

Food management and eating habits

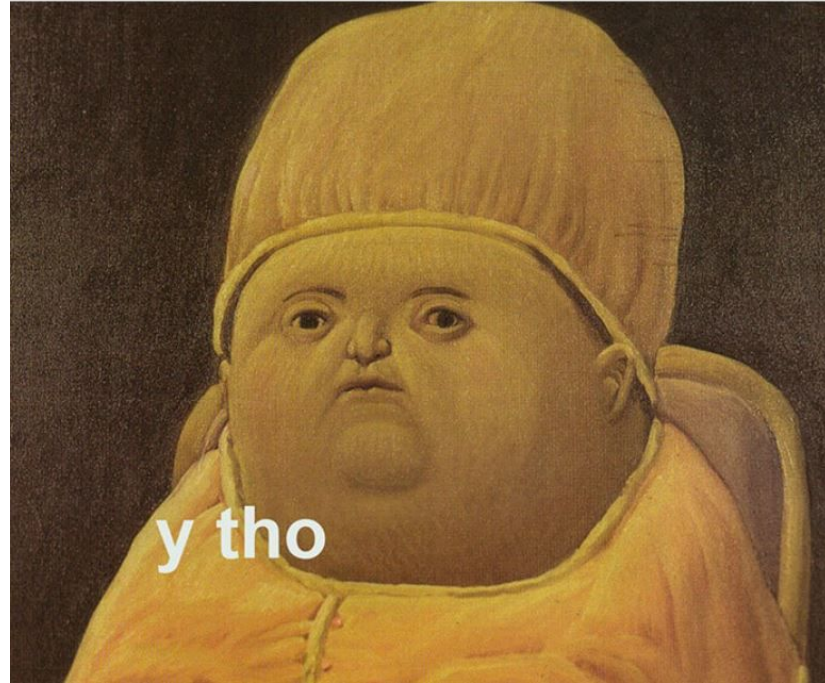
Bc. Andrea Ficková

Angie

Do you take care of what you eat?
Are your eating habits good?



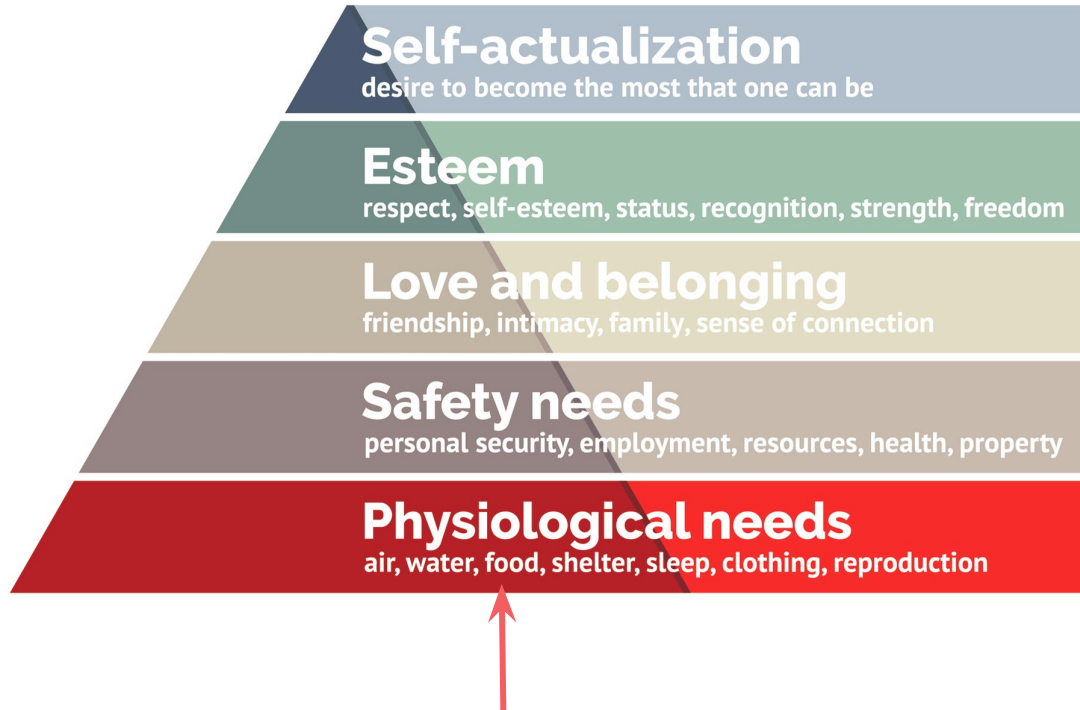
When you've been dieting for 3 hours
but you're still not skinny



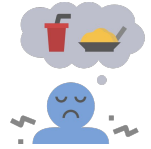
What was my „suffering”?



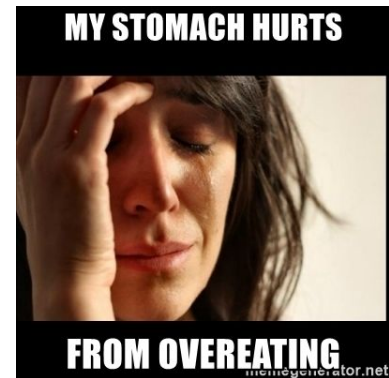
Maslow's hierarchy of needs



What's the outcome of bad eating habits?



- **lack of energy**
 - work not done
 - uneficient work
 - feel of endless tiredness
- **slowed down metabolism**
- **weight problem (overweight/unwanted weight lose)**
 - lack of self-confidence
 - movement problem
- **possible overeating**
 - unbalanced **macronutrients** (carbs, protein, fat, fiber) in a meal can make us feel hungry
- **lack of micronutrients (vitamins, minerals)**
- **variety of health problems**
 - digestive problems, cholesterol, acne, skin problems, infertility (women), irregular period (women), etc...

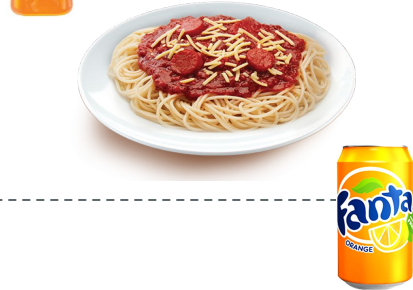


Is this correct?

Breakfast



Lunch



Dinner



NOTHING

What about this? Is it correct?

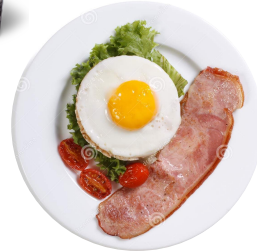
Breakfast



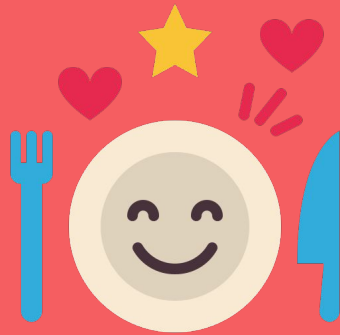
Lunch



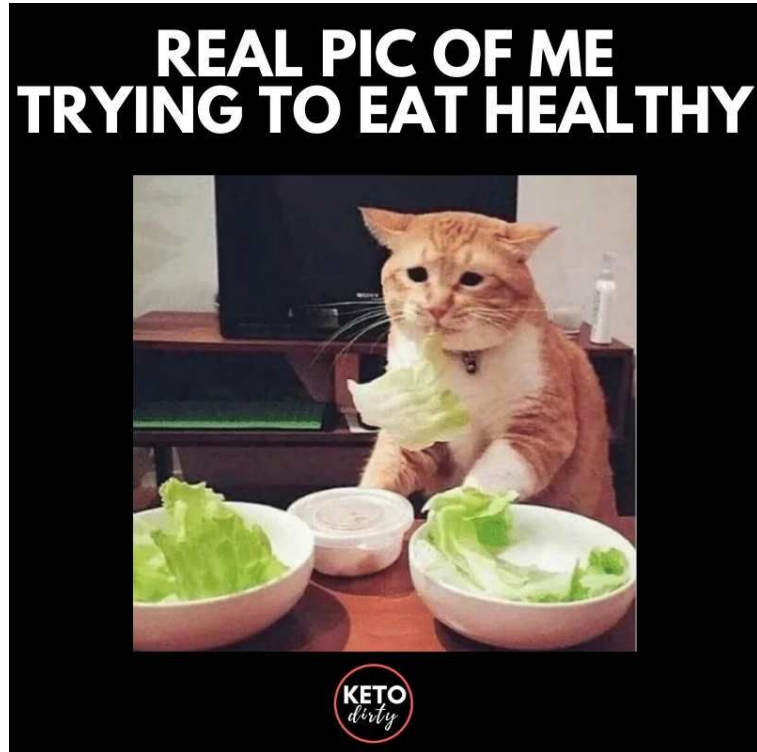
Dinner



How to make a proper eating habit?



Not like this ...



How to start?

Breakfast



Lunch



Dinner



How to start?

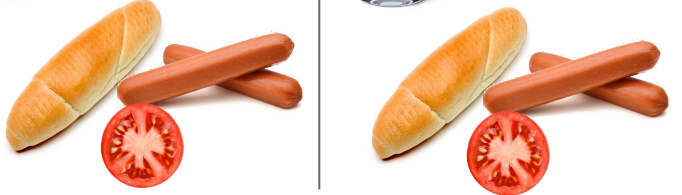
Breakfast



Lunch



Dinner



How to start?

Breakfast



Lunch

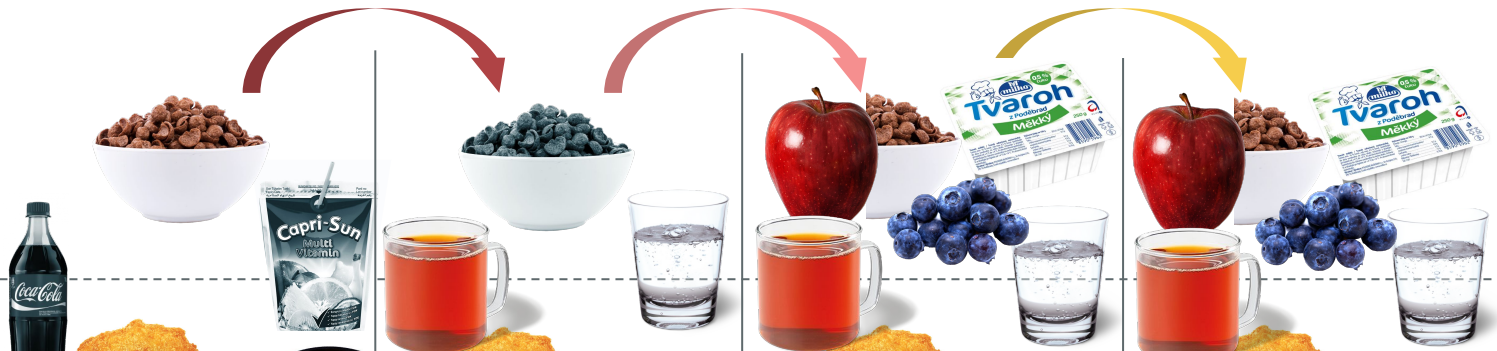


Dinner



How to start?

Breakfast



Lunch



Dinner

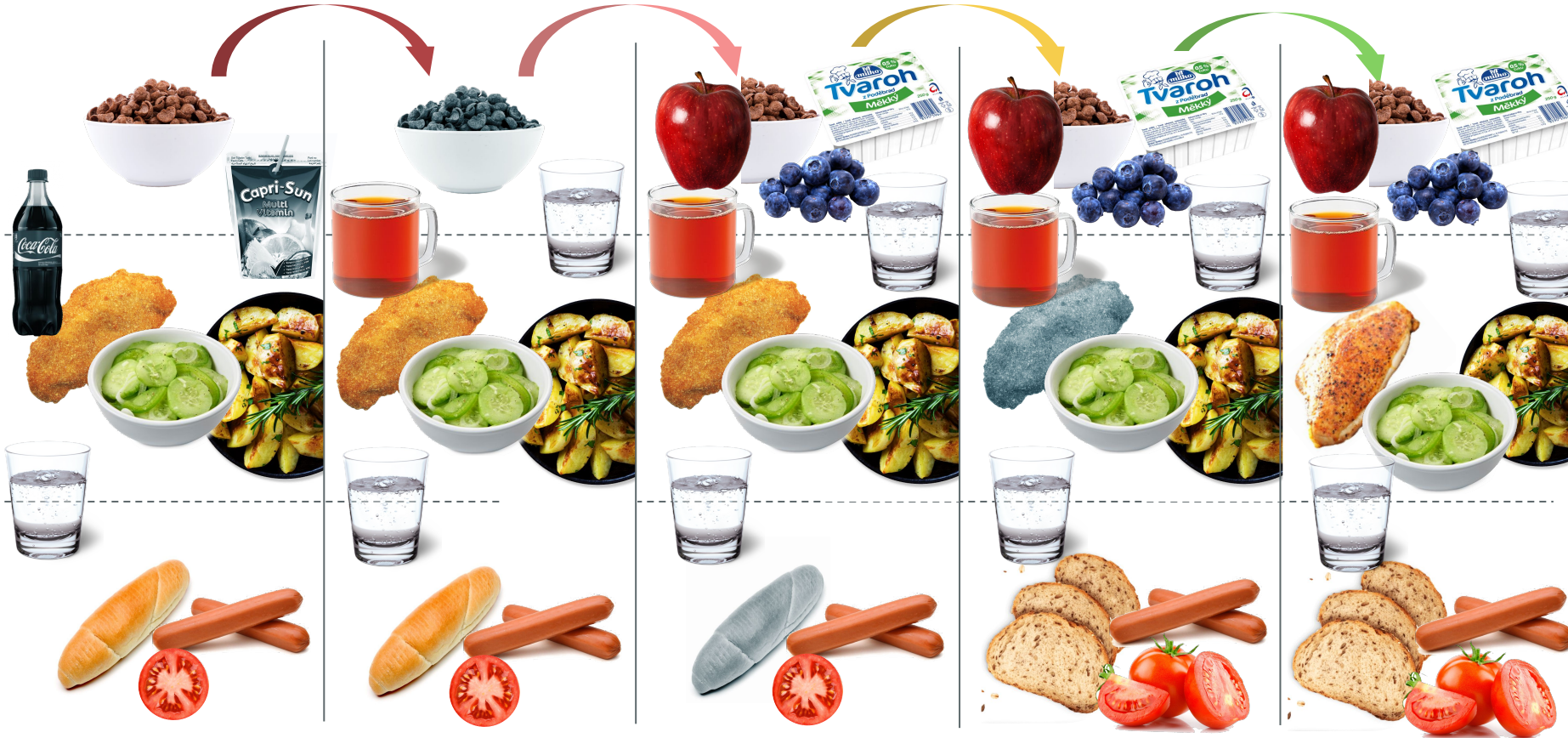


How to start?

Breakfast

Lunch

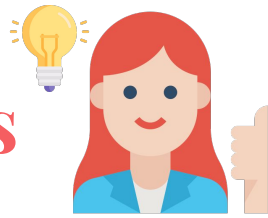
Dinner



The result



My advices



- **it's not all or nothing**
 - don't be 100% - it's not possible
 - keep 80%/20% balance
- **look up for quick and easy recipes** if you are busy or unexperienced
- **take care of food amount**
 - know your **basal metabolism**, use calorie tables
- **be careful about carbs and fats**
 - don't avoid them!
- **avoid diets**
 - keto diet, intermittent fasting, seafood diet...
- **be patient and don't look up for shortcuts**
 - no magical pills, drinks, collagen, detox (tea, drinks), bla bla...

- don't believe in myths
- healthy \neq low calorie (e.g. whole grain flour)

Gold rule:

**What you don't have at home,
you won't eat!**

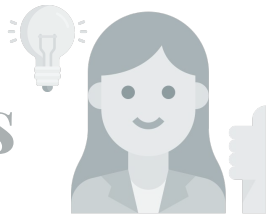


Babe go easy on the complex carbs

Me:



My advices



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- don't believe in myths
- low calorie (e.g. whole grain flour)
- Gold rule:**
● you don't have at home,
you won't eat!

Don't start everything at once.
Take one step at a time!



Babe go easy on the complex carbs

Me:



How it could be?

Breakfast



Lunch



Dinner



* fit pizza

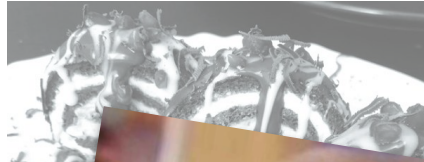


* not fit at all homemade burger

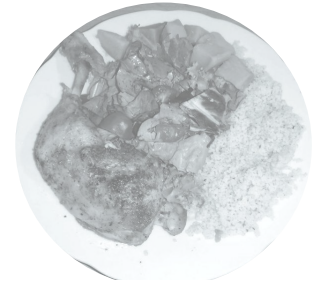


How it could be?

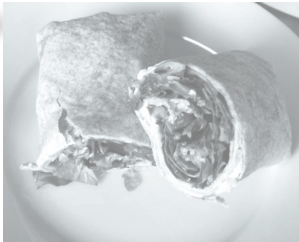
Breakfast



Lunch



Dinner

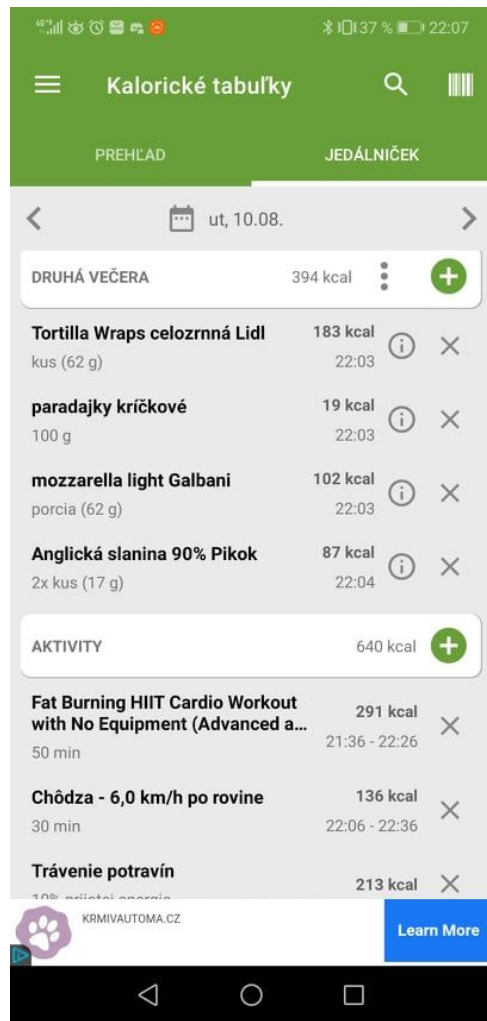


* fit pizza



* not fit at all homemade burger





With 80/20 habit don't worry about this

When you cut sugar and carbs from your diet



When you're on a diet, but your bff isn't



More of „What I eat” and inspiration



More of „What I eat” and inspiration



Do you know any **myths** about food?



Myths



- **sugar and fat is bad – avoid**
 - avoid fruits
- **avoid bread**
- **don't eat after 18:00**
- **water with lemon helps your metabolism**
- **eat every 3 hours regularly**



Do you have some of those excuses?



1. I have **no time to prepare food**
2. I'm **not home** most of the day
3. I **can't cook** or I have no ideas
4. Healthy food is **boring**
5. It's **genetics**

1. You can procrastinate 30 min in front of facebook, so **you can cook for 30 min**
2. **Prepare food** in a mealbox day before
3. In 2021 we have google and **billions of recipes**
4. You saw it's not
- 5.



Keep in mind!



Carbs



Protein

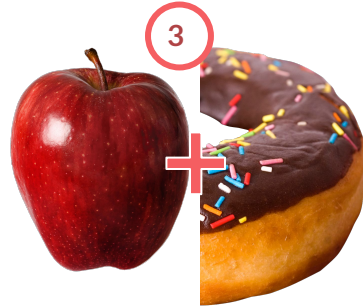


Fiber



Fat

What about snacks?



Thank you for your attention!



To get healthy body you have to eat, not to starve!

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