

What exactly is healthy eating?

Triathlete and nutritionist Lisa Gerß gives us few tips & tricks on the subject of a *balanced diet*.

We hear about this all the time in the media, but the term *healthy* is not exactly well defined! We're all different in terms of lifestyle, daily and physical conditions and also our taste preferences. So, there is no such thing as THE healthy diet for EVERYONE! There are, however, a few simple ground rules that you can follow when making food choices. There is no one-size-fits-all. But today I would like to give you a few rules of thumb to keep you healthy!

At mealtimes:

- Take your time to eat in peace and maybe also enjoy some company.
- Incorporate low-energy but nutrient-rich foods, such as vegetables, on a regular basis.
- Allow yourself occasional exceptions and then enjoy them with a clear conscience.
- Adjust your energy intake to your consumption. For every hour of exercise, you can also enjoy a smattering of additional carbohydrates.
- Limit yourself to three consciously composed meals and avoid frequent snacking.



When shopping:

- Don't go shopping hungry and take a shopping list with you.
- Look for high-quality products during your shop. Look at the list of ingredients and put the item back if it contains any that aren't good for you.
- Give preference to high-quality animal products from pasture, organic or free-range husbandry, natural foods with no unnecessary additives as well as regional and seasonal products.



Plate checklist:



Is my plate colourful? The more colourful, the more nutrients, because every colour of a natural food represents different healthy nutrients.



There should be at least 20g of protein on every plate, because protein fills you up and strengthens muscles, bones and the immune system. Avoid red and processed meat.



Include whole grains to feel full thanks to fibre. Use mainly good olive and rapeseed oils.



Drink at least 1.5 l of water daily to keep your water balance in equilibrium.

By definition, „*healthy eating*“ means that our food intake provides us with all the nutrients we need to keep our bodies healthy. We are all different and so are our nutritional needs.

Portions and meals – The plate model



Exercise and sport – WHO recommendation

Recommendation per day:



8,000 - 10,000 steps

Recommendation per week:



150 - 300 mins. general movement

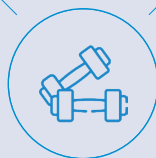
OR



70 - 150 mins. endurance training

+

+



2x strength training

Important for:



Cardiovascular health



Mental health



Well-being and fitness