

## Basics of healthy eating and your water balance

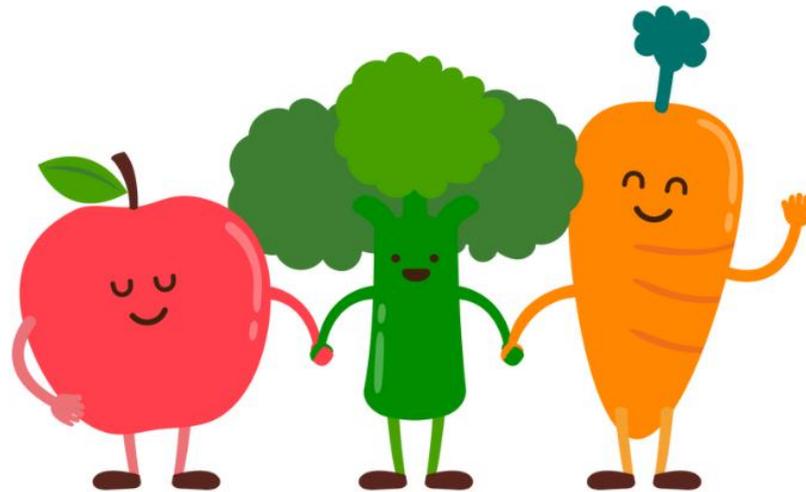


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## Basics (1,2)

Well-being and physical performance



## What does healthy eating mean?

It means a low-fat, high-carb and balanced diet with sufficient fluid intake.

The aim is to ensure an optimal supply of macro and micro nutrients, as we depend on these nutrients as fuel to maintain vital functions, growth and activity.



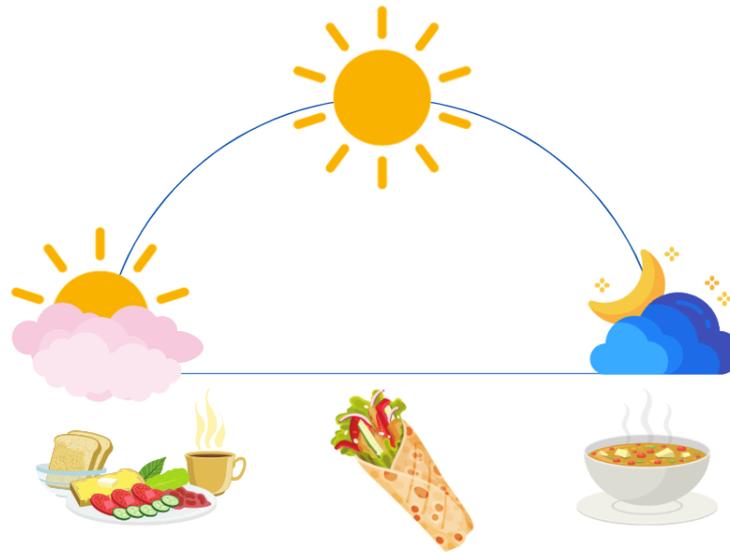
## 10 rules for a healthy diet

1. Eat various foods.
2. Eat vegetables and fruits every day.
3. Eat whole grains.
4. Eat dairy products every day.
5. Eat healthy fats.
6. Eat little sugar and salt.
7. Drink much water.
8. Cook food gently.
9. Take your time to eat.
10. Get plenty of exercise.



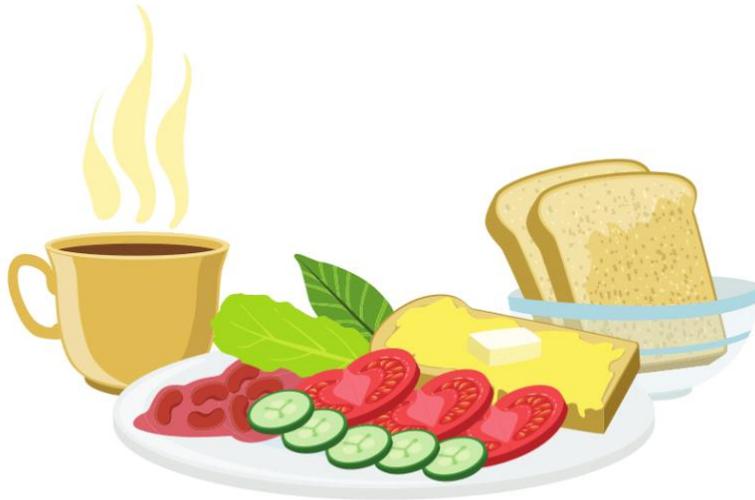
## Our meals (3, 4)

Breakfast, lunch and dinner



# Breakfast

Breakfast is the basis for absorbing important nutrients that will give you an energetic and balanced start into your day.

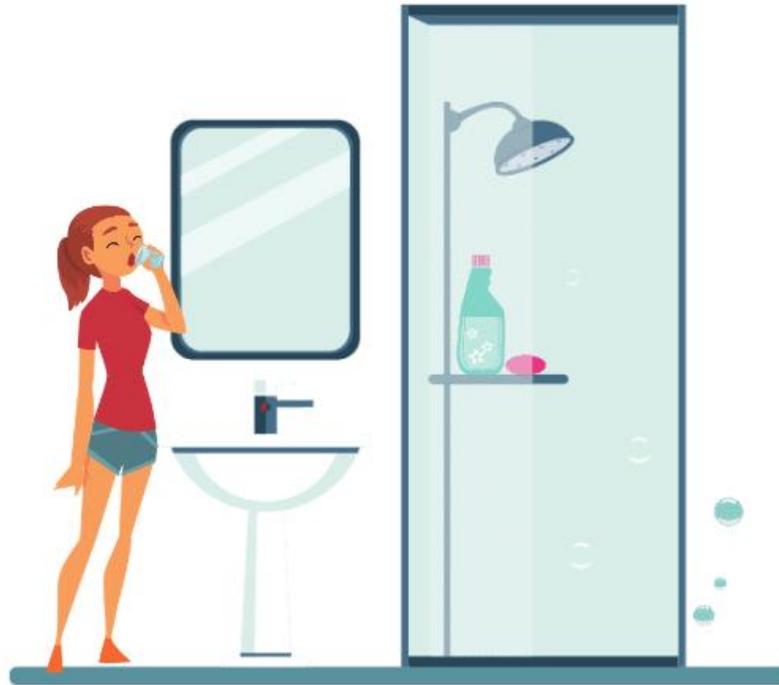


Foods that may help include:

Whole grain products, low-fat quark, berries, nuts, oatmeal, flaxseed, avocado, eggs, grapefruit and bananas.



Drinking a glass of water first when you get up in the morning as a routine can also help with your water intake goal.



If you can't tolerate solid food in the morning, you could also try yogurt, an unsweetened protein shake, or a fruit smoothie to start your day.

**The important thing is to listen to your body.**



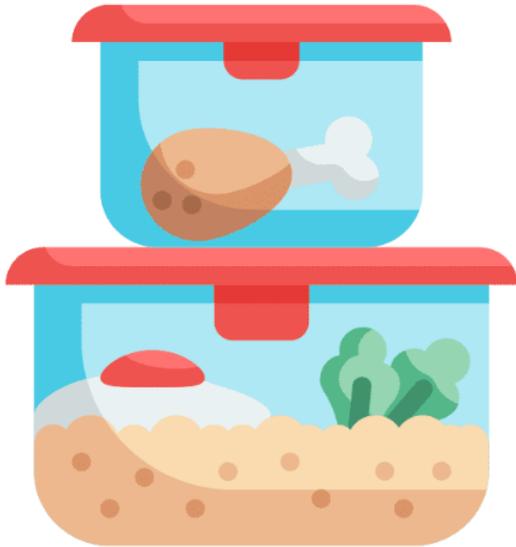
If you are hungry, have your breakfast. If not, you don't have to force yourself to eat, just drink something.

# Lunch

- Meal prep
- Afternoon sleepiness
- How to organise your lunch break



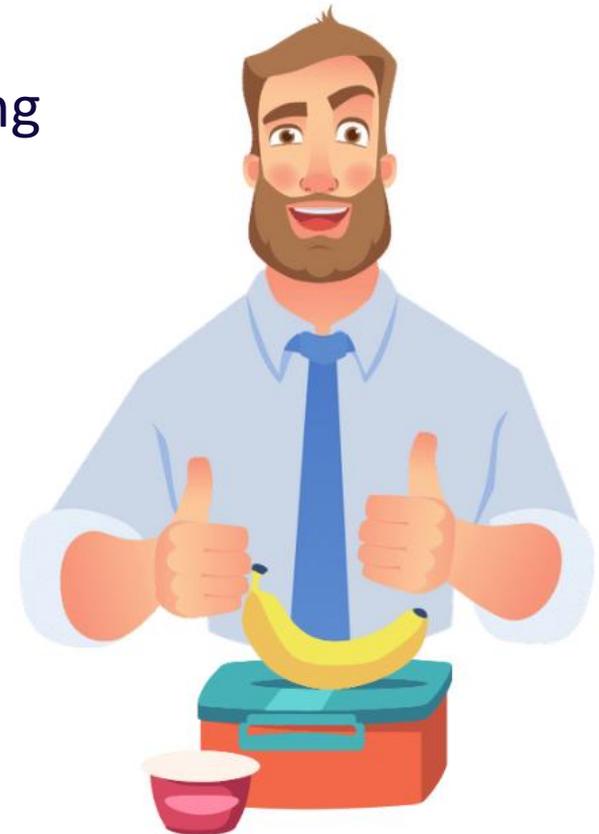
## Meal prep - What is it?



- Pre-cooking large portions that are easily portioned and transported.
- Dishes should taste good cold or warmed up briefly in the microwave.
- Little effort for cooking.
- You have a good overview of what you're eating and don't have to resort to fast food if you are short of time.

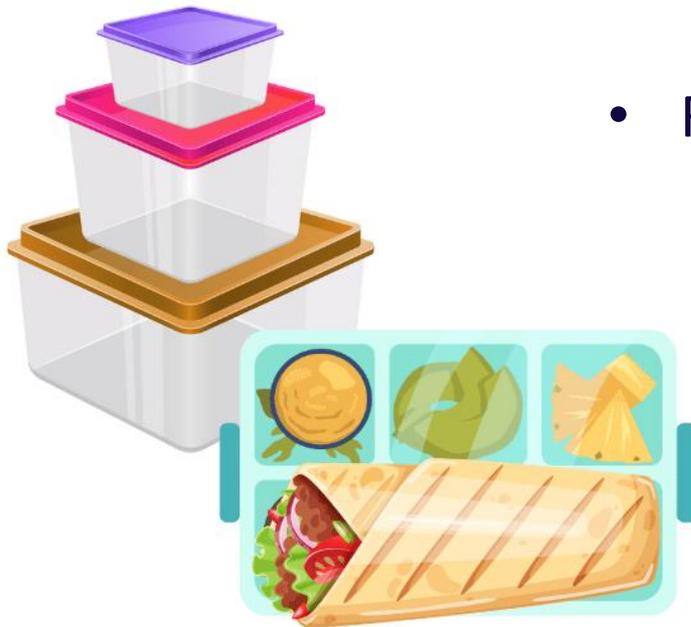
## Why meal prep?

- Helps to achieve personal goals (losing weight, building muscle, etc.)
- Creates less waste
- Saves time and money



## Tips:

- Start small, with meals that don't require extensive preparation
- Find recipes that work for you
- Purchase reusable containers



## Afternoon sleepiness

What is it?

- Our body consumes a lot of energy after a meal to digest the food we have eaten.  
→ Then we lack energy for other activities.
- Meanwhile, our brain has less blood available.  
→ Consequence: lack of concentration, tiredness, drop in performance



## How do I avoid afternoon sleepiness?

- Exercise! A short walk after a meal or a 5-minute workout.
- Drink a lot! It's best to have water or herbal tea.
- Instead of 3 large meals a day: small and healthy snacks in between meals
- Light food, no “heavy” dishes
- Improve air flow in your office regularly
- If possible: power nap (15-20 min)



## Tips for organising your lunch break

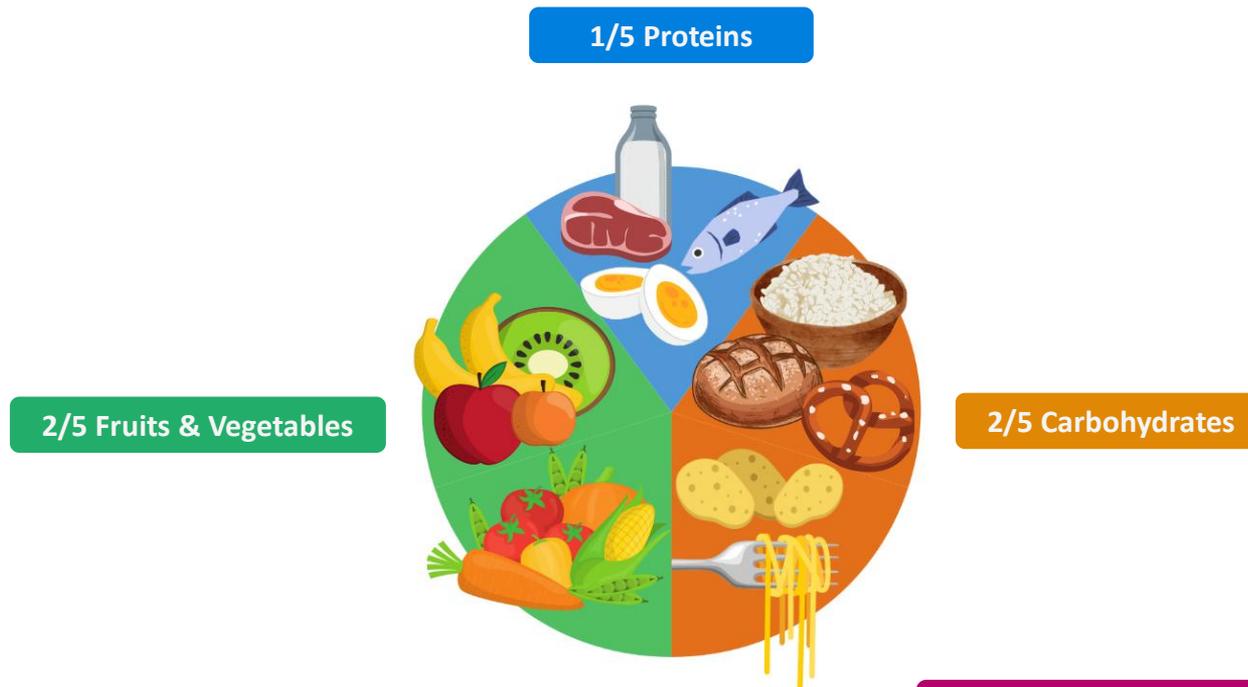
- Don't eat at your desk: Preferably go to another room or, if possible, leave the workplace completely and go out for fresh air.



- Eat consciously and take your time without distractions.
- Meal prep or arrange cooking several meals with colleagues.

# Dinner

Make sure your meals have an appropriate distribution of proteins, carbohydrates as well as fruits and vegetables.



## Cravings in the evening? Tips to avoid them:

- The body often confuses hunger with thirst. Simply drink some water, tea or vegetable broth.
- Brush your teeth
- Distract yourself by going for a walk
- Grab some nuts or fruits/vegetables



## Water balance <sup>(4)</sup>

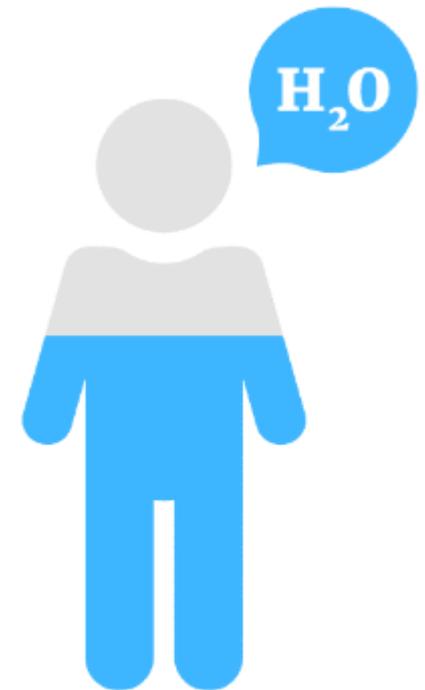
**Why water is so important**



Since our body consists of more than 50% water, it is particularly important to drink enough.

Water fulfills the following functions:

- Provides energy to the muscles
- Cleanses toxins and bacteria
- Strengthens the immune system
- Increases the ability to concentrate
- Promotes regular bowel movements
- Keeps body temperature constant
- Maintains fluid balance



## Drinking recommendation <sup>(5)</sup>

and tips for drinking more



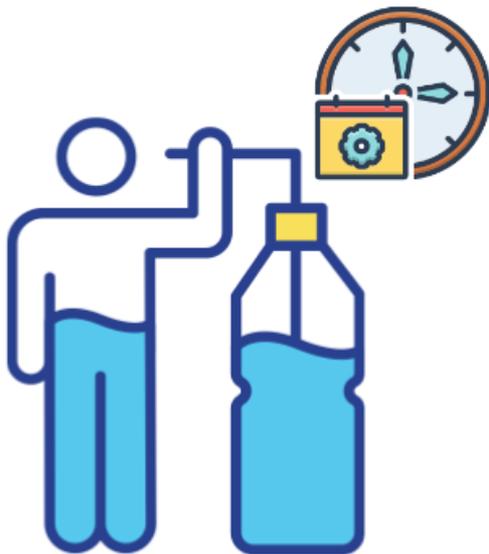
The recommended drinking amount is around 1.5 to 3 litres per day.

It should be noted that this is a guideline, i.e. the recommended drinking amount varies from person to person and more liquid is needed on hot days or during and after exercise.



Of course, it is best to drink pure water.

It is important that the 1.5 to 3 litres are not drunk all at once, but rather portioned throughout the day.



Drink, even if you don't feel thirsty, because a feeling of thirst only arises when you lose 0.5% of your body weight in fluids.

## Tips for drinking more water:

- Set an alarm or download a reminder app on your phone.
- Always have (chilled) water at hand.
- Write times on your bottle by which the marked amount of water should be drunk.
- Add cucumber or lemon slices into your water for flavour.
- Drink a large glass of water first thing in the morning.



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