

Follow Me
TO BE HEALTHY!

WITH EUROPE

#400GCHALLENGE

AROUND THE WORLD WITH FRUIT AND VEG:
GREECE

Travelling might still not be possible, but your tastebuds can go on an adventure from the comfort of your own kitchen! Trying new fruit and veg is a great way to shake up your daily routine.

In the second of our three-part series looking at classic fruit and veg dishes from a country's national cuisine, we're heading to Greece!

Source of Vit C¹ and Beta-carotene

GREEK SALAD

ALSO KNOWN AS HORIATIKI SALAD, IT IS AN EASY WAY TO MEET THE #400GCHALLENGE. CONTAINS FETA, TOMATOES, CUCUMBER, RED ONION AND BLACK OLIVES.

YAMMAS

GREEK YOGURT AND FRUIT

FRUITS, GREEK YOGURT, NUTS, AND HONEY – ALL OF GREECE IN ONE BITE! CONTAINS PEACHES AND MELON.

Rich in Beta-carotene and Source of Potassium + Vit B₉²

ENJOY
IT'S FROM
EUROPE

THE EUROPEAN UNION SUPPORTS
CAMPAIGNS THAT PROMOTE
A HEALTHY LIFESTYLE.



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¹https://www.aprifel.com/fr/fiche-nutritionnelle/tomate-grappe/?tab=allegations_nutritionnelles
²https://www.aprifel.com/fr/fiche-nutritionnelle/melon/?tab=allegations_nutritionnelles

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