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# The cafeterias assist in fighting civilisation diseases by introducing salads

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During the exam terms the new year's resolutions regarding healthy diets and regular exercise are easily forgotten. After weeks filled by stress compensated through chocolate and other sweets it is time to change the habits. All the Charles University cafeterias are now adding salads to their menus.



According to the World Health Organization, insufficient amount of fruits and vegetables in one's diet is responsible for approximately 14% of deaths of gastrointestinal cancer and 11% of deaths of ischemic heart diseases. The management of Dormitories and Cafeterias of the Charles University supports their consumers in trying to eat healthily and beginning this summer semester enlarges the menus in all cafeterias.

The WHO recommends a daily portion of more than 400g of fruits and vegetables and the American Cardiology Society states that for an adult with a daily caloric intake of 2000 calories the ideal daily amount of vegetables and fruits is about 4 and a half cups. However, you yourself decide of the amount of fruits and vegetables you want for your cafeteria lunch. And so the next time you go and grab a lunch in the cafeteria do not forget that the folic acid and potassium in vegetables and fruits lower the risk of cataract or cardiovascular diseases.



In the cafeterias Albertov, Budeč, Faculty of Law, Sport, Troja and in the Na Kotli cafeteria in Hradec Kralové a salad buffet menu is prepared for each consumer to combine his own salad from the served ingredients. Usually at least two basic salads are offered - a fruit salad and a vegetable one. The cafeterias Arnošta z Pardubic, Jednota, Kajetánka, Hostivař and in the Lidická diner in Pilsen offer a ready-made portions of salad in a bowl.