

## We recommend consuming the following foods:

- skimmed milk, soured milk, yoghurts, low-fat cheeses or curds,
- turkey, chicken without skin, veal, lean beef, game meat, white fish, lean ham,
- vegetable soups, veal soup, lean beef or chicken soup,
- soft or hard-boiled eggs,
- fruit, vegetables,
- spices (chives, marjoram, cumin, aniseed, celery, herb salt),
- plain water, mineral water, unsweetened fruit and vegetable juices, unsweetened tea.

## Your menu should exclude:

bread made from white flour, croissants, bakery, fatty meat, poultry, fish, offal, dry salamis, tinned fish, fatty cheeses, butter, thickening additions to soups, fritatas, dumplings, various rolls, fried eggs, mayonnaise, bananas, walnuts, almonds, sweet drinks, alcohol, salt.

## Don't forget about regular visits to the cosmetic salon!

Regular monthly visits to the cosmetic salon provide excellent support in reshaping and maintaining a beautiful figure. We particularly recommend massage since the touch of hands is highly beneficial to your overall psychophysical condition. Products used by therapists for massage detoxify the body, activate the function of lymphatic and blood flow and improve skin tone. If you also use the right cosmetic products for skin care on a daily basis, success is guaranteed.

Read more at: [www.kozmetika-afrodita.com](http://www.kozmetika-afrodita.com)



### AFRODITA Beauty Centre

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### Afrodita Cosmetic Salon at Grand Hotel Donat

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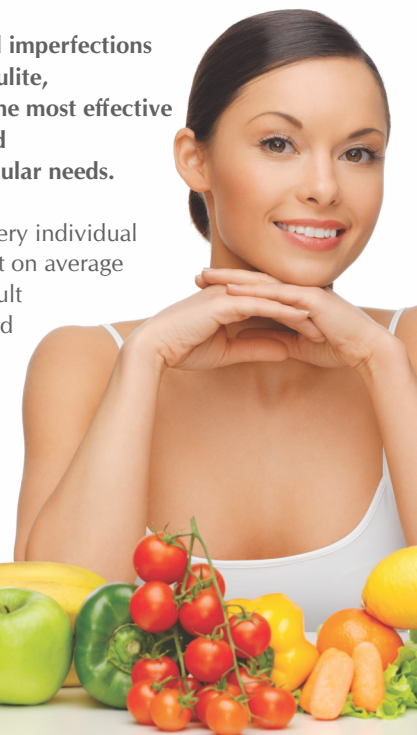
## Kozmetika Afrodita as your guide to health, a beautiful figure and well-being

How to live a healthy life and maintain young-looking skin and a beautiful figure are the questions most frequently asked by our guests at Afrodita Beauty Centres. The answer is simple: a healthy diet, the right choice of cosmetic treatments and products and exercise.

Professionally trained therapists at Afrodita Beauty Centres will diagnose any problem you have and will help you:

- to reshape your figure,
- remove various physical imperfections of the body such as cellulite,
- to make a selection of the most effective cosmetic treatments and
- products for your particular needs.

The key to the health of every individual is a healthy diet. Given that on average as much as a half of the adult population in the developed world is overweight, you should first read a few basic facts about a healthy and balanced diet.





## Excessive weight is caused by several factors:

- an excessive intake of calories,
- unhealthy slimming diets,
- changes in lifestyle - more sitting and less exercise,
- genetic factors,
- a lack of cosmetic care.

While you cannot influence your genes you can control other factors. In terms of nutrition, it is easy to lose control over the hidden calories (fats and sugars) in food.

## Advice for a balanced diet and body weight reduction:

1. Consume the smallest possible amounts of saturated fats of animal origin, sugar, salt, caffeine and alcohol.
2. Enjoy calorific foods (sweet juices and beverages, unskimmed milk) on their own. Most of all, replace the sugar you consume with honey and other healthy sweeteners.
3. Your diet should be as rich as possible in fresh fruit and vegetables, complex carbohydrates (from whole grains), roughage, protein (skimmed milk, lean meat, legumes), vitamins and minerals.
4. Drink **enough fluid** a day, preferably plain water. Avoid drinking fluids during meals but keep your fluids up between meals.
5. Eat fruit separately from the other meals, ideally for breakfast, lunch or as a snack, but avoid having fruit in the evening.
6. It is important never to overeat or eat until full.

## It's good to know:

When you get as much energy with food as you use up, your body weight will be stable. To lose body weight you need to reduce the amount of food or take more exercise. However, this change should not be short-lived - it is best to make the change your new lifestyle. Note that with an improper diet, fat cells will build up the most quickly on the buttocks and at the stomach, are extremely slow to drain and even harder to reduce and eliminate.

## And remember:

YOUR BODY WEIGHT, FIGURE AND APPEARANCE CAN BE INFLUENCED BY YOU, but not overnight and not without effort. Losing body weight alone is often hard to achieve but maintaining the new body weight afterwards is even harder. Here, the following tips are helpful:

- your food should be varied, take the time to enjoy a meal,
- meals should contain the minimum amount of fats and simple carbohydrates,
- we recommend 5 smaller meals timed evenly throughout the day,
- it is important to take regular physical exercise daily for at least half an hour a day,
- body weight should be reduced gradually.

## An example of a healthy meal:

- 1/3 of your plate should be taken up by foods from the carbohydrate group,
- 1/3 of your plate should be taken up by foods from the protein group,
- 1/3 of your plate should be taken up by foods from the fruit and vegetables group,



**You should eat food from all food groups every day.**