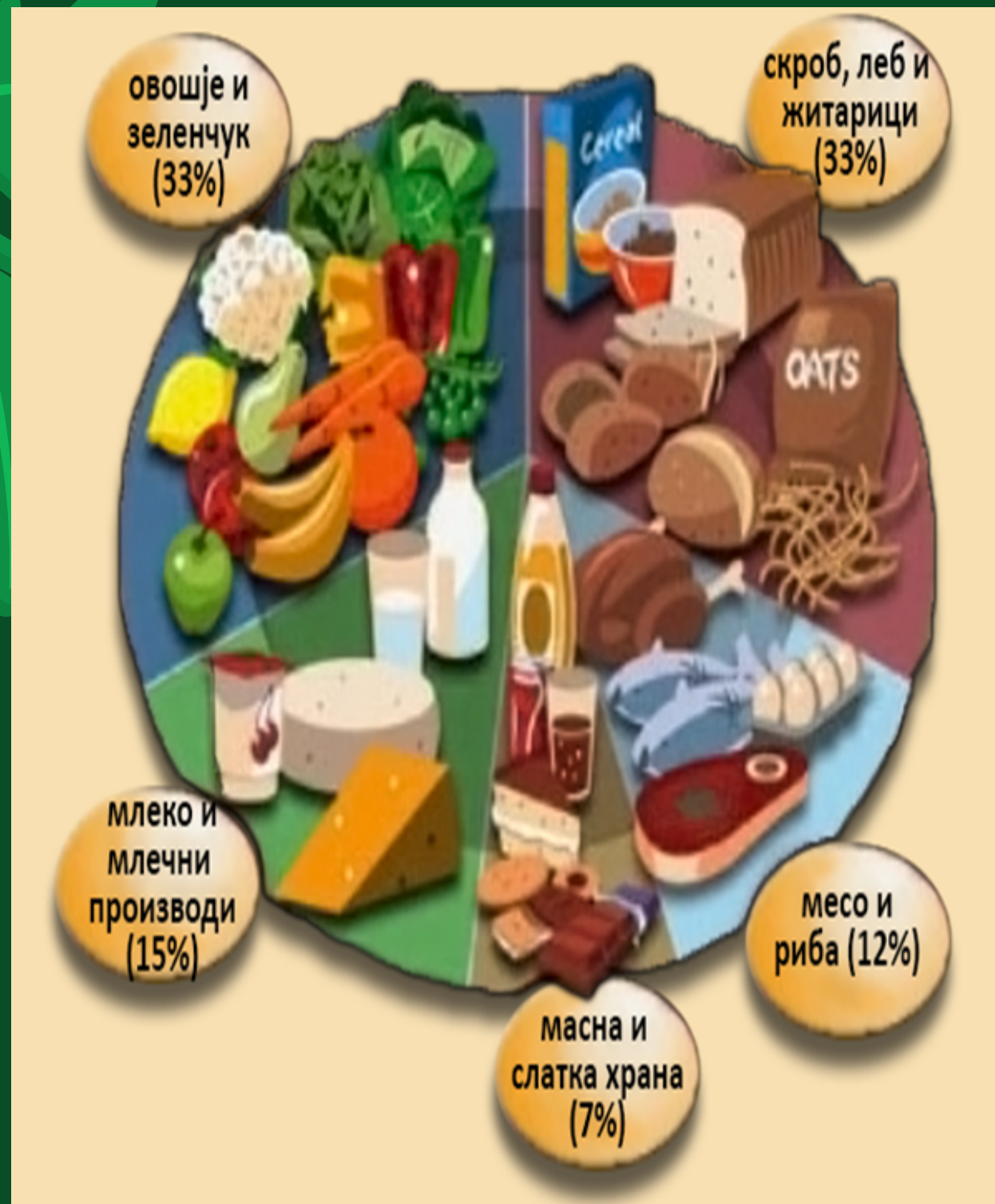


- In everyday life we also consume liquids, but what they should be and in how much we should consume them, we can see from the pyramid.



composition

# unhealthy food that we should avoid



How much of each food may or is allowed taken during the day

- fruit and vegetables 33%
- bread and cereals 33%
- meat and fish 12%
- fatty and sweet foods 7 %

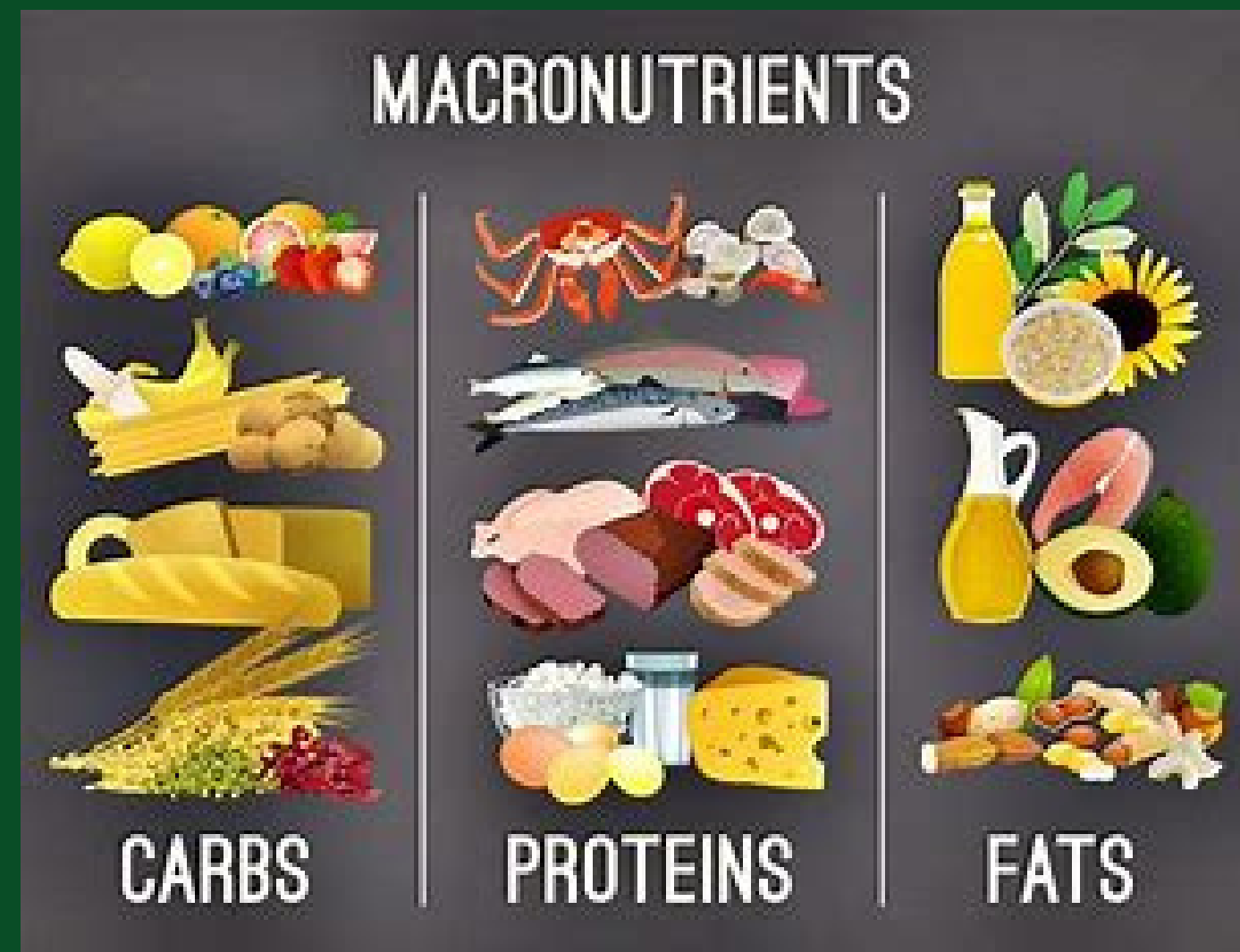
There are six basic classes of nutrients: carbohydrates, fats, minerals, proteins, vitamins, and water.



**These classes of nutrients can be categorized as macronutrients (required in relatively large amounts) or micronutrients (required in small amounts).**



**Macronutrients include carbohydrates (including fiber), fat, protein, and water.**





**Some of the structural matter can be used to generate internal energy, but in any case it is measured in joules or kilocalories (often called "calories" and written with an uppercase letter K to distinguish it from the lowercase k for calories).**



**Micronutrients are minerals and vitamins.**

**Macronutrients (not including fiber and water) provide structural substances (amino acids that make up proteins, and lipids that make up cell membranes and some signaling molecules) and energy.**

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Increasing rates of overweight and obesity are occurring in many countries from the Region over the past few decades. The statistics are worrying:  
in 46 countries (accounting for 87% of the Region), more than 50% of adults have increased weight or are obese, and in several of these countries the rate is close to 70% of the adult population. WHO data show that 57.4% of adults aged  $\geq 20$  years (both sexes together) are overweight or obese.



The data from the Study on Nutrition of the Population in the North Macedonia from 2015 show that 62.7% of men and 48.4% of women over the age of 18 are overweight weight or obese (average in RM 55.6%). 19.6% of men have a certain degree of obesity and 17.2% of women in the country (average in RM 18.4%). According to the data from COSI in Macedonia for 2016, 38.9% of boys and 33.9% of girls aged 7 to 8 have overweight or obese, and 20.3% of boys and 16.0% of girls are obese.



The action plan for food and nutrition in the North Macedonia 2016-2025 has been prepared in light of the existing global policy frameworks for the prevention and control of non-communicable diseases related to nutrition, and is in line with other WHO documents at the regional and global level, especially the Global action plan for the prevention and control of non-communicable diseases 2013-2020 and the European plan for prevention and control of non-communicable diseases 2016-2025, as well as with the National Action plans for non-communicable diseases and other documents and plans provided for by the Strategy for health until 2020 in N.M.



**Goal 1: Creating healthy food and beverage environments**

**Goal 2: Promote the benefits of a healthy diet throughout life, especially for the most vulnerable groups**

**Goal 3: Strengthen the health system to promote healthy nutrition**

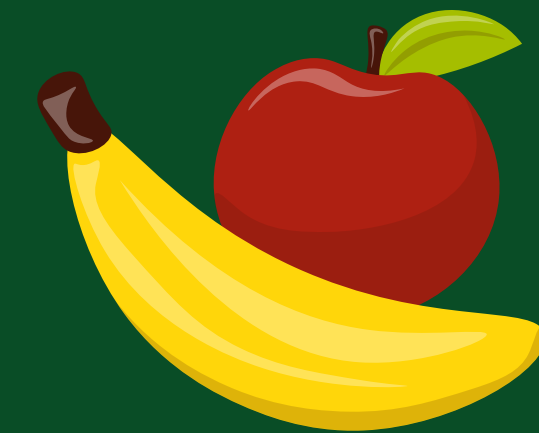
**Goal 4: Support for research, monitoring and evaluation**

**Goal 5: Strengthen governance, intersectoral networking and access networks  
health in all policies**

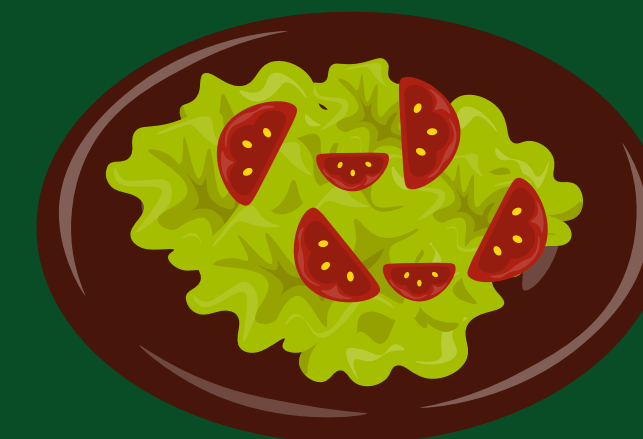
## **source**

- textbook on the subject of biology for  
primary education**
- Ministry of Health in North Macedonia**

**authors Macedonian team included in this project**



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