HEALTHY EATING RULES IN A NUTSHELL

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## HEALTH

It should be our most significant goal. The only way I know to achieve it is through a healthy lifestyle.

Everyday I try to encourage you to do just that. This time I came up with a mini cheat sheet so that you can find all the most important rules in one place. These rules are universal, but we should also remember that we differ in terms of habits, sex, height, body weight, temperament, and genes.

That's why we have to watch our bodies and what we feel. Listen to the signals our body sends us when it tries to protect itself from harmful foods or activity which for some reason could be unfavorable. We should react each time we see symptoms of mental or physical exhaustion. But most of all, we should broaden our knowledge and stick to our resolutions.

Anna Lewandowska

## EAT REGULAR MEALS AND BEGIN EACH DAY WITH BREAKFAST

The old proverb says "Eat breakfast like a king, lunch like a prince, and dinner like a pauper." But we usually do exactly the opposite. We give up on our breakfast and then our dinner becomes the most stodgy and calorific meal in a day. Breakfast should be the most important. It is recommended to have it within one hour of waking up. Studies carried out so far have confirmed that people who eat breakfast have a significantly lower body weight than people who skip the first meal.

You should also remember to eat the other meals at regular times. Have 5 meals a day, including 3 main meals (breakfast, lunch, dinner) and two smaller snacks, one between breakfast and lunch, and the second one at teatime. Have meals approximately every 3 hours. Don't snack between meals. Have dinner no later than 2-3 hours before bedtime.

You can find some healthy and yummy breakfast ideas on my blog.

## CHOOSE A VARIETY OF FOODS

Choose products from different groups. Make sure that your daily menu includes vegetables, fruits, cereal products, protein sources (dairy, meat, fish, eggs) and healthy vegetable fats. Remember that the more colorful your plate is, the lower the risk of potential food deficiencies.



## CHOOSE MAINLY WHOLE GRAINS

When choosing cereal products, opt for whole grains (e.g. granary bread, coarse cereals, like buckwheat, brown rice, wholemeal pasta). Remember about the proper supply of fiber which will improve the work of your intestines and will help you fight constipation. It is just as important to have products with low glycemic index (<55) as it will help you prevent sudden blood glucose fluctuations after a meal.

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## CONSIDER CUTTING OUT GLUTEN

Allergies and food intolerances are more and more common nowadays and gluten intolerance is one of the most popular ones. If you suffer from various types of gastrointestinal complaints (e.g. gas, bloating, stomach ache, diarrhea), make sure that it is not caused by gluten. If it turns out to be the case, exclude wheat, rye and barley from your diet, and only eat certified gluten-free oats. Instead of these cereals, choose buckwheat or millet, amaranth, quinoa and rice. I guarantee that you will easily find healthy replacements for gluten cereals and your diet will become varied and colorful.

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THY EATING RULES IN A NUTSHELL

## EAT VEGETABLES AND FRESH FRUIT

Try to have more vegetables than fruit in your diet. Remember that color largely determines their nutritional value so choose wisely. Green vegetables and fruits such as lettuce, spinach, kale, cabbage, broccoli, and Brussels sprouts are a good source of iron and folic acid, orange ones (e.g. carrots and apricots) contain a lot of beta-carotene, and yellow (e.g. lemon) means this fruit or vegetable is a good source of vitamin C. Opt for local and seasonal produce. You should especially eat them raw. Also, choose frozen foods in winter. When it comes to fruits, I especially recommend berries. They contain a lot of vitamins and antioxidants. You can prepare delicious salads, smoothies, or sorbets that perfectly replace ice cream from the store.

## LIMIT YOUR DAIRY INTAKE

When it comes to dairy products, it is a good idea to watch carefully how your body responds after their consumption due to their possible allergenic properties. If you notice disturbing symptoms after consuming cow's milk, consider eliminating it from your diet. Instead, introduce vegetable drinks (e.g. rice, almond, coconut) into your menu. Remember to supplement calcium. Apart from dairy products, good sources of this mineral are green leafy vegetables, various kinds of seeds (e.g. poppy seeds, chia seeds, sesame seeds), legumes, and almonds.



## EAT WHOLESOME PROTEIN

Wholesome proteins include those of animal origin, such as eggs, milk and its products, meat, fish, and poultry. Less valuable proteins are plant-based and can also be found in some cereals, such as quinoa or amaranth. They contain fewer exogenous amino acids, so these must be supplemented in your daily diet. When it comes to plant proteins, legume proteins (mainly from soy) have a high nutritional value. In the context of proper nutrition, I recommend fish, legumes and white meat as the main sources of protein.

## INCLUDE SEA FISH IN YOUR DIET

Have fish about 2-3 times a week. Choose especially oily sea fish such as herring, salmon, halibut, and mackerel. They are a good source of polyunsaturated fatty acids from the omega-3 family. These fats are necessary for the proper functioning of our brain. They also support our immune system.



## CHOOSE HEALTHY FATS

Introduce healthy fats such as clarified butter and vegetable oils (coconut oil, rapeseed oil, linseed oil and olive oil) into your cooking. Clarified butter has a high smoking temperature, making it ideal for preparing fried dishes. It is also worth using coconut oil for heat treatments it is more stable than other vegetable oils. The advantage of coconut oil over other saturated fats is the lack of cholesterol, which is found in all animal fats. I recommend using other vegetable oils in their raw form.

## OPT FOR HEALTHY SNACKS

If you love savory snacks, replace chips from the store with homemade ones, e.g. from beetroot, celery and carrots. If you like to crunch, you will also like nuts. They are a good source of magnesium, which helps in the fight against excessive psychophysical stress. They also contain large amounts of vitamin E and selenium, which is why they have strong antioxidant properties. Daily consumption of one serving of nuts will positively affect your well-being.



## LIMIT THE CONSUMPTION OF HIGHLY PROCESSED PRODUCTS

Cut out highly processed foods and junk food from your diet. Remember that these products are only a source of empty calories, which means that they provide a large amount of energy, and are low in vitamins and minerals. In addition, they are often a source of simple sugars, saturated fatty acids, trans fats and salt. Their consumption not only increases the risk of developing obesity, but also increases the likelihood of its complications, such as cardiovascular disease, cancer, and type 2 diabetes.

## CHOOSE HEALTHY SWEETS. EAT THEM IN MODERATION

I think most of us have a sweet tooth, but keep your head up because I have some good news! You don't have to eliminate them completely from your diet if you choose homemade goodies. On my blog you will find a number of solutions and interesting recipes. Thanks to them you can enjoy your dessert with no remorse. You no longer have to deny yourself a cake, but instead choose homemade baking without sugar from the store shelf. You can sweeten things up with natural honey, as well as erythritol, coconut sugar, stevia and xylitol (note: excessive amounts of xylitol can lead to stomach problems). These last two sweeteners are a good alternative not only for diabetics. Stevia, which is much sweeter than xylitol, is especially recommended as it contains a negligible amount of calories and its glycemic index amounts to zero. If you are looking for recipes for healthy <u>sweets</u>, I encourage you to check the ones on my blog.



Drink about 2-2.5 liters of fluids daily. Still water low in sodium works best. Tea, especially herbal, green or white, is a good source of fluids, too. But you should give up consuming sweet carbonated drinks.



## CHOOSE PROPER CULINARY TECHNIQUES

In healthy eating choosing the right products is not enough, it's also important to select the right culinary techniques. Steam cooking is particularly recommended because it is associated with the smallest vitamin loss. In addition, it does not increase the calorie content of dishes as much as frying. You should also cook in water or under pressure and bake in an ovenproof dish. Avoid traditional frying and braising. If you have already decided to fry something, choose fatfree frying in a ceramic pan or use fats that are fit for this purpose.

## BE CAREFUL WITH SALT. CHOOSE NATURAL SPICES INSTEAD

You should also cut down on salt, which disturbs your body's water and electrolyte balance and can lead to the development of hypertension. Instead, use aromatic herbs, e.g. thyme, lovage, tarragon, oregano, paprika, pepper, marjoram, rosemary, and others. If you don't want to give up on salt, choose sea salt or Himalayan salt instead of table salt. Sea salt is considered more nutritious and healthier than table salt. Unfortunately, this type of salt may contain traces of impurities and heavy metals. Himalayan salt, on the other hand, contains many valuable minerals that are not found in table salt and it is free of impurities that may occur in sea salt.

## REMEMBER ABOUT REGULAR PHYSICAL ACTIVITY

In addition to diet, physical activity is also an important part of a healthy lifestyle. Adjust the level of activity to your needs and possibilities as well as your present form. Gradually, try to extend its duration. Remember that regular activity is the most effective (preferably every day, at least 3 days a week), and it should last at least 30 minutes. Choose mainly aerobic exercise. Try to stay outside as much as possible and in addition to improving your form, you'll also notice an improvement in well-being. If you don't know what exercises to do, you can check my "Outdoor Cardio" training plan in my app <u>Diet & Training by Ann</u>.

If you want to stay healthy and feel good, then the first thing you should do is take care of your diet and introduce physical activity into your daily routine. Remember, however, that diet and training can't be just a temporary fad but should become tools to help you make a change for life.





# BREAKFAST SCRAMBLED EGGS WITH TOFU

#### **398** kcal

#### **INGREDIENTS:**

- coconut oil ½ teaspoon (7,5 g)
- tofu 2 plastry (50 g)
- sea salt a pinch
- black pepper a pinch
- eggs 2 (120 g)
- cherry tomatoes 4 (80 g)
- chives 1 tablespoon (5 g)

- 1. Heat oil in a frying pan.
- 2. Dice tofu, sprinkle with salt and pepper, and fry for about 1-2 minutes on each side.
- 3. Crack the eggs into the pan and slightly stir.
- 4. Wash and halve the tomatoes.
- 5. When eggs start to set, add the tomatoes and chopped chives and fry for a short while.

# MORNING SNACK

### CHOCOLATE AND BANANA SMOOTHIE



#### **INGREDIENTS:**

- banana ¾ (150 g)
- cocoa 1 teaspoon (5 g)
- almond milk <sup>3</sup>/<sub>4</sub> of a cup (180 ml)
- water ¼ of a cup (60 ml)
- turmeric a pinch
- cinnamon a pinch
- honey ½ teaspoon (6 g)

#### **PREPARATION:**

1. Blend all the ingredients.

# **LUNCH** FISH IN TOMATO SAUCE WITH OLIVES



#### **INGREDIENTS:**

- jasmine rice <sup>2</sup>/<sub>3</sub> of a cup (63 g)
- onion ½ (50 g)
- garlic 1 clove (5 g)
- coconut oil ½ teaspoon (7,5 g)
- fresh cod (skinned fillet) 150 g
- chopped tomatoes in tomato juice <sup>2</sup>/<sub>3</sub> of a cup (160 g)
- pitted black olives 8 (20 g)
- fresh basil a few leaves
- dried estragon a pinch
- dried thyme a pinch
- sea salt a pinch
- black pepper a pinch

- 1. Rinse rice 1-2 times in cold running water before cooking.
- 2. Cook following the recipe on the packaging.
- 3. Finely chop the onion and the garlic clove.
- 4. Heat the oil in a pan and fry the onion with the garlic.
- 5. Add in the fish, tomatoes, sliced olives, herbs, and spices.
- 6. Simmer with the lid on for about 15-20 minutes.
- 7. Serve the fish with rice.

# AFTERNOON SNACK

## GREEN BEANS WITH SESAME AND CHILLI



#### **INGREDIENTS:**

- green beans 2,5 handfuls (200 g)
- clarified butter <sup>2</sup>/<sub>3</sub> of a teaspoon (5 g)
- chilli powder a pinch
- soy sauce 1 tablespoon (10 ml)
- sesame seeds- <sup>3</sup>/<sub>4</sub> of a tablespooni (7,5 g)

- 1. Cook the green beans al dente in water with salt.
- 2. Heat the butter in a pan.
- 3. Put the beans and chilli into the pan.
- 4. Simmer for a while over medium heat.
- 5. At the end add the soy sauce and stir.
- 6. Transfer onto a plate and sprinkle with sesame seeds.

# DINNER CREAM OF CAULIFLOWER AND CARROT SOUP



#### **INGREDIENTS:**

- onion ¼ (27,5 g)
- garlic 2 cloves (10 g)
- fresh ginger ½ of a slice (5 g)
- cauliflower 200 g
- carrot 2 (90 g)
- clarified butter 1 teaspoon (7,5 g)
- water 1 cup (240 ml)
- coconut milk 2 tablespoons (20 ml)
- sea salt a pinch
- black pepper a pinch
- curry a pinch
- turmeric a pinch

- 1. Finely chop the onion and the garlic, grate the ginger and fry all these ingredients on a pan.
- 2. Cook the cauliflower and the carrot until tender..
- 3. Blend all the ingredients until smooth and bring to a boil. Add water depending on how thick you would like the soup to be.



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