

HEALTHY HABITS Promotion Plan

HEALTHY NUTRITION



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01 | INTRODUCTION: NUTRITION

The nutritional needs vary for each person, depending on their age, sex and other individual conditions and the environment in which they live (socio-cultural, climatic factors, etc.) that must also be taken into account when planning a correct feeding.



Nutrition can be defined as the set of processes through which the body transforms, uses and incorporates into its structures the chemical substances received from the outside with food, and excretes the transformed by-products through urine and feces. It is a complex and very well-regulated involuntary process in which we cannot participate or make voluntary modifications.



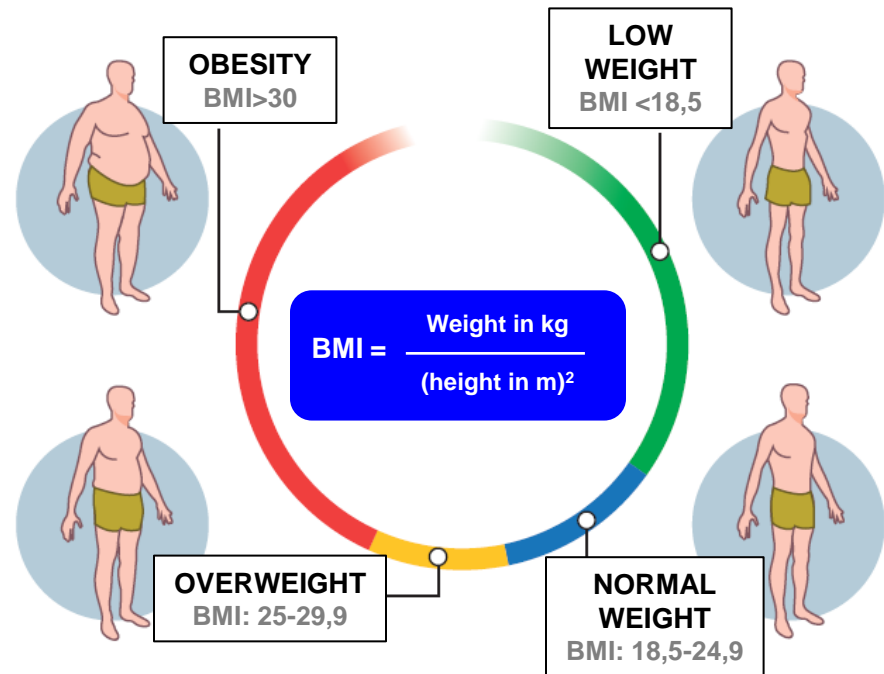
Feeding is simply the way and manner of providing the body with the nutritional elements contained in food. It is the final and voluntary part of nutrition and, therefore, modifiable.



02 | CONSEQUENCES OF AN UNHEALTHY EATING

The main consequence of an inadequate feeding is overweight and obesity.

Obesity is caused by the excessive accumulation of energy reserves in the shape of fat in the body. We speak of obesity when the body mass index (which is a parameter that relates to weight and height) exceeds 30 kilos per square meter.





02 | CONSEQUENCES OF AN UNHEALTHY EATING

Obesity, in addition to reducing the quality of life, produces diseases such as:



Coronary heart
disease



Diabetes



Arterial
hypertension



Cerebral
stroke



Sleep
apnea



Osteoarthritis

In obesity there is a hereditary component and other that depends on your **lifestyle**, further conditioned by **food** and the **practice of physical activity**.

The **balance between calorie intake and physical activity** determines whether fat is stored or used.



03 | PRINCIPLES OF A HEALTHY EATING

There are many types of diets that are effective in the short term, but more important than the diet itself is the ability **to learn healthy eating** and **modify eating behavior** in a lasting way.


Very strict and time-limited diets produce short-term but ineffective results if lifestyle and eating behavior haven't changed, as a rebound effect tends to occur over time. For this reason, we need to change eating habits and learn how to eat properly.

A **balanced diet** respects the contribution of immediate principles, approximately **55% of calories in the form of carbohydrates, 30% in the form of fats and 15% in the form of proteins.**

In 2017 Harvard University developed the “**Healthy eating plate**“ method that offers simple guidelines and recommendations for a healthy diet, replacing the ones from the food pyramid that was traditionally used.



HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

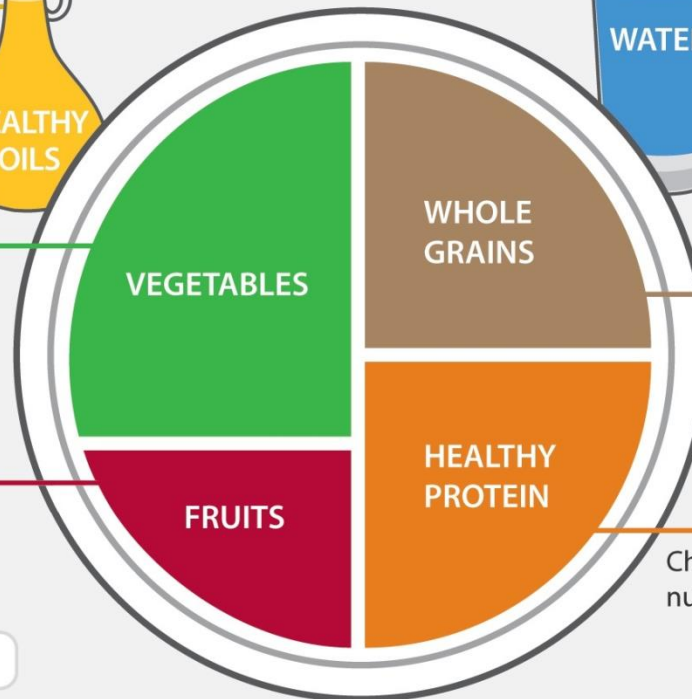
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu





03 | PRINCIPLES OF A HEALTHY EATING

Following the previous distribution, these would be the percentages to consider in a **HEALTHY EATING PLATE** design:

Fruits and vegetables: 40% of the plate

- These food groups should occupy half of our plate, whether they are cooked or raw, and always ensuring that there is a good variety of products and colors. At least two servings a day of vegetables and fruits provide water, very few calories and are rich in vitamins, antioxidants, minerals and fiber.

For example, here we can include broccoli, carrot, onion, mushrooms, pumpkin, tomatoes, spinach, peppers...

Proteins: 25% of the plate

- In this portion of the plate, priority should be given to legumes such as lentils, chickpeas or beans, as well as blue and white fish and poultry, accompanied by some dried fruit. It is also recommended to limit consumption of red meat and processed meats such as sausages.



HEALTHY EATING PLATE design:

Carbohydrates: 25% of the plate

- This section includes cereals, potatoes (better cooked or baked), pasta or bread. The sum of these foods should not exceed a quarter of the plate.

Give priority to assorted whole grains, limiting refined grains such as rice or white bread, as they have a higher glycemic index and have a greater impact on blood sugar control and excess weight.

Fruits daily: 10% of the plate

- Varied and seasonal fruits are another indisputable piece and must be present in the two great meals of the day, either as a dessert or as an ingredient in the main recipe.

Water and unsweetened beverages:

- Water should become the main source of hydration during the meal, avoiding sugary drinks.

THANK YOU FOR YOUR ATTENTION

**Take care of your health, take
care of your future.**



WE **COM**STRUCT THE FUTURE
+ HEALTHY