

My mother tongue is Italian, so I apologize for the linguistic misunderstandings in the text.

I'm a food engineer and biotechnologist, specialized in pharmaceutical quality. For health reasons and only under medical supervision, I follow a *seagan* (vegan with seafood) diet.

Have you ever had to adapt your diet? I did... and I solved this transformation by informing me about nutrition and looking for current and reliable indications that I share here with you.

This plant-based and natural diet, prescribed by doctors, has allowed me to heal and to experience enormous benefits, such as a better overall body and mind energy, a better health and a greater satisfaction with meals.

The main obstacle to overcome was to adapt the old eating habits, no longer healthy and current. How? By keeping myself updated with current and reliable recommendations, because the science is making significant strides in nutrition.

A daily healthy diet consists of 2 portions of fruit and 3 portions of vegetables, is low in fat and rich in fibre.

The food, medical and pharmaceutical industries must adapt their products to healthy ones, but above all they have an obligation to inform the consumer correctly. Let us therefore give the best possible information to the consumer, who will then be able to choose the best solution more easily... However, the consumer must read the food label carefully, in order to know what he will eat.

We need to:

- fight and eliminate the misinformation on nutrition;
- support a new low-cost health system.

I'll personally start the free publication of official recommendations here on nutrient.ch.

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