



ST. GILGEN INTERNATIONAL SCHOOL  
AUSTRIA



## NUTRITION

Meal times provide an ideal opportunity for students and staff to enjoy each other's company. With the approval of a qualified nutritionist, all meals are healthy, varied, and balanced. Breakfast and evening meals are taken in residence for the boarders. Healthy lunches are provided by the best restaurants in the village.

Dr. Cathrin Drescher, a highly respected nutrition scientist is working as a consultant with the St. Gilgen International School. She regularly monitors the high quality of all food served to students.

Dr. Drescher has given the following guidelines:

"The art of healthy nutrition lies in the optimal distribution of complex carbohydrates (for example whole grain bread, vegetables, fruit), wholesome proteins (for example grains, soy and milk products) and quality fats (for example olive and raps seed oil, unsalted nuts). In this fashion a sufficient amount of vitamins, minerals and trace elements are provided in a natural way.

Seasonal vegetables and fruit, as well as wholegrain breads need to be regularly included in the planned menus. It is recommended to eat fish twice a week, meat and sausages not more often than three to four times a week. 1 ½ to 2 litres of still water, herb tea or diluted juices are recommended.

Salt and sugar should be used sparingly, but dishes can be made tasty with generous use of herbs and spices.



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Meals should be taken in a leisurely fashion without other occupations such as reading or watching television; this heightens the appreciation and value of food”.