



WELCOME  
Dentsu



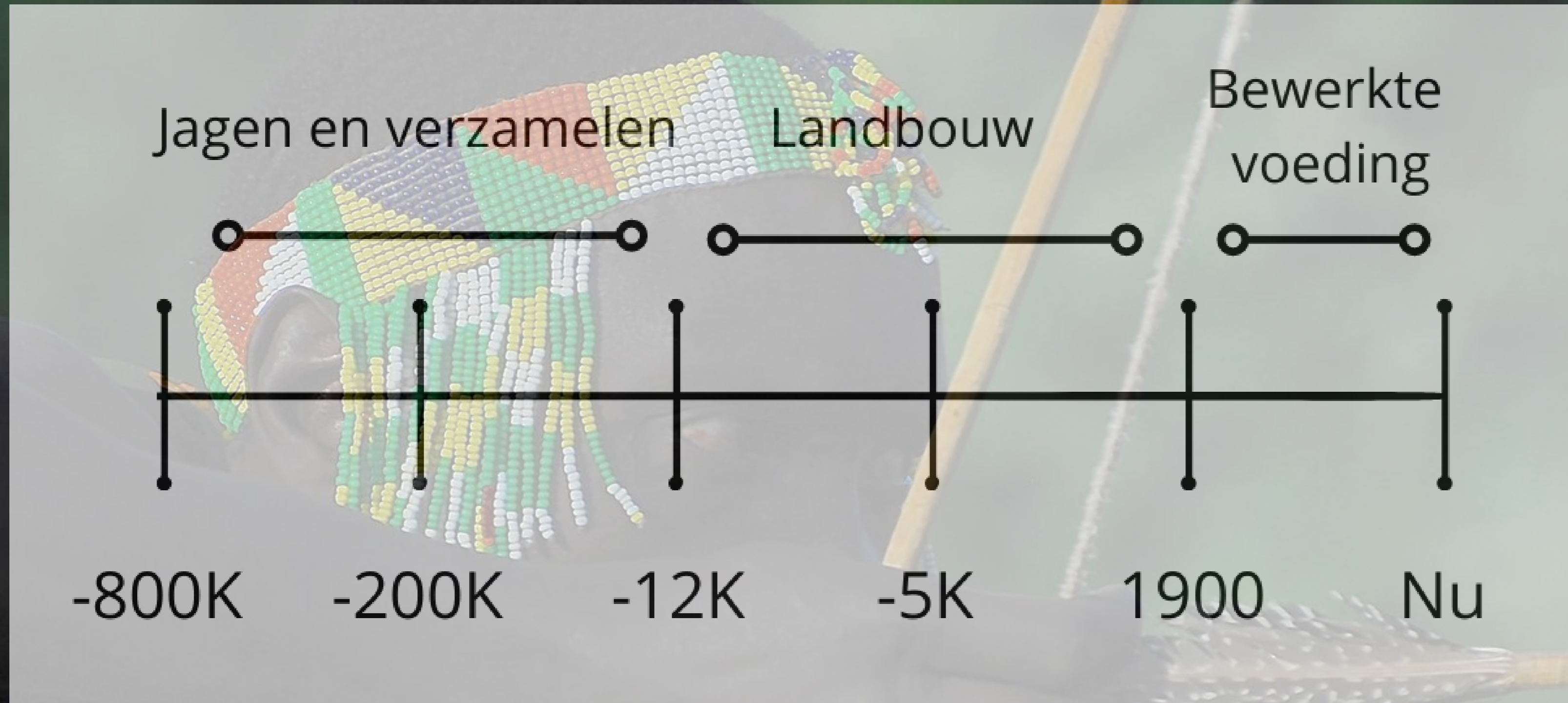
What are we going to do?

- One size fits none
- Why do we eat?
- Digestive system
- Digestive issues / fixes
  - The pyramid
- Basics Macro nutrients
  - Stress on nutrition
    - Challenge

# ONE SIZE FITS NONE

Doubt everything I say

# History



Holistic pov

Mother nature is all we want

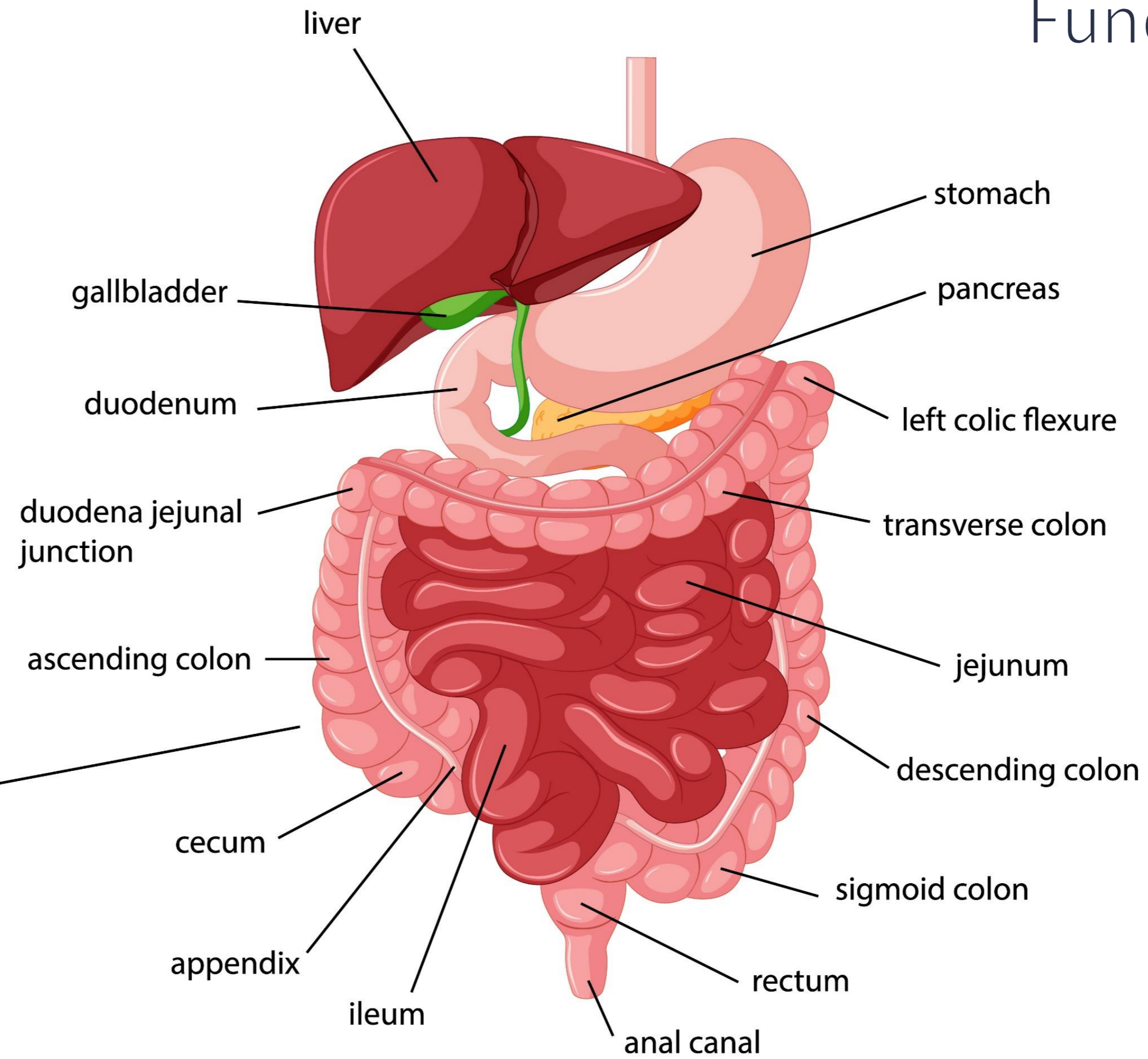
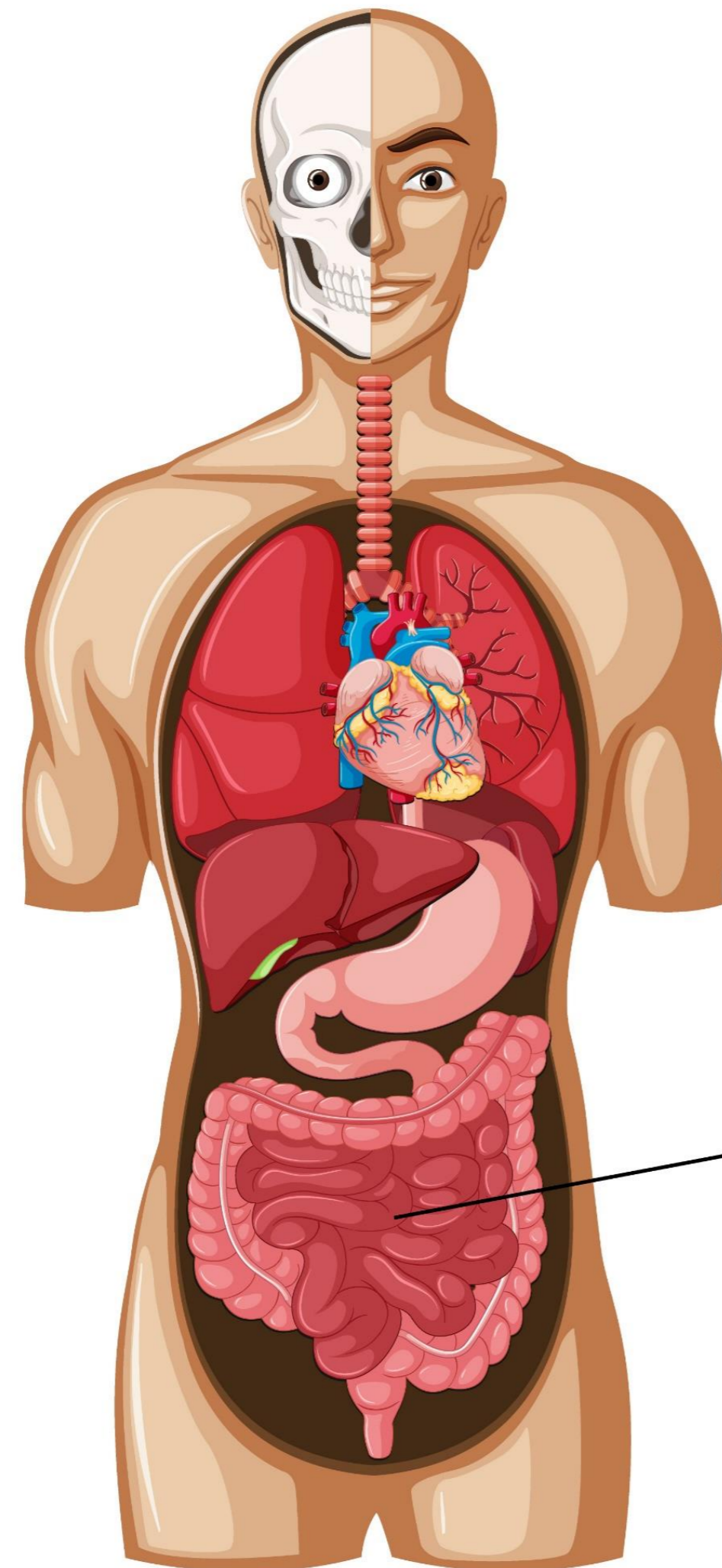
# Why do we eat?

- Physiology
- Social
- Psychology
- Anatomy

Primary need to survive



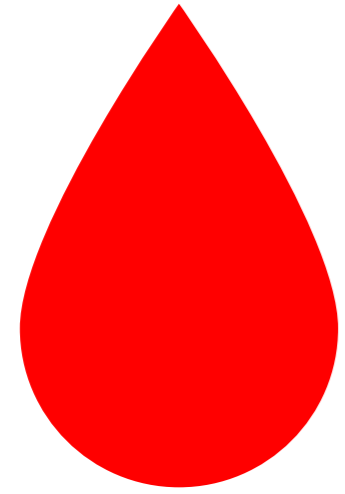
# INTERNAL HUMAN DIGESTIVE SYSTEM



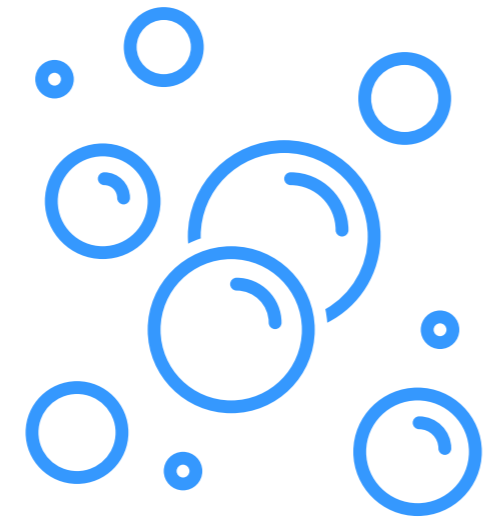
Functions?



# DIGESTIVE ISSUES



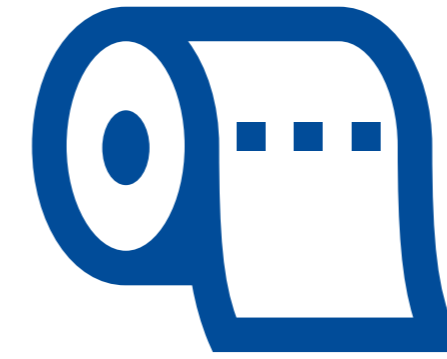
Bleeding



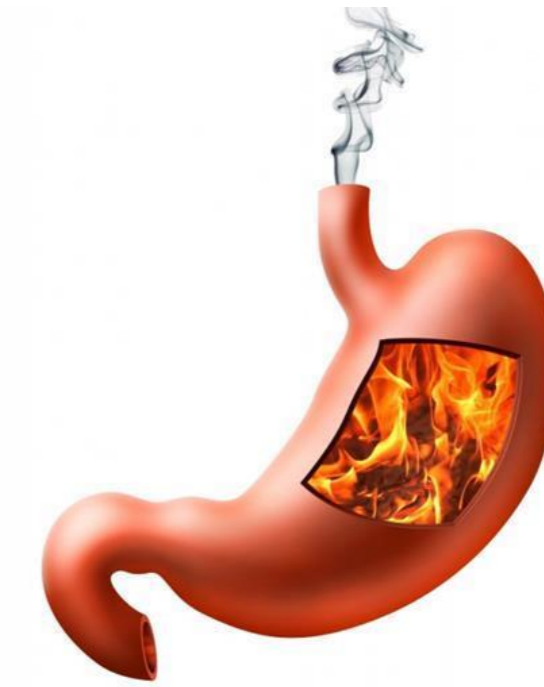
Bloating



Constipation



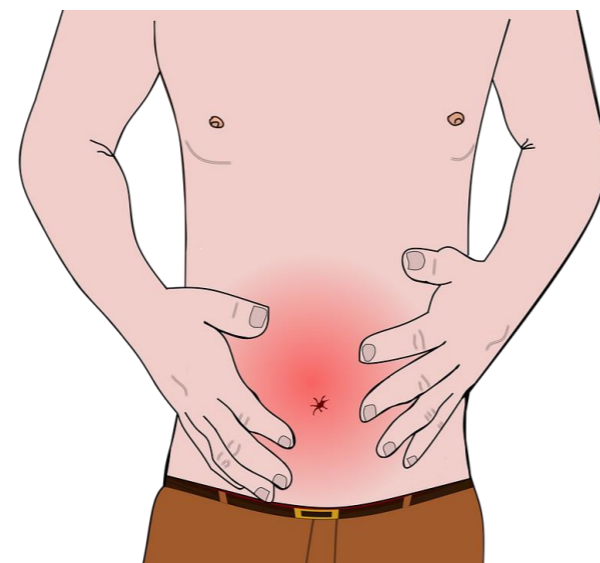
Diarrhea



Heartburn



Nausea



Belly Pain



Swallowing



Weight gain/loss

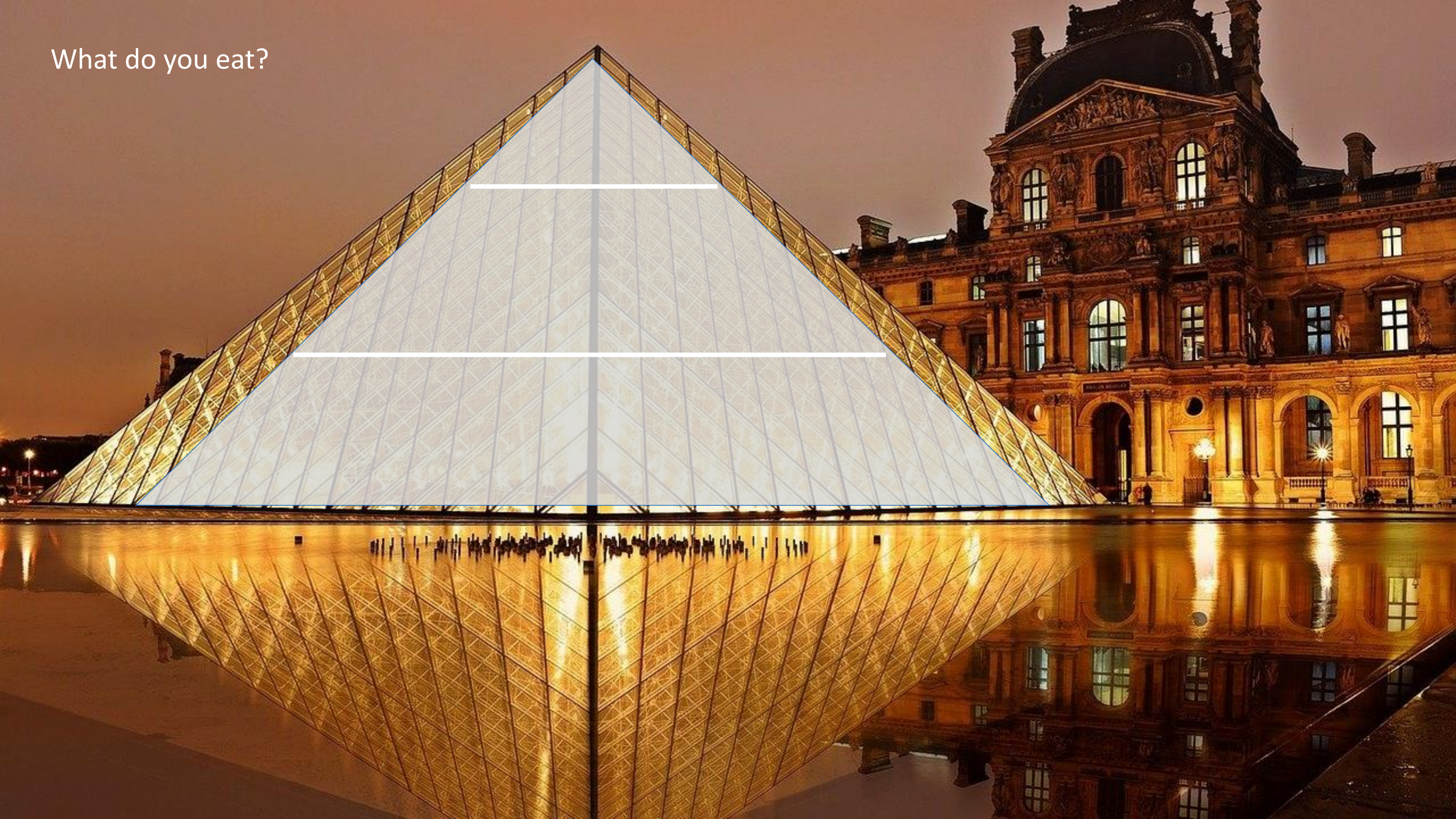


# The Energy System

Input > Output → Gain weight  
Input < Output → Lose weight  
Input = Output → Maintenance



What do you eat?



# *How to support your body? Macro- & Micronutrients*

- *Carbohydrates*
- *Fats*
- *Protein*
- *Vitamin*
- *Minerals*

# *From nutrition to Energy*

- Carbohydrates

- Fats

- Protein → rather not



Used to create  
**energy (ATP)**

# ***Carbohydrates are the enemy***

Fast

Slow

Product	GI
Spinach / Kale	10
Eggplant & tomato	10
Onion and garlic	10
Walnuts	15
Cashew	22
Grapefruit	25
Green beans	30
White beans	30
Carrot	30
Chickpeas	30
Lentils	32
Fat Yoghurt	35
Apple	35

Product	GI
Peas	40
Orange	43
Soy milk	44
Grapes	45
100% whole weat	48
Brown rice	50
Sweet potato	50
Quinoa	53
Kiwi	53
Oats	54
Mango	55
Blueberry	59
Melon	60

Product	GI
Flour	65
White rice	70
Baguette	70
Honey	73
Wheat bread	75
Dates	80
Potato Chips	80
Cornflakes	84
Popcorn	85
Grapejuice	85
Fries	85
White bread	96
(Grape)sugar	100
Dates syrup	103
Maltose (bier)	110

# Glycemic Index

# Fats the enemy?

- Necessary for Vit A, D, E, K
- *To create hormones*
- *Beautiful source of energy*
- *Building block*
- *Basics of every cell & brain*
- *To store*

## Different types of fat



Saturated fat



Unsaturated fat



Mono saturated fat



Polyunsaturated fat

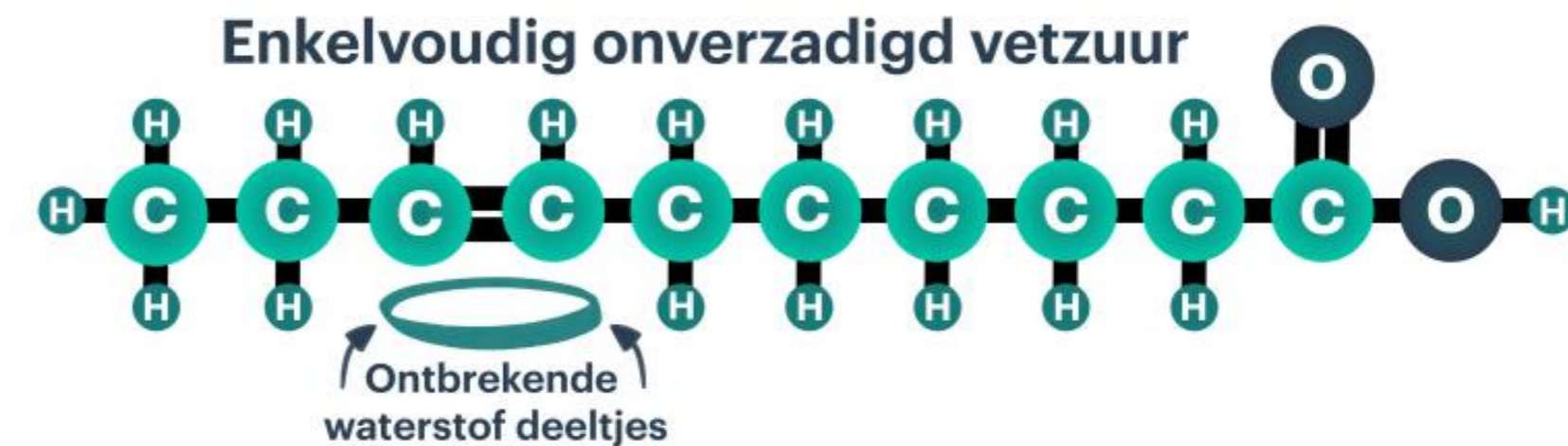
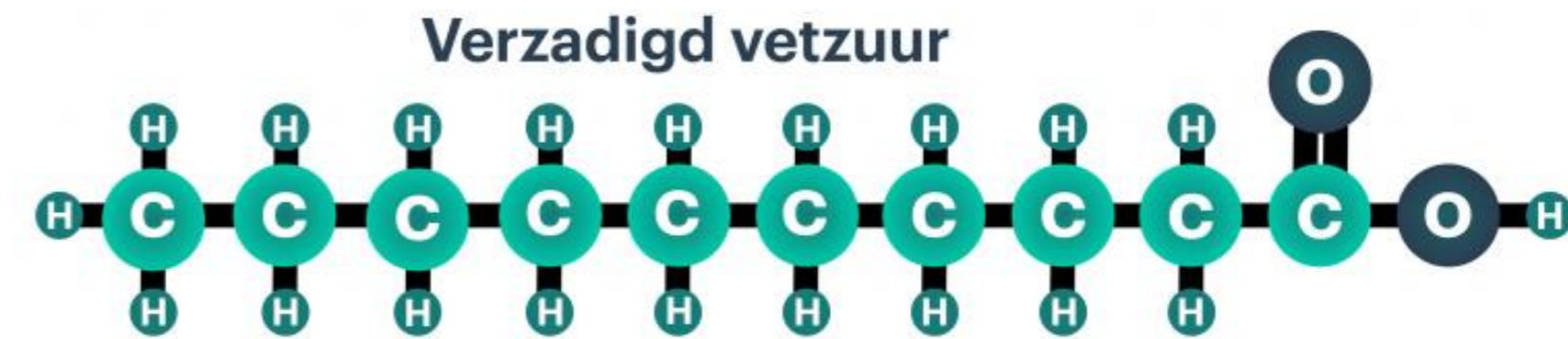


Trans fat

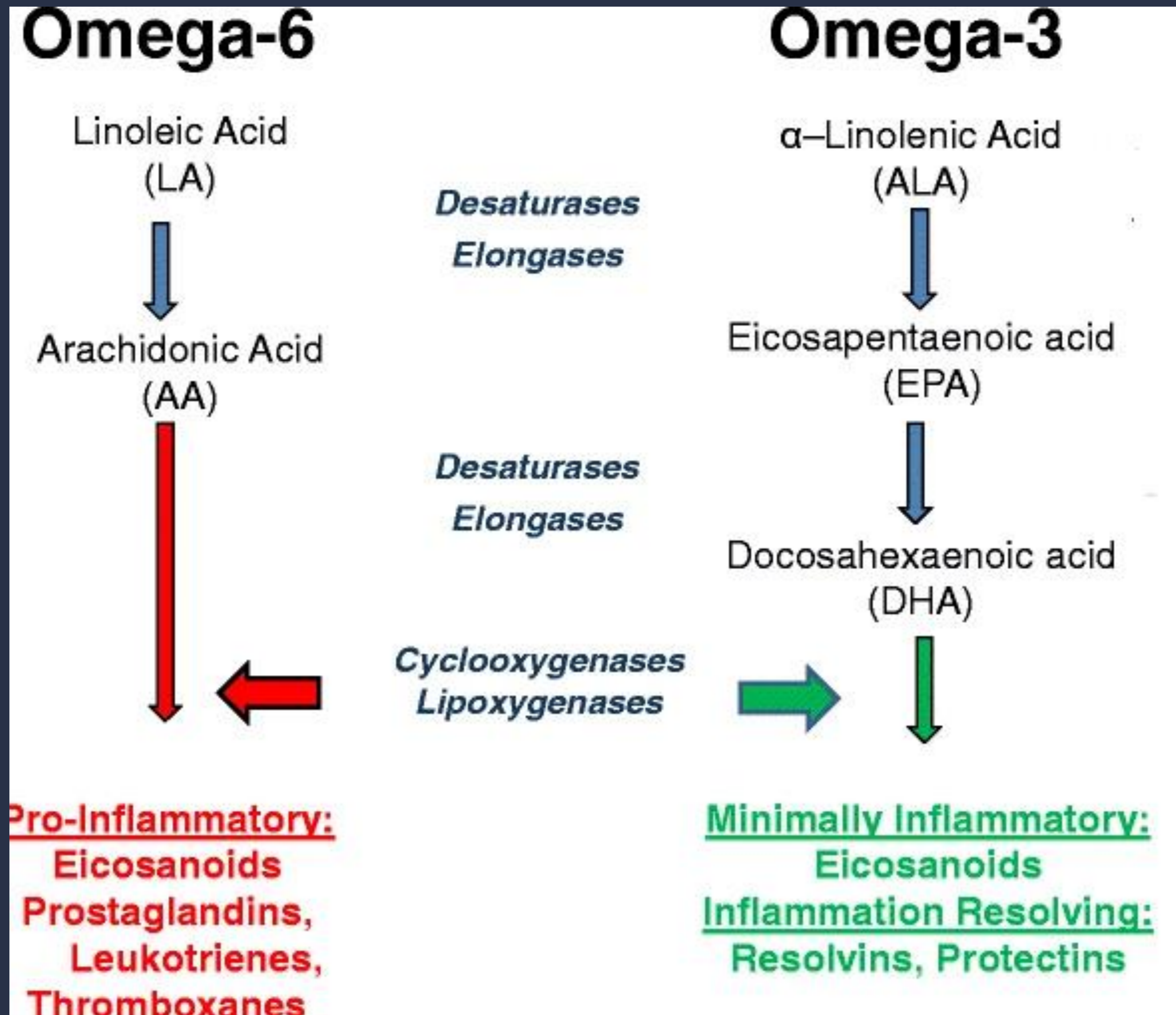
# What is the difference?

- C = Carbon
- H = Water

## Verzadigde en onverzadigde vetzuren



# Poly unsaturated





# (Unsaturated) Fats

The omega's

Omega 3 = Decrease Inflammation

Omega 6 = Increase Inflammation

Omega 3	Omega 6
Flax seed (ALA)	Sunflower oil
Chia seed (ALA)	Baking fats
Salmon	Margarine
Mackerel	Peanut/soy oils
Shellfish	Rice oils
Sardines	Highly processed food

Where to bake in?

Saturated like  
coconut, butter,  
ghee.

# Protein is to build



Protein = multiple building blocks  
One of these building blocks = an amino acid.

# How much do you need?

Not really active: 0.6 – 1 gram of protein per kg bodyweight

An active person: 1 – 1.4 gram of protein per kg bodyweight

Very active sports (bodybuilder): 1.4 – 2 gram of protein per kg bodyweight



## Plantbased (not complete)

Legumes  
Tempeh  
Tofu  
Seitan  
Nuts  
Seeds

## Animal based (complete)

Wild fish  
Shell fish  
Grassfed meat  
Biological Dairy  
Eggs

## What to throw away?

EVERYTHING HIGHLY PROCESSED!



# ~Back to the pyramid

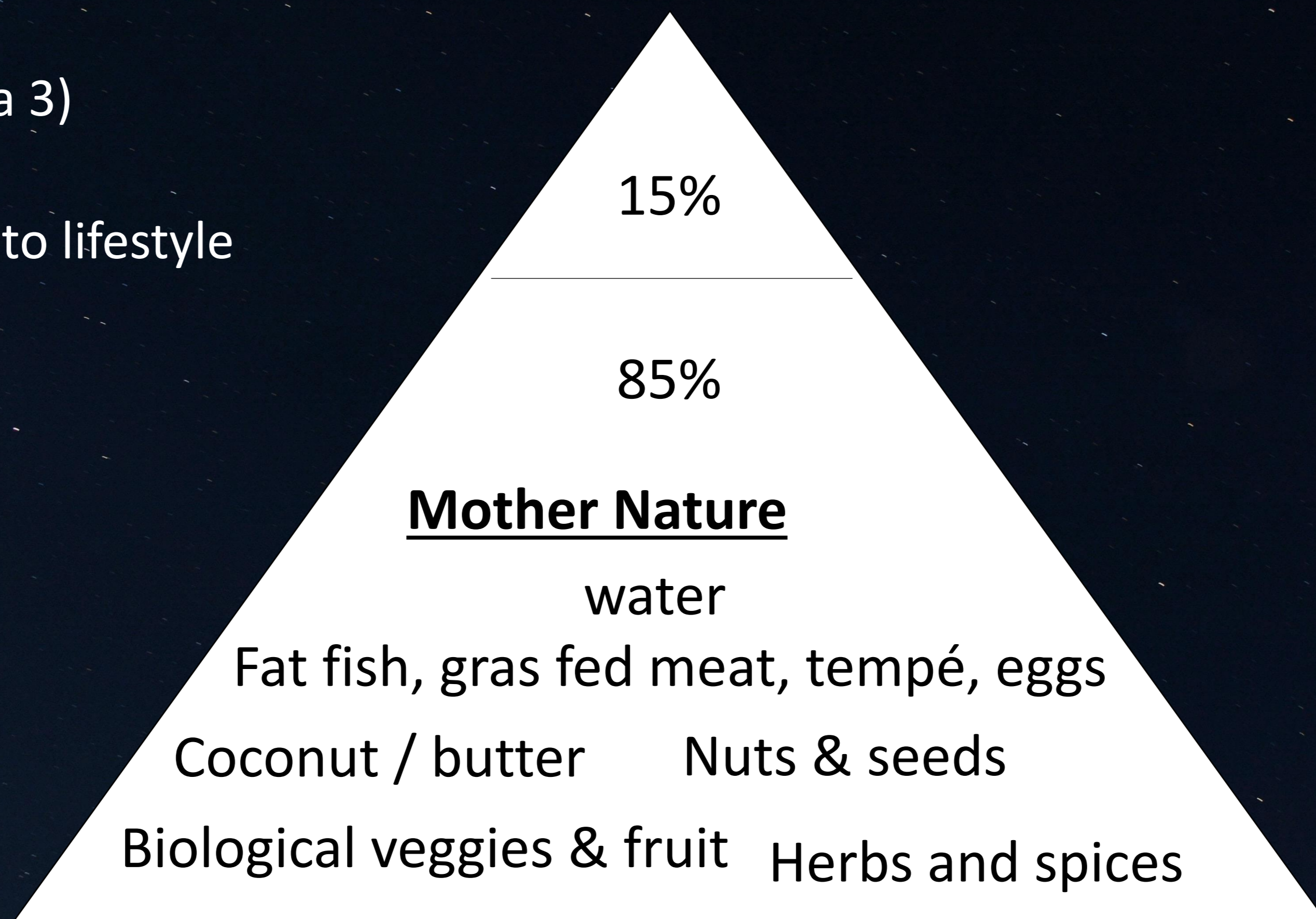
## What do you need?

Slow carbohydrates

Natural fat sources (omega 3)

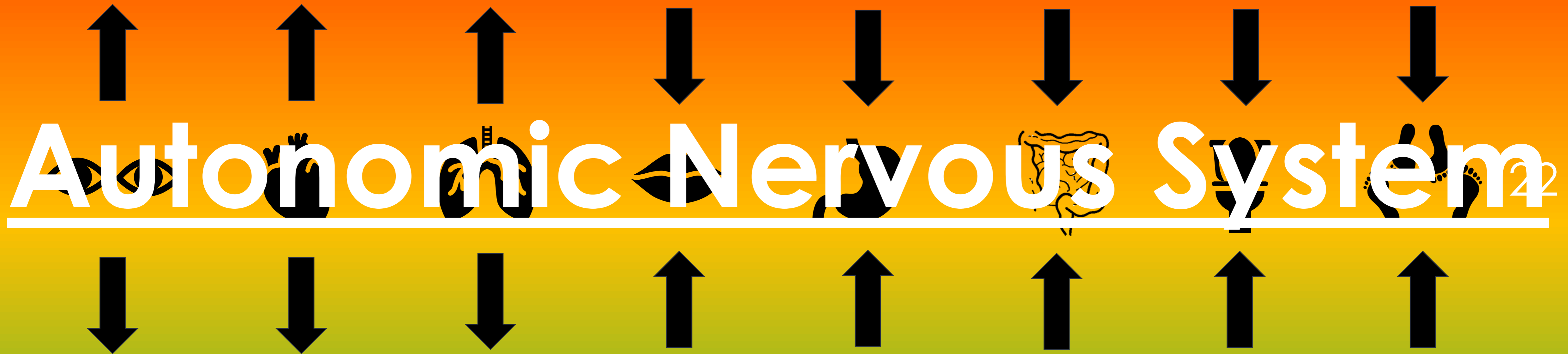
Saturated fats to bake in

Protein of natural sources to lifestyle



Why stress?

Action: Fight, Flight or Freeze / Sympathetic



Relax: Rest & Digest / Parasympathetic

A young child, dressed in a bright blue winter jacket, a grey beanie, and dark boots, is balancing on a wooden stump in a forest. The child's arms are outstretched for balance. The background is a dense forest with many trees, and the ground is covered in dry leaves and pine needles. The overall lighting is dim, suggesting a late afternoon or early morning setting.

CHALLENGE?!

*Dream Big, Start Small, Move Fast*

# How to find us?



@werkatileet / @JoepRovers