



**HEALTHY
FOOD**



**HEALTHY
YOU**

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Why should we eat healthy?

Effects of unhealthy eating:

- Obesity
- Cancer
- Sleep apnea
- Diabetes
- Heart disease
- GERD (acid reflux)
- High blood pressure
- And lot of more...



How many calories???



500 Calories!!!



To burn it off: 170 min of pilates.



626 Calories!!!



To burn it off: 159 min climbing stairs.



691 Calories!!!



To burn it off:
141 min on
the Elliptical
Machine.



Soft drinks – we love them!

1. High Sugar Content = Weight Gain

2. **Dehydration** - Many sodas contain caffeine, which acts as a diuretic, increasing urination and leaving the body with less available fluid to carry out important functions. Additionally, some diet sodas contain significant amounts of sodium, which may draw water from the cells and promote dehydration.

3. **Calcium Depletion** - Consuming high amounts of phosphoric acid can deplete the calcium from your bones and decrease calcium absorption.



7 Side Effects of Soda

Phosphoric Acid - Weakens bones and rots teeth

Excessive artificial sweeteners makes you crave more

Carmel Color - Made from the chemical caramel, is purely cosmetic, it doesn't add flavor yet is tainted with carcinogens.

Formaldehyde - Carcinogen, it is not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol = Formic acid + Formaldehyde (diet sodas)



High Fructose Corn Syrup is a Concentrated form of sugar, fructose derived from corn. It increases body fat, cholesterol and triglycerides and it also makes you hungry.

Potassium Benzoate = preservative that can be broken down to benzene in your body. Keep your soda in the sun and benzene = Carcinogen

Food Dyes = impaired brain function, hyperactive behavior, difficulty focussing, lack of impulse control.



**What to do to eat
healthy???**



Food Pyramid

How to use the Pyramid

The recommended number of servings for children (from 5 years of age*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

$\frac{1}{2}$ a glass of fruit juice = 1

3 dessertspoons of veg = 1

1 apple = 1

1 banana = 1

TOTAL = 4

Use the

FOOD PYRAMID

to Plan Your Healthy Food Choices

For serving sizes and daily eating plan see over → → → →



DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID PER DAY

Folic Acid - An essential ingredient in making a baby. If there is any possibility that you could become pregnant, then you should be taking a folic acid tablet (400 micrograms a day)

* For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

Water! - Your body is composed of about 60% water.

1. Drinking Water Helps Maintain the Balance of Body Fluids.
2. Water Can Help Control Calories.
3. Water Helps Energize Muscles.
4. Water Helps Keep Skin Looking Good.
5. Water Helps Your Kidneys.
6. Water Helps Maintain Normal Bowel Function.



Breakfast – sweet version

Carrot Cake Pancakes



Stuffed with toasted walnuts, shredded carrots, and all the spices found in carrot cake, these light buttermilk pancakes are a guilt-free breakfast pleasure. Top with some homemade honey butter or light pancake syrup.

Breakfast – salted version

Omelet with Summer Vegetables



The texture and flavor of this summery omelet is unmatched. “The smoked gouda lends a lot of flavor and the corn gives it a nice texture and a subtle sweetness that complements the smoky richness of the cheese,” explains **north country cook**. The ingredients are best in the summer but are still available at your grocery store year round.

Lunch

Quinoa tabbouleh



Enjoy this nutrient-packed salad, with juicy tomatoes, cucumber, dried quinoa and parsley. Healthy, delicious and have a lot of vitamins.

Preparation:

1. Cook the quinoa following pack instructions, then set aside to cool.
2. Make the dressing by adding the olive oil, vinegar, lemon juice, vanilla extract, rice syrup, pinch of salt and garlic into a jug and whisk until smooth. Mix this into the quinoa and mix together with all the other ingredients. Serve on a bed of salad leaves.

↓			↓				
kcalories	protein	carbs	fat	saturates	fibre	sugar	salt
284	10g	38g	9g	1g	5g	14g	0.4g

Lunch

Spicy avocado wraps



Pan-fry vegetarian, chicken-style pieces with lime, chilli and garlic, then pile onto seeded tortilla wraps - cool before assembling if packing for lunch.

Preparation:

1. Mix the vegetarian, chicken-style pieces with the lime juice, chilli powder and garlic.
2. Heat the oil in a non-stick frying pan then fry the pieces for a couple of mins, while you warm the wraps following the pack instructions or if you have a gas hob, heat them over the flame to slightly char them. Do not let them dry out or they are difficult to roll.
3. Squash half an avocado onto each wrap, add the peppers to the pan to warm them through then pile onto the wraps with the chicken-style pieces, and sprinkle over the coriander. Roll up, cut in half and eat with your fingers.

↓ kcalories	protein	carbs	fat	saturates	fibre	sugar	salt
448	22g	36g	23g	5g	6g	3g	2g

Dinner

Grapefruit and Avocado Salad With Seared Salmon



- Fatty acids from the walnuts and salmon, as well as monounsaturated fats from the avocado keep this dish heart-healthy.
- Grapefruit helps kick up fat-burning and stabilizes blood sugar.
- This salad nets you a good amount of the B vitamin niacin, which helps keep your skin, hair, and eyes healthy.

Preparation:

1. Peel and segment grapefruit with a sharp knife on a cutting board; reserve juice in a bowl. Toss grapefruit segments and juices with arugula and avocado; divide salad among 4 serving plates. In a small bowl, whisk together lemon juice, oil, and 1/4 teaspoon each salt and pepper.
2. Sprinkle remaining salt and pepper over both sides of salmon. Coat a large nonstick skillet with cooking spray; heat over medium-high heat. Add fish (skin-side down) to skillet, and cook until skin is golden and fish releases easily from pan (about 4 minutes). Using a spatula, gently flip fish and cook about 3 minutes more. Break each fillet into 4 pieces; top salads with 3 pieces fish. Drizzle salads with reserved dressing; sprinkle with walnuts.

Dinner

Brown Rice Bowl With Turkey



- Very low in sugar—only 1 gram!
- This dish serves up about one-fourth your daily requirement of vitamin B6, which is crucial for a healthy immune system.
- It's super lean, too, with just 1.2 grams of saturated fat.

Preparation:

- 2. In a medium saucepan over medium heat, combine rice, 1/4 teaspoon salt, 2 cups broth, and 1 cup water; cover and bring to a boil. Reduce to a simmer and cook, covered, until rice is tender (about 45 minutes).
- 3. Meanwhile, line a baking sheet with foil. Place turkey on sheet and coat with oil. Season with remaining 1/4 teaspoon salt and 1/2 teaspoon pepper and brush with 1 1/2 teaspoons soy sauce. Roast, turning halfway through, until turkey is cooked and a meat thermometer inserted in the center reads 165° (50-55 minutes). Remove from oven and transfer turkey to a cutting board. Tent with foil and let rest (about 5 minutes).
- 4. Stir spinach, scallions, and remaining 1 1/2 teaspoons soy sauce into rice with remaining 1 cup warmed broth. Thinly slice turkey. Divide rice and sliced turkey among 4 bowls; drizzle each with sesame oil and sprinkle with sesame seeds, if desired.

Fruits and Vegetables

Fruits are generally high in fiber, water, vitamin C and sugars. They do not have as many calories as sweets and can be a good snack between the meals.

Vegetables are low in fat and calories but are bulky and filling. They supply dietary fibre and are important sources of essential vitamins, minerals and trace elements.



So...

What should you do?



**KEEP
CALM
AND
EAT
HEALTHY**



Sources:

- www.chapter5recovery.com
- freshapproach.org
- gethealthbeautytips.com
- <http://www.webmd.com>
- www.fooddrinktax.eu
- <http://www.webmd.com>
- allinallnews.com
- www.rekord24.pl
- <http://www.cookinglight.com>
- <http://www.bbcgoodfood.com>