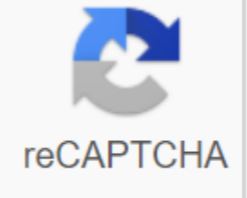




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Alimentation saine pdf

Everyone, in his opinion, on this issue: for him, a healthy diet is organic food. For her, a healthy diet means eating without fat. For him, of course, he eats sugar-free, for others, obviously it's gluten-free, and for that it's exceptionally vegan. For a neighbor it consists of banning industrial products and creating all household products, for a neighbor it will eat everything and variety. I'm sure you have many examples and opinions on how to eat healthy. And it's okay to have a different opinion, because the science of nutrition is very young. We are now aware that the food recommendations that have been given to us, and that we are still doing most of the time, may not be as valid. I've read almost everything that goes on this subject and it doesn't matter if it fits my path or not. I'm checking and making it. I can tell you that we find absolutely everything and the opposite. So how to eat healthy with such conflicting information? It's hard to navigate between the recommendations you hear everywhere Avoid eating too fat, too sweet, too salty! or 5 fruits and vegetables a day or eat 3 dairy products a day. We need to understand the agri-food lobby and scientific research in all directions that say everything and vice versa. How to eat healthy food? 4 things to know, what are the consensuses around healthy eating? You will see there are very few points on which everyone agrees. Finally, when I say everything, I mean the scientists and nutritionists who are working on this topic. We're going to get around something that's almost everywhere. I speak almost because there are always exceptions to the rule, as in our grammar! Food is healthy, the whole story! Eating healthy, eating vegetables and fruits Vegetables is the basis on which everyone agrees. And if the classification is to be done we will prefer mostly green leafy vegetables, then cruciferous vegetables (cauliflower, broccoli ...). And finally, vegetables rich in carbohydrates (sweet potatoes, potimarron, carrots ...) last. But in general vegetables all agree. Potatoes are an exception because they are high in carbohydrates with a high glycemic index. Depending on how he cooks, it can really vary your blood sugar. How to eat healthy food? The importance of leafy fruit vegetables is also quite popular, except for strict sugar-free followers. Priorities include berries (raspberry, blueberry, strawberries...), then unsweetened fruit (green apple, lemon), after all medium sweet fruits (pears, peaches...), then come fruits very rich in sugar (banana, mango ...) and the last of the rating of dried fruits (dates, figs ...). I'm talking about whole fruits with their fibers because fruit juices are sugar bombs. Fruits are definitely high in sugar, but consumed whole and raw they provide the micro-nutrients (vitamins, antioxidants) needed for our consumption. On the other hand, when there is a fruit debate. We often hear not at the end of the meal because it is digested faster than the rest of the food. Thus, it will ferment and prevent proper digestion. But it does not seem to have a real scientific basis on which this theory is based. If you know what this theory is based on, please comment on it. Plants are at the top of healthy food on which to base most of our diet. If there is one thing to change to have a healthy diet it would be: add vegetables and fruits (especially vegetables that you will understand). Trying to put it into all your meals will leave less room for other foods considered less healthy. To be healthy to eat less La also all agree we eat too much. So we have a choice, have smaller proportions, finish the meal still a little hungry. Or practice intermittent fasting or watering for a few days from time to time. Not so long ago, the post was ridiculed in the media. The restriction is shown as the practice of sectarian fanatics. Today everyone has heard about it, and it has even become a healthy practice and even additional practice in sports. Especially intermittent post that recommends eating in a certain time range. You may already know the benefits of fasting. Fasting reduces insulin levels in the blood. Insulin is the hormone responsible for weight gain. Besides fasting, we increase the hormones responsible for fat metabolism (glucagon or growth hormone). This allows you to gain muscle mass and in this case that in addition to sports it is very effective. Who can't fast? Young children and pregnant women, people with gallstones. In general, if you have health problems, ask your doctor if it is good for you. And if you want to be escorted in the process, there are more and more centers to fast. To eat healthy to ban industrial products Is also a point that is often found. Eat as few industrial foods as possible and cook out fresh and whole. I received a testimony on this subject, many of you felt better when you pass behind the stoves. How to eat healthy food? I would like to add that you should learn to read labels. If you're already banning all ingredients from the list that you won't use yourself in your kitchen, you'll avoid a lot of junk food. Naturally, sugar is not put in salty dishes, additives or preservatives (except lemon juice). In short, the more the ingredient list looks like a list of ingredients in a normal recipe, the better. Also, when you do everything or almost at home, you eat less dirty things because it takes time to prepare everything. I know it takes time. For my part I have vegetables, fish, fruit raw in the freezer. This allows me to eat healthy and fast food. I also prepare fried vegetables in advance that I freeze. Similarly I cook cookies in advance I freeze the raw dough and are already formed on days when I will have less time. For a healthy diet I avoid trans fats of industrial origin There are many studies that show that fats are not harmful to health, except for trans fatty acids. There are different types of fatty acids: monounsaturated, polyunsaturated, saturated and trans. Natural trans fatty acids are found in some meat and dairy products. But this is not the main source. The main problem is that the main consumption of trans fats comes from industrial products (and even them). These are hydrogenated fats found in cakes, pastries, cookies, breadings, chocolate bars, ready meals... Knowing that the labeling of trans fatty acids is not mandatory, we must remain vigilant. This low-end trans fat I would say is used in the agro-food industry to give flavor and texture to dishes and cakes, as well as for conservation. Trans fats increase blood cholesterol and cardiovascular disease. Trans fat should not be confused with saturated fats. In addition, fat gradually returns to a state of grace. The Swedish Health Assessment Board has compiled 16,000 studies on the subject and stresses that a diet low in saturated fat is not a protective factor for cardiovascular disease. Instead, he advocates a low-carb (rather than low-fat) diet to combat obesity. I think the big trend to come after eating carbohydrates is low carbs as well as a low glycemic index (because like fats we're going to have good carbs and bad ones). But we're not quite there yet, and it's not the general opinion or recommendations that we hear most often. The next food to ban sugar, fat is no longer in disgrace. We're beginning to realize his misconduct, and there's a good chance we'll hear more and more about it. When eating refined sugar and white flour, diabetes, obesity and diseases of civilization are blown up. There is no consensus on this issue yet, but there is a lot of talk about sugar. If you want to read a book on this topic I advise you: These are the carbohydrates that threaten our brains are Dr. David Perlmutter, who is both a neurologist and a nutritionist. So how to eat healthy? I checked a few diets, gluten-free or milk-free, of course, which has done me a lot of good things already. Here I will give you my personal opinion on this and how I see things today. I also tested raw food (otherwise called live-feeding) I think raw food is perfect for resting the body for a while, but not necessarily a panacea in the long run. I don't know anyone who didn't return the cooked on his plate after a while. There are even testimonials from people who after years of vintage started to have health problems. The benefits of care are most likely due to the mass intake of vitamins and minerals. But I think there's a raw part every day very interesting though. How to eat healthy food? I haven't told you yet, but I've been testing a cetogenic diet for 2 months. This very low-carb diet is particularly difficult to follow I found. I'll give you a ticket to this if you're interested. I think you should be accompanied when you get into it. My body was particularly stressed by this change. Gluten-free and milk-free, of course... But when the intestines don't go well perfectly, but I think we can go further because we don't take sugar into account in this. Of course, when there is intolerance eviction regimes are the only way to go well. The vegan diet for me is more based on ethical issues than on health. So I put it apart and it's up to everyone to know what suits them from that point of view. I've been consistently vegetarian and vegan for a while. But I chose the intermediate bender path. I think it's important not to impose your choice, not to judge the neighbor's plates. We're all doing everything we can. Due to the latest research and my trials, diet this is the one that has been most successful for me. In this diet we prefer vegetables, animal meat, herb-fed, wild fish, nuts, fruits, especially berries. Grain, dairy products and sugar are mostly excluded. It also follows the principles that we have seen in terms of consensus. In this mode, the emphasis is also on moving your body. This is not a subject here, but I would like to point out that it is an integral part of the paleo lifestyle. Eating a healthy daily diet like your ancestors is a good practice. Eat just what your ancestors would eat (so neither industrial nor too sweet). We all have different genetics, and our origin necessarily affects what we can digest well or not (e.g. milk). I think it makes sense. The food is seasonal and local given that nature is well done and that what we need in this season nature offers us. I admit that it is not easy to follow according to the resources we have nearby. But we can try to do our best. What if you had to do something? Eat as many vegetables as possible in your food, and leave less room for less healthy food. Eat less overall or try intermittent fasting. Eat less refined sugar, white flour, foods high in carbohydrates with a high glycemic index. Healthy eating in 90% of cases. Yes healthy eating is important for health, but the social side of food is undeniable. 90% of the time if you feel 3 times a day, it gives you 2 to 3 times a week to eat what you want. It is important not to get upset either and keep a good mood (and your friends). It helps to manage the neighborhood, the parties, the birthdays without guilt. How to eat healthy food? Also enjoying yourself Don't judge yourself if you are doing a deviation in your diet, nor others for that matter. There is nothing more painful than fat police, sugar police, anti detox, those who think you're after a fad... I bet you see who I'm talking to, you probably have around you :) And don't forget, the science of nutrition is young and developing very quickly. First of all, we must listen to each other and respect the fact that each other does not come to the same conclusions as you. Glossary Glycemic Index: a criterion for classifying carbohydrate-containing foods based on their effect on blood glucose levels (blood glucose level) within two hours of ingestion. (Wikipedia Source) Trans fatty acids: Trans fatty acids are part of unsaturated fatty acids (hydrogen), including, at least, a double carbon-carbon connection. Unsaturated fatty acids can take two different geometric shapes, called cis or trans, giving them different properties, and different metabolizations. The term trans here does not mean transgenic or converted. 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