

HEALTHY EATING TIPS

- Eat three meals a day (+ possibly a snack), ideally at regular times
- Breakfast is vitally important, as it provides you with the energy you need to get through the day. An ideal breakfast comprises a piece of fruit, a yogurt, a piece of cheese with brown bread and a coffee/tea (no sugar)
- Avoid excess sugar, salt and fat (e.g. Belgian waffles, fries, beer) and ready meals
- Boil, steam or braise your food rather than frying it. The best oil to use is olive oil
- Choose fruit (naturally sweetened) rather than sugary products such as sodas, fruit juice, fruit yogurts or desserts.
- Opt for wholegrain cereals (pasta, bread, rice, etc.)
- Try to vary your intake of fruit, vegetables and cereals as much as possible (all varieties and all colours).



A FEW TIPS TO REDUCE YOUR FOOD SPENDING

- Buy fruit and vegetables in season (scan this QR code for the seasonal fruit and vegetable calendar)
- Prepare your own packed lunch
- Cooking with friends spreads the cost and is more fun
- Do your own cooking and avoid processed/ packaged foods because they are often more expensive and less healthy
- Ask a social worker at the Student Support Service about the social grocery store (*épicerie solidaire*), where you can shop cheaply.



<https://www.univers-sante.be/fruits-et-legumes-de-saison/>

STUDENT SUPPORT SERVICE

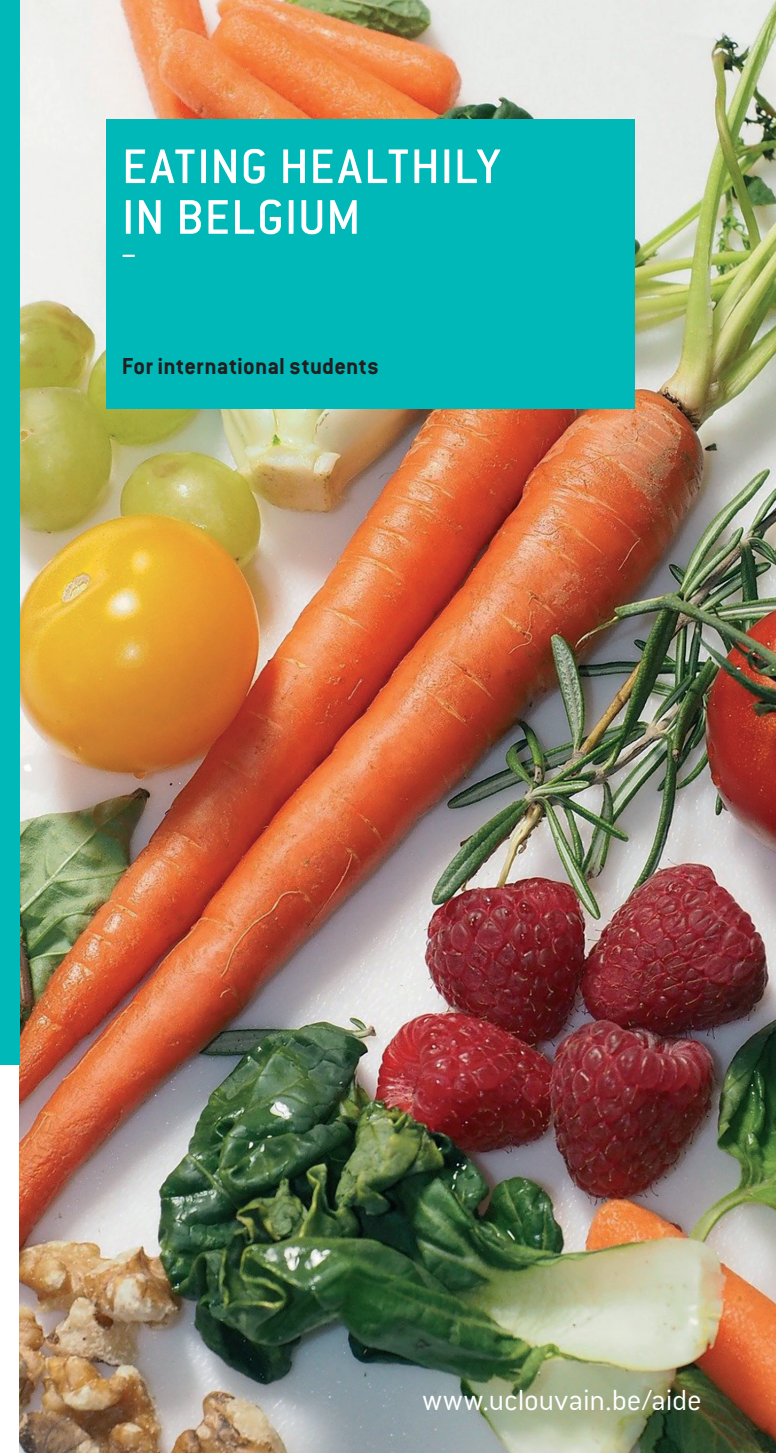
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EATING HEALTHILY IN BELGIUM

For international students



www.uclouvain.be/aide

DISCOVERING A NEW TYPE OF FOOD

Since you arrived you have probably experienced major lifestyle changes. Food is one of them!

This document will give you a few tips on how to eat healthily in Belgium. Of course, international students who have been living in Belgium for longer will also be able to advise you.

There are other resources at UCLouvain to help you: the university restaurants, where the dish of the day costs €3.60, theme-based shared accommodation (*kot-à-projets*, or *kap*), such as *Kap Délices* (different world cuisines) and *Kap Vert* (sustainable food), (find them on Facebook for more information), or contact the health team at the Student Support Service for more personalised information.

There are a number of food shops (supermarkets) in Belgium, such as Delhaize, Spar, Carrefour, Aldi, Colruyt, Farm and AlimenTerre. Street markets are also held on certain days (Tuesdays and Saturdays at Louvain-la-Neuve, for example).

THE FOOD PYRAMID

This pyramid shows the food groups, the basics our body needs. The quantities you should eat decrease as you approach the top of the pyramid.



The **IDEAL PLATE** is said to comprise half vegetables, one-quarter cereals and one-quarter protein.



**TAP WATER...
...IS SAFE TO DRINK!**
It is recommended you drink 1.5 litres of water per day.