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# A GUIDE TO A HEALTHY AND TASTY DIET

HOW TO INTRODUCE HEALTHY HABITS EASILY.

Nutrition is key to our health and wellbeing. Research demonstrates that to live a long and healthy life, we should:

- maintain a healthy weight
- follow a balanced diet
- only drink alcohol occasionally
- not smoke
- exercise regularly

Meanwhile, a poor diet low in nutrients and rich in unhealthy fats, salt and sugar can:

- increase blood pressure and cholesterol levels
- promote weight gain
- cause type 2 diabetes mellitus
- increase the risk of heart attack, stroke and cancer

## What can you do daily to improve your diet:

### > Fruit and veg: Make my day!

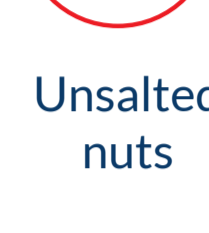
Fruit and vegetables provide us with vitamins, minerals and fiber allowing our bodies to grow, function properly and regenerate.



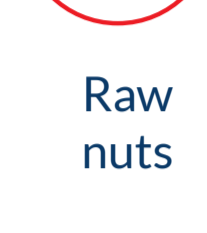
### > Go nuts for nuts

Nuts are full of high quality and filling nutrients. That's why they don't make us fat. Throw a handful of nuts into your breakfast cereal - regular consumption keeps diseases at bay.

Eat only:



Unsalted nuts



Raw nuts

### > Drink plenty of water

Drinking 1.5 L a day is beneficial for maintaining concentration, good digestion, supple skin and a healthy weight. Start the day with a glass of water when you wake up.



## 6 Drink at least glasses of water a day!

### > Coffee? Why not!

Drinking coffee has more health advantages than disadvantages. Just skip calorie-rich sugar and cream.



### > Fit with fibers

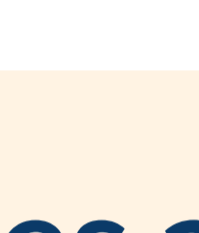
An increase in vitamins, minerals and fiber is what we get when we choose whole grains over refined grains. Opt for the least processed foods and products.

Did you know that eating wholegrain products increases how much energy our bodies burn? A study showed that eating 200 g of wholegrain a day increases the calories we burn each day by 100 kcal. This extra energy is equivalent to around 30 minutes of walking!

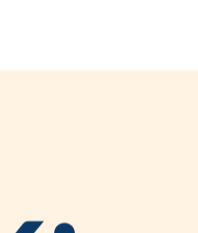
Wholegrain foods have lots of advantages



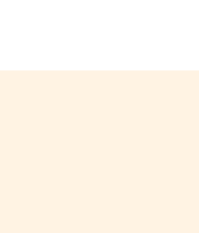
Contain minerals



Contain vitamins



Improve energy balance



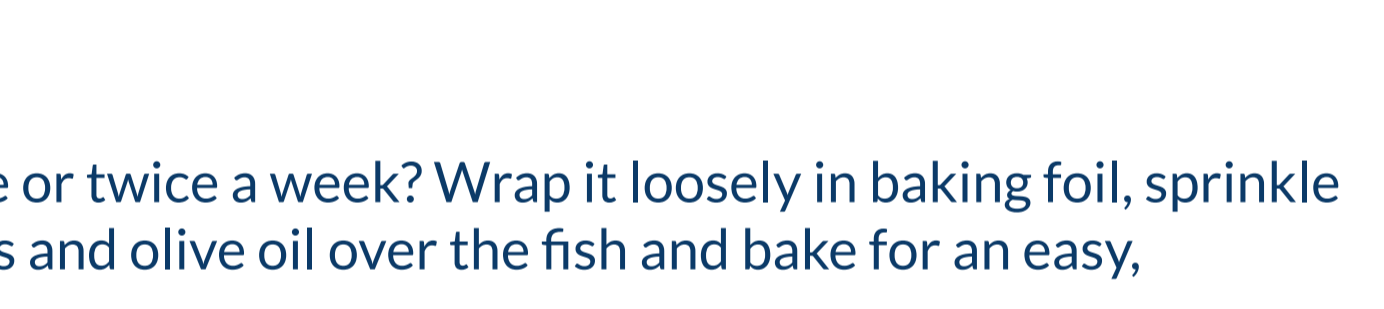
Make us feel full

## A few times a week:

### Be full of beans

Pulses contain loads of protein, little fat, healthy minerals, fiber and complex carbohydrates. Add lentils, chickpeas or beans to your meals.

## 3 Add pulses to your meals times a week



## Once or twice a week:

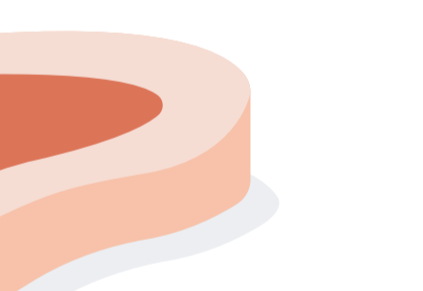
### Favor fresh fish

Why not have fish once or twice a week? Wrap it loosely in baking foil, sprinkle lemon juice, leafy herbs and olive oil over the fish and bake for an easy, satisfying meal!

If you do not like fish replace it with other protein sources:



Fresh fish



Lean poultry



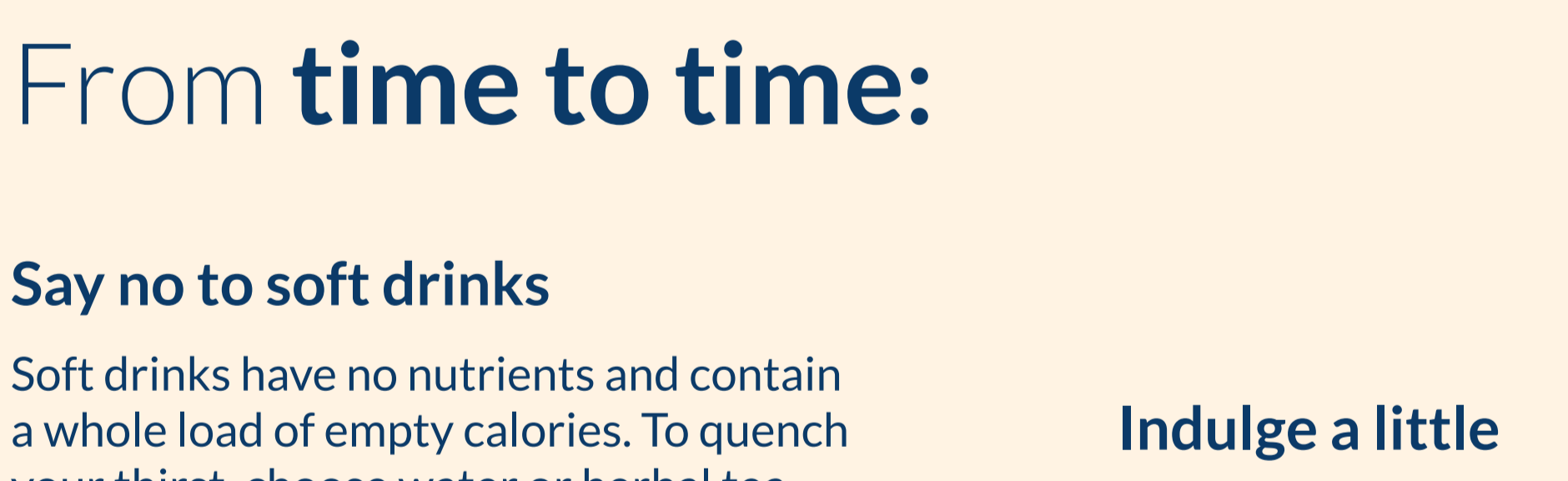
Eggs



Dairy

### Cut down on meat

Enjoy red meat only occasionally and avoid processed meat. Choose quality over quantity and limit your meat consumption.



## From time to time:

### Say no to soft drinks

Soft drinks have no nutrients and contain a whole load of empty calories. To quench your thirst, choose water or herbal tea. For taste, add a slice of lemon every now and then.

### Indulge a little

A small sweet treat a day is fine, as long as our body weight stays stable. Having treats only for dessert helps us to avoid glucose spikes.

### Limit alcohol

There's nothing wrong with a small drink from time to time - 1 drink per day is the maximum recommended. Ideally, drink alcohol with a meal rather than on its own. This causes less stress to the liver.



## Did you know?



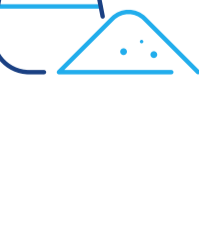
Mindful eating is important. Focus on your meal to know when you are full.



Avoid processed meats as most of them are rich in fat, salt and preservatives.



Aim to eat 2 or 3 complete and balanced meals a day.



Fats are important in your diet but choose the right ones. Olive or canola oil are healthier than butter, palm or coconut oil.



Eat green veg to lose weight; it's low in calories, improves blood pressure and lipid levels and supports digestion.



Fried foods are difficult to digest and are full of calories. Bake, steam or grill your food instead!



Most vegetable juices contain added sugar to make them taste good.



According to the WHO, most of us consume on average 9-12 g of salt per day, but we should consume no more than 5 g.



Apple juice is a false friend; it contains more sugar than cola!

dacadoo can guide and motivate you to adopt a healthier lifestyle over time.

Visit [www.dacadoo.com](http://www.dacadoo.com) to find out more.

*These recommendations are based on publications referenced below to support your wellbeing and a healthy lifestyle, they do not constitute medical advice and do not apply in case of specific diets (including food allergies, intolerance, advice). If you have to follow a specific diet and would like to change it, nothing replaces a medical doctor.*

### Scientific advisor:

• Professor David Faeh, MD, MPH, University of Zurich and Bern University of Applied Sciences

### Sources:

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- 3 - The American Journal of Clinical Nutrition, Volume 107, Issue 3, March 2018, Pages 436-444 <https://academic.oup.com/ajcn/article/107/3/436/4939351>
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- 6 - World Cancer Research Fund International. Limit red and processed meat <https://www.wcrf.org/dietandcancer/recommendations/limit-red-processed-meat>
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- 8 - Department of Nutrition, Harvard School of Public Health. Healthy Eating Plate <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
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