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EU TeqGames Open Days

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GOOD IDEAS

What you CAN eat and drink



What do I drink?

Drink a lot of water. If you want to make water more interesting and to have more flavour when drinking it, consider putting fruit in the water to add natural flavour.

What snacks should I eat?

It is always a good idea to eat healthy foods that not only taste good but also provide you with essential proteins and healthy carbohydrates. Below is a list of some snack ideas for you:

- Apple slices or carrot sticks / Orange slices / Bananas / Berries / Trail mix - seeds, nuts and raisins (NOT to be used if you are allergic to nuts) / Yogurt / Cheese and whole grain crackers / Granola bars.

These bars are packed with nuts, whole grains and sometimes dried fruit. But just check there is not too much sugar.

How can you help save the planet by eating and drinking as suggested above?

Reuseable water bottles and food containers should be used as much as possible so as to avoid adding more plastic into our planet.

NOT SO GOOD IDEAS



What you should NOT eat or drink

Sugary drinks: Try avoiding sports drinks, artificially flavoured water (not like the naturally flavoured water as suggested above), juice and sodas.

Sweets and salty snacks: Try to avoid cookies, candy, cupcakes, fruit snacks, chips, power bars, and granola bars filled with candy or chocolate.