



Interdependence between our diet and quality of life

Positive results of healthy eating

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What does it
mean?



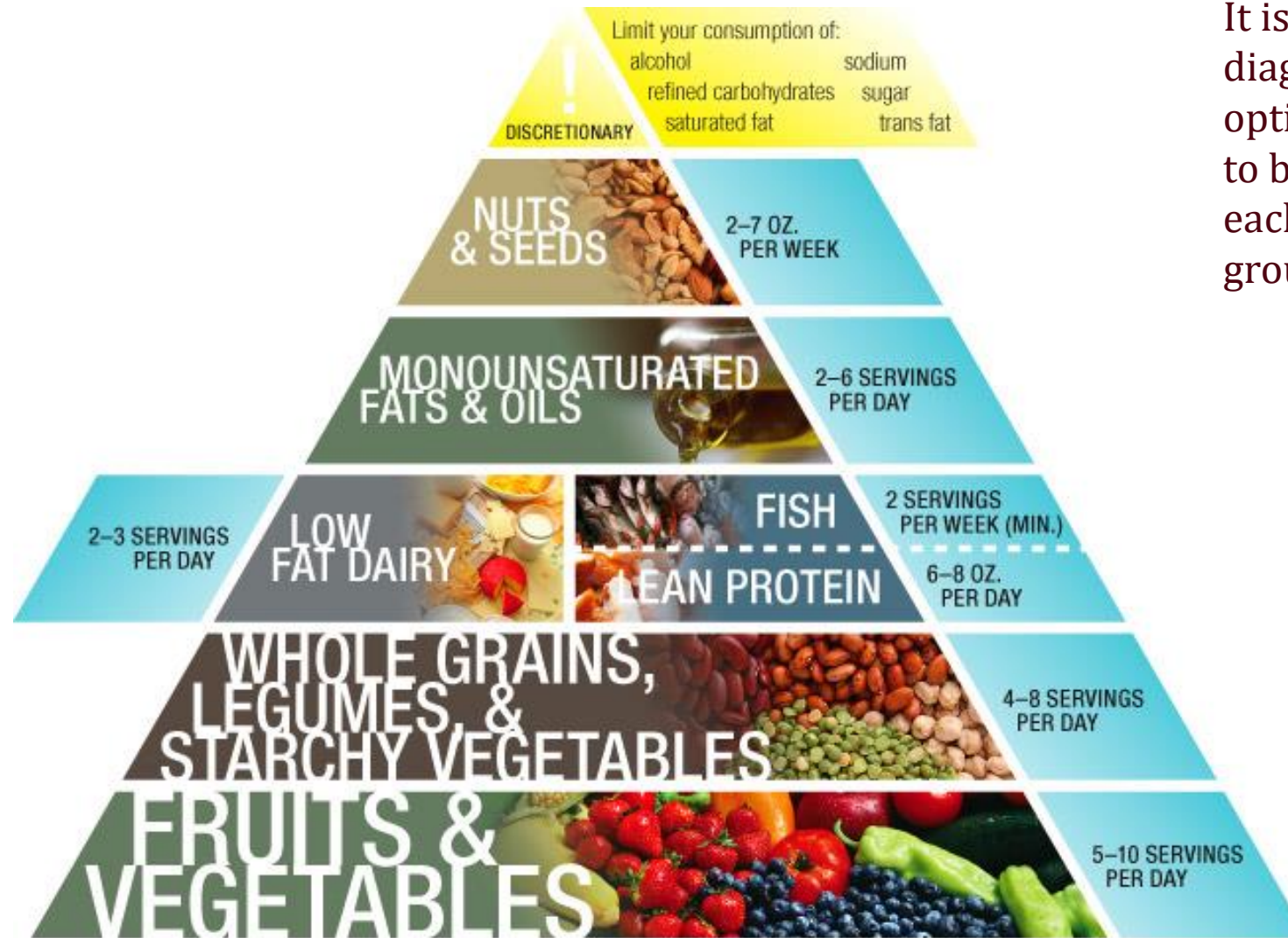
Healthy diet

- Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, **it's about feeling great**, having more energy, improving your outlook, and stabilizing your mood.
- *“Instead of emphasizing one nutrient, we need to move to food-based recommendations. What we eat should be whole, minimally processed, nutritious food—food that is in many cases as close to its natural form as possible.”*

–Dariusz Mozaffarian, dean of the Friedman School of Nutrition, Tufts University

- Key to any healthy diet is **moderation**. But what is moderation? In essence, it means **eating only as much food as your body needs**. You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. Despite what fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body.

Nutrition pyramid



It is a pyramid-shaped diagram representing the optimal number of servings to be eaten each day from each of the basic food groups.



Basic characteristics

How can we start
eating better?

First steps

- To set yourself up for success, think about planning a healthy diet as a number of **small, manageable steps**—like adding a salad to your diet once a day—rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices.
- **Make the right changes.** When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives.
- **Simplify.** Instead of being overly concerned with counting calories, think of your diet in terms of color, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.



Eating time

- **Eat breakfast, and eat smaller meals throughout the day.** A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals (rather than the standard three large meals) keeps your energy up.
- **Avoid eating at night.** Try to eat dinner earlier and fast for 14-16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.





Reduce sugar and salt

- As well as creating **weight problems**, too much sugar causes **energy spikes** and has been linked to **diabetes, depression**, and even an increase in suicidal behaviors in young people. Reducing the amount of candy and desserts you eat is only part of the solution as sugar is also hidden in foods such as bread, cereals, canned soups and vegetables, pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, fast food, and ketchup. It all adds up to a lot of **empty calories** since your body gets all it needs from sugar naturally occurring in food.
- Sodium is another ingredient that is **frequently added to food to improve taste**, even though your body needs **less than one gram** of sodium a day (about half a teaspoon of table salt). Eating too much salt can cause **high blood pressure** and lead to an increased risk of stroke, heart disease, **kidney disease, memory loss**, and erectile dysfunction.

Colorful plate

- Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to **double** the amount we currently eat.



Eat the
Colors
of the Rainbow

Carbs and whole grains

- Choose healthy **carbohydrates** and **fiber** sources, especially whole grains, for long-lasting energy. Whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes.



- **Healthy carbs** (or good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.
- **Unhealthy carbs** (or bad carbs) are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. They digest quickly and cause spikes in blood sugar levels and energy.




Water

- The human body can last weeks without food, but only days without water. The body is made up of **50 to 75 per cent** water. Water forms the basis of blood, digestive juices, urine and perspiration, and is contained in lean muscle, fat and bones.

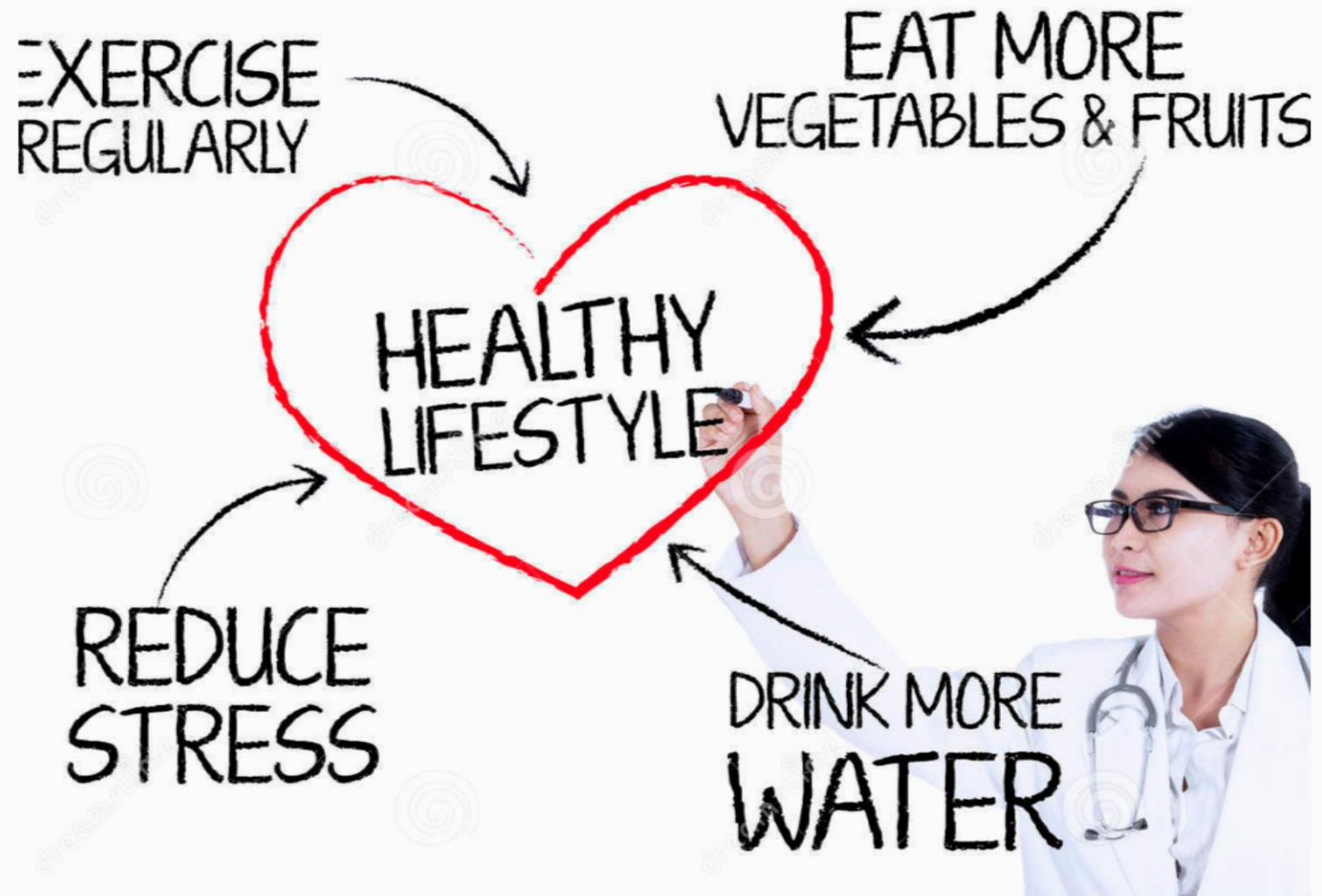
As the body can't store water, we need fresh supplies every day to make up for losses from the lungs, skin, urine and faeces.

- Water helps flush our systems of **waste products** and **toxins**, yet many people go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Proteins

- Protein gives us the energy to get up and go—and keep going. While too much protein can be harmful to people with kidney disease, the latest research suggests that most of us need more **high-quality protein**, especially as we age.
 - Eat plenty of **fish, chicken**, or plant-based protein such as **beans, nuts, and soy**.
 - Replace processed carbohydrates from pastries, cakes, pizza, cookies and chips with **fish, beans, nuts, seeds, peas, tofu, chicken, dairy, and soy products**.
 - Snack on **nuts and seeds** instead of chips, replace baked dessert with **Greek yogurt**, or swap out slices of pizza for a **grilled chicken breast and a side of beans**.
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- A collage of various protein-rich foods including beans, eggs, chicken, and nuts.





Healthy
lifestyle

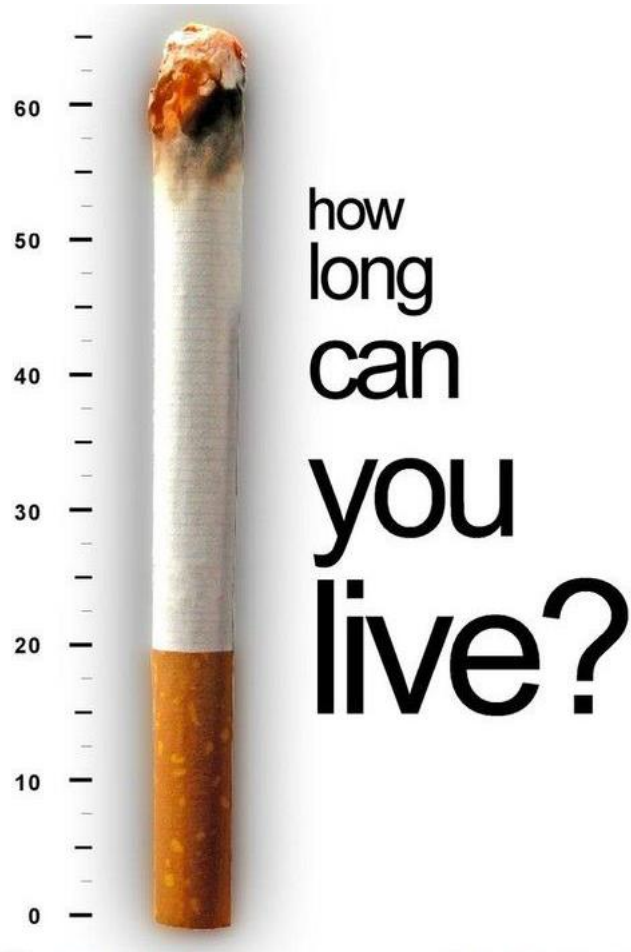
Maintain health

- Starting a fitness program may be **one of the best things you can do for your health**. After all, physical activity can **reduce your risk of chronic disease, improve your balance and coordination, help you lose weight**, and even **boost your self-esteem**. And the benefits are yours for the taking, regardless of age, sex or physical ability.
- The Department of Health and Human Services recommends that healthy adults include aerobic exercise and strength training in their fitness plans, specifically:
- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week
- Strength training exercises at least twice a week

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles.



Get rid of stimulants!





Connection
between our
diet and
quality of life

Influence on mental and emotional health



- We all know that eating right can help you **maintain a healthy weight** and **avoid certain health problems**, but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet—filled with processed meats, packaged meals, takeout food, and sugary snacks—with higher rates of **depression, stress, bipolar disorder, and anxiety**. Eating an unhealthy diet may even play a role in the development of mental health disorders such as **ADHD, Alzheimer's disease, and schizophrenia**, or in the **increased risk of suicide in young people**.
- Eating more fresh fruits and vegetables, cooking meals at home, and reducing your sugar, snack, and white carb/white flour intake, on the other hand, may **help to improve mood and lower your risk for mental health problems**. If you have already been diagnosed with a mental health problem, eating well can even help to manage your symptoms and regain control of your life.



Thank you for your attention

Eat healthy & Be happy