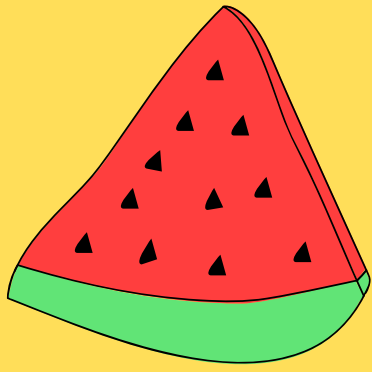


BRISTOL WOODHOUSE PARK  
02/25/20

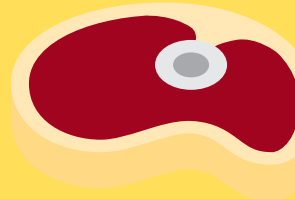


# HEALTHY CHOICE

#INSPIRATION



# MEDITERRANEAN DIET



sweets, red meat

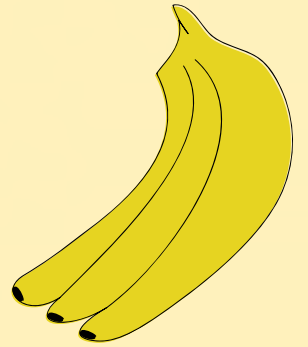


monthly or  
small amounts

dairy, eggs,  
poultry



daily to  
weekly



fish, seafood



a few times  
per week

olive oil



daily  
servings

vegetables,  
fruit



daily  
servings

cereals, beans,  
legumes, nuts,  
seeds



daily  
servings



# Healthy fats

The Mediterranean diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean

## Plant based, not meat based

The main components of Mediterranean diet include:

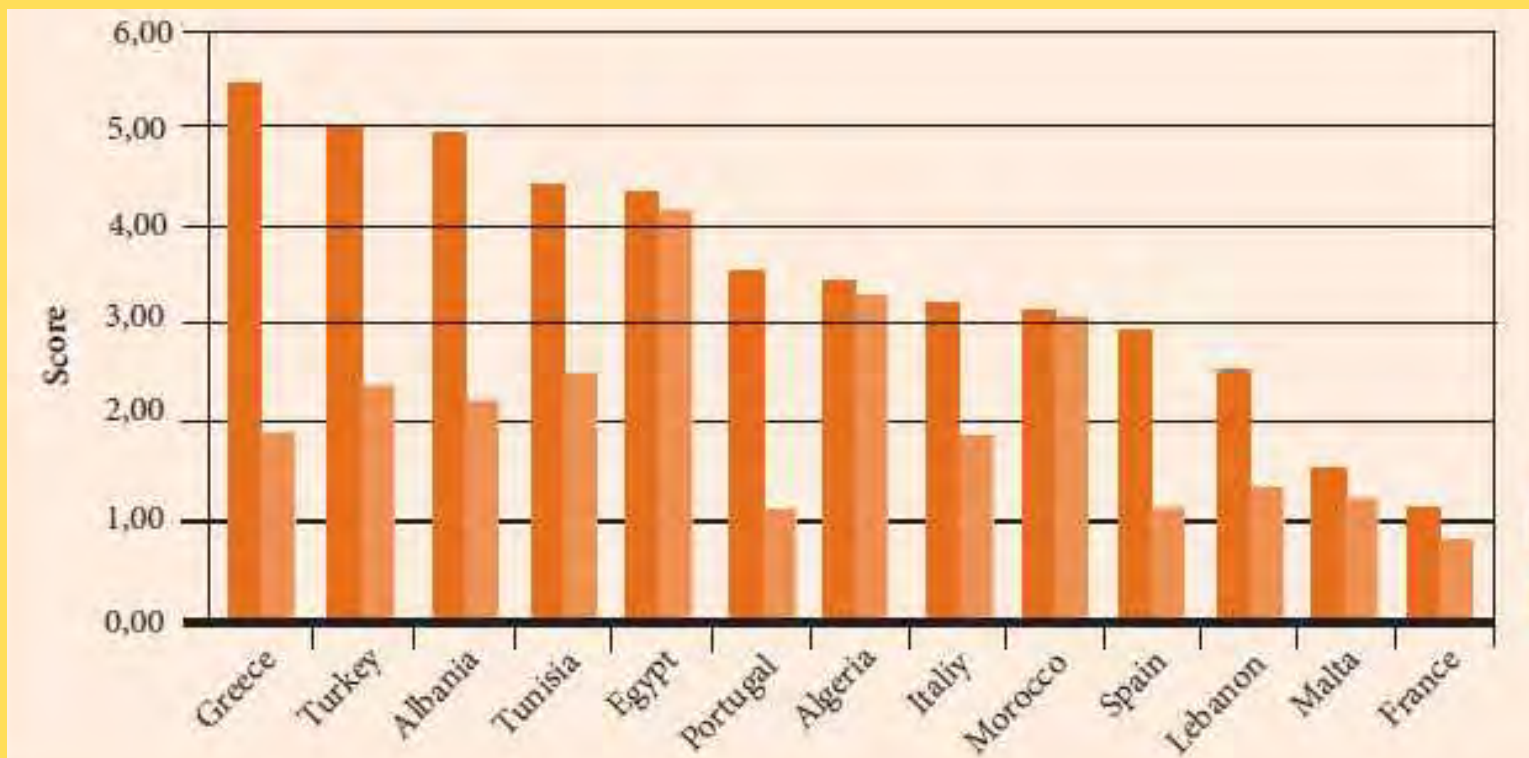
- Daily consumption of vegetables, fruits, whole grains and healthy fats
- Weekly intake of fish, poultry, beans and eggs
- Moderate portions of dairy products
- Limited intake of red meat

## Red wine

Estimate adherence to MD it is possible through:

MAI index = Mediterranean foods/Non Mediterranean foods

## Trends in the MAI in the Mediterranean over 50 years



# MAMMAPACK , THE STARTUP THAT DELIVERS FOOD TO ITALIANS ABROAD

Founded by two Italians one year ago, distributes more than 10.000 products in all Europe and already has more than 5000 clients.

“Grocery online for Italians abroad” It’s the claim on the home page of the website [mammack.com](http://mammack.com) ;

It already tells a story on the essence of this Neapolitan startup, born with the mission of satisfying a need that is really felt by Italians that live out of their home country.

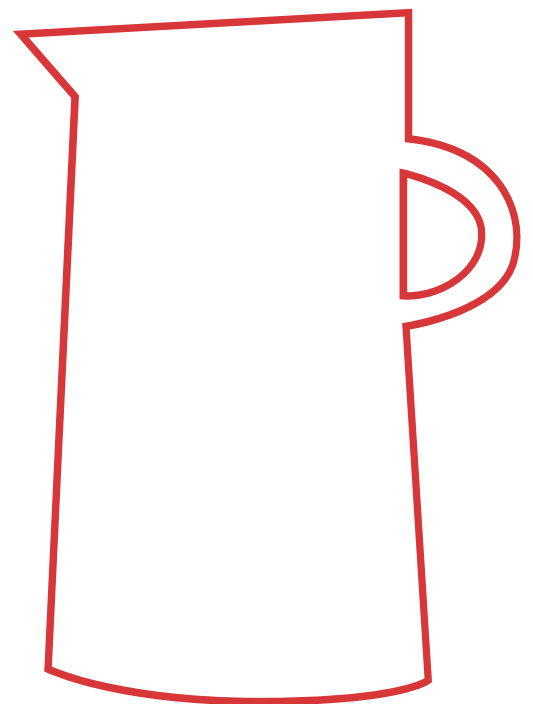
Buying food, beverages and other products from Italy is something that a lot of “expats” can’t live without because of nostalgic reasons.

Also it is quite salutary to adapt a Mediterranean diet in countries where they use butter instead of olive oil and some salutary ingredients aren’t available.

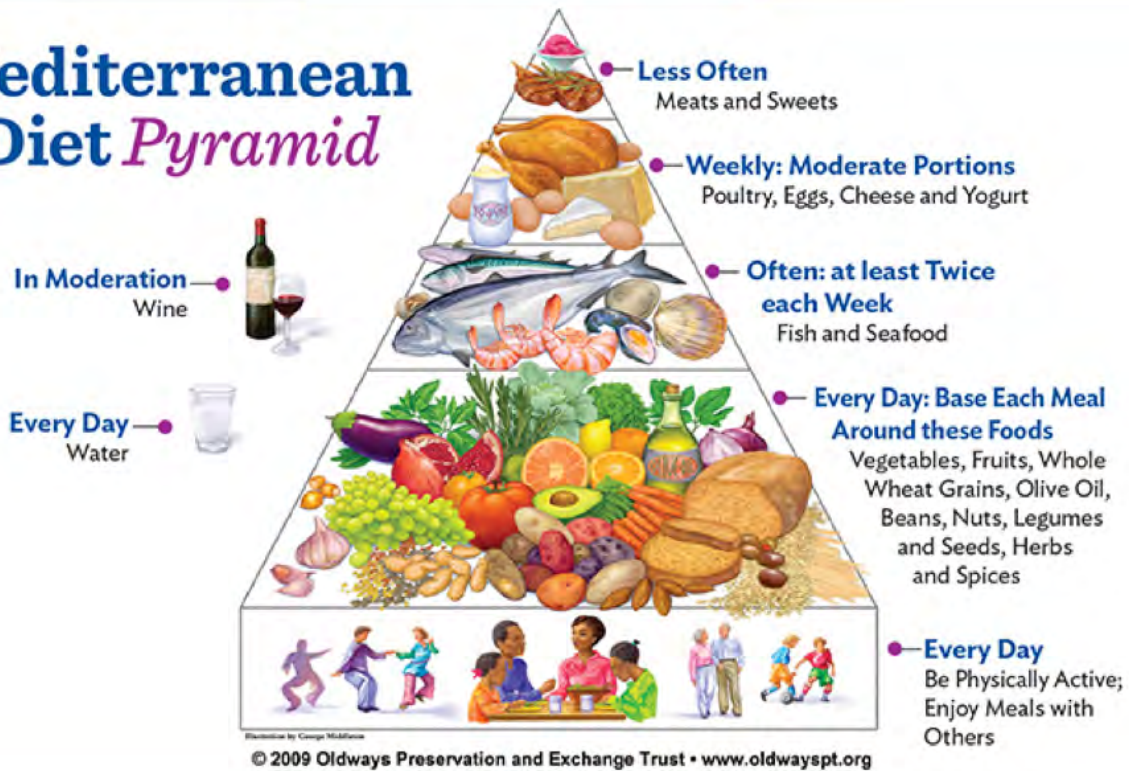
How to do this in a sustainable way without spending 2,80 euros for 5000 grams of pasta?

This is what Flavio Nappi and Romolo Ganzerli asked themselves, and they capitalized on it.

They are respectively 35 and 29 and is a success story that spreads healthy food and nice remembrances of Italy around Europe.



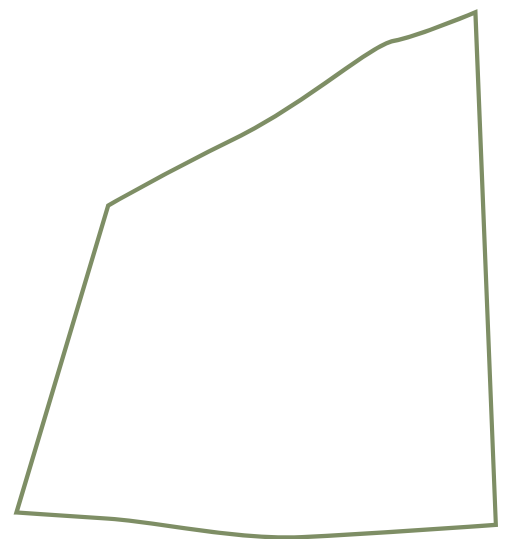
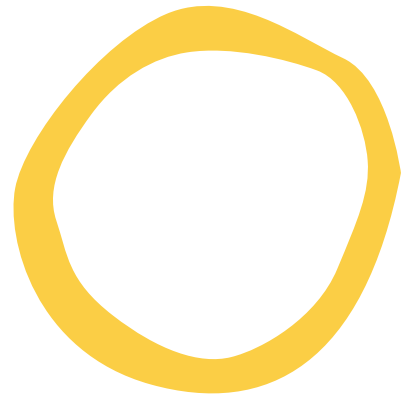
# Mediterranean Diet Pyramid



Italian products at Italian prices, it's a winning strategy, especially if the order arrived in only 48 hrs to 72 hrs on average. The peculiarity of the service, like they explained, è surely the convenience of the delivery at home guaranteed by a flat fee for each of the 20 countries in which the startup operates.

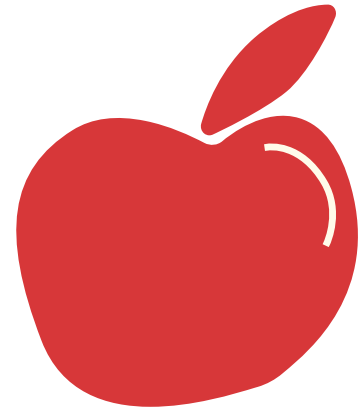
To this the possibility of buying thousands of products without any over pricing happening added to the possibility of paying through paypal it's very appealing. The platform is based on a cloud service provider from Italy.

The aim of MammaPack is to create relations between Italian abroad and promoting a healthy way of eating.



Marco  
Altomare

# LET'S GO TO ANALYSE OUR LIFESTYLE



*Do you have a balance diet? Do you walk at least 30 minutes per day? Do you avoid harmful habits?*



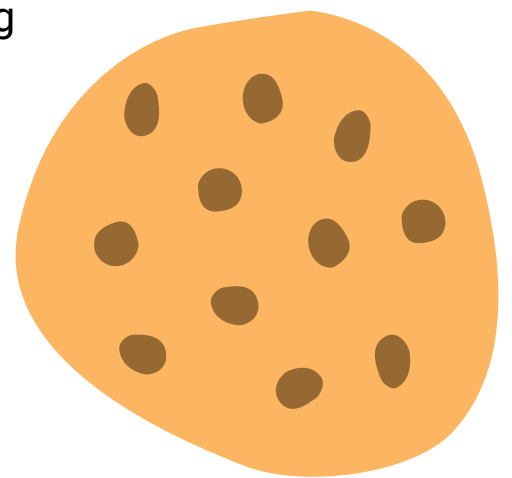
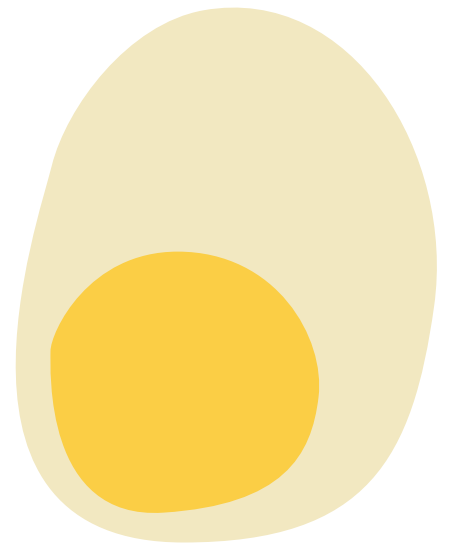
Where is the reason that make us to take the decision about to have a healthy lifestyle?

This reason tends to be a fright, for example, a heart attack or a medical analysis that show us a high cholesterol level. However, there is other group of people that have a good day and decide to be healthier and to feel better with themselves. Usually, to get it, they decide to do more exercise and to follow a specific diet.

But, where is the problem of this kind of changes? Well, these changes make that our brain spend a lot of energy to generate new routines. So, people tend to leave the objective soon after starting. In addition, a part from the previous problem, there is another one which affects in this neglect, this characteristic is inherent in human beings, the fear of change.

Furthermore, when someone don't get their goals he suffers a big feeling of blame. Why I am not be capable to stop smoking or why I am exhausted when I run only 10 minutes are typical questions that we do to ourselves.

Anyway, to start with a healthy lifestyle plan is important to find out what is our actual state. It would be great to go to our doctor for a medical checking.

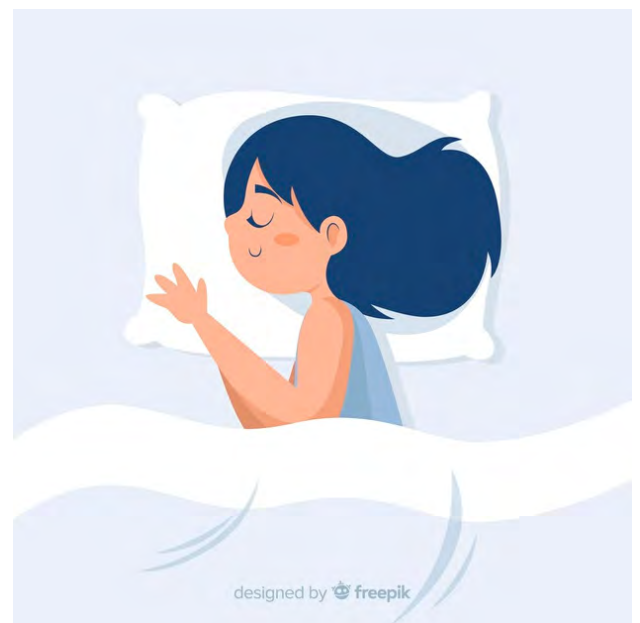


The second step is to acquire good habits. Many people feel that to have a healthy life is boring or something to suffering. You have to take this challenge as something funny enjoying the moment of this healthier period in your life as you have decided. For example, if you want to improve your alimentation you should create a variety diet instead of eliminate the amount of food that you eat. The question is not to decrease the amount of food; the question is to find a good balance in your diet with the correct percentage of nutrients that your body needs.

Additionally, if you are going to do more exercise try not to it alone, it will be easier to share activities with other people at the beginning.

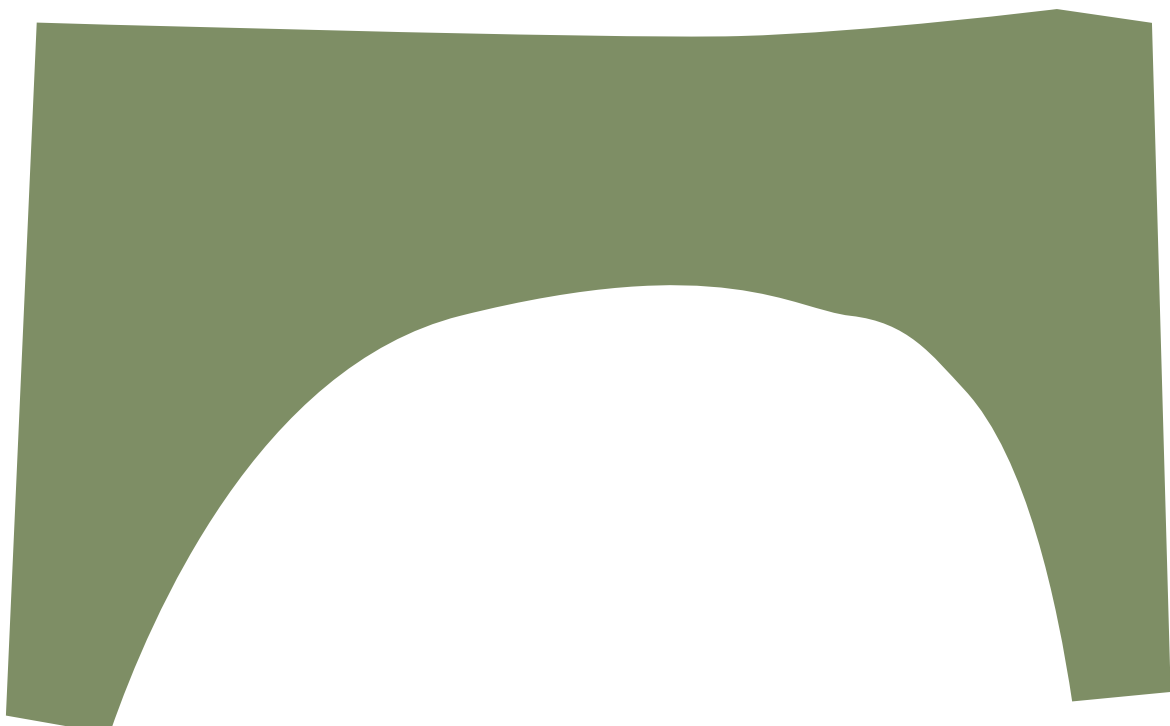
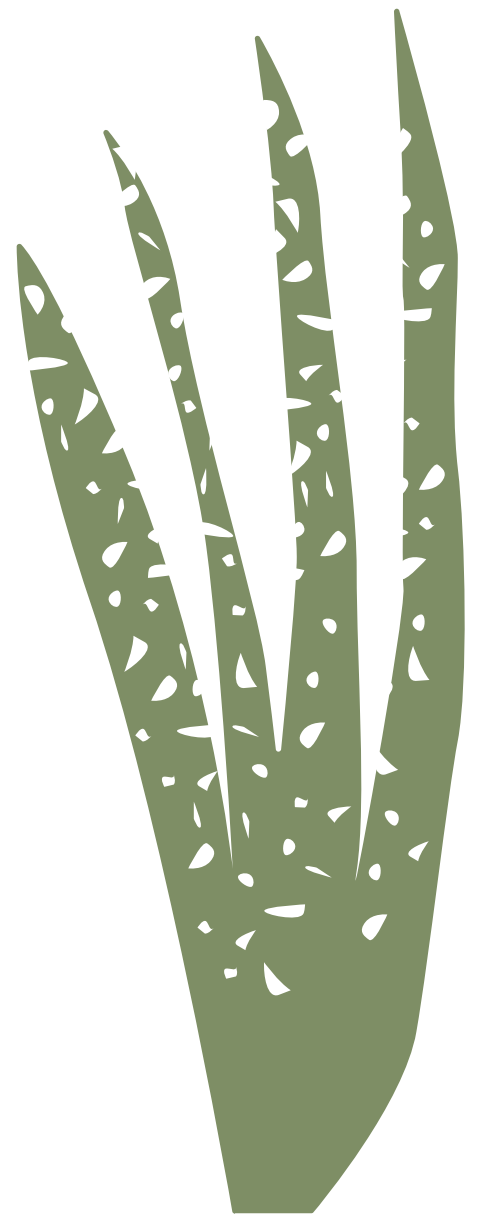
On one hand we have reviewed the physical aspect of a healthy lifestyle plan but on the other hand the mental aspect is as important as the physical. So, now, we are going to examine this second thing.

One important thing that people think it is superficial is the rest time. Most of them have the idea that sleeping is an impediment, but it is not. For an adult, the suggestion is to sleep between 7 and 8 hours per day, while for children is between 9 and 11 hours.



The following issue has effects in the both aspects, mental and physical, the stress. When you suffer this problem the best way to calm is try to find a exercises or habits of meditation and relaxation like Yoga or simply going out to take a walk. To finish, another important thing connected with the mental aspect are social relationships. We suggest not to spend the most of your time in social networks, it is better try to increase the time that we pass with the people who are important for us. As human beings is so important create links with our similar and know about their feelings.

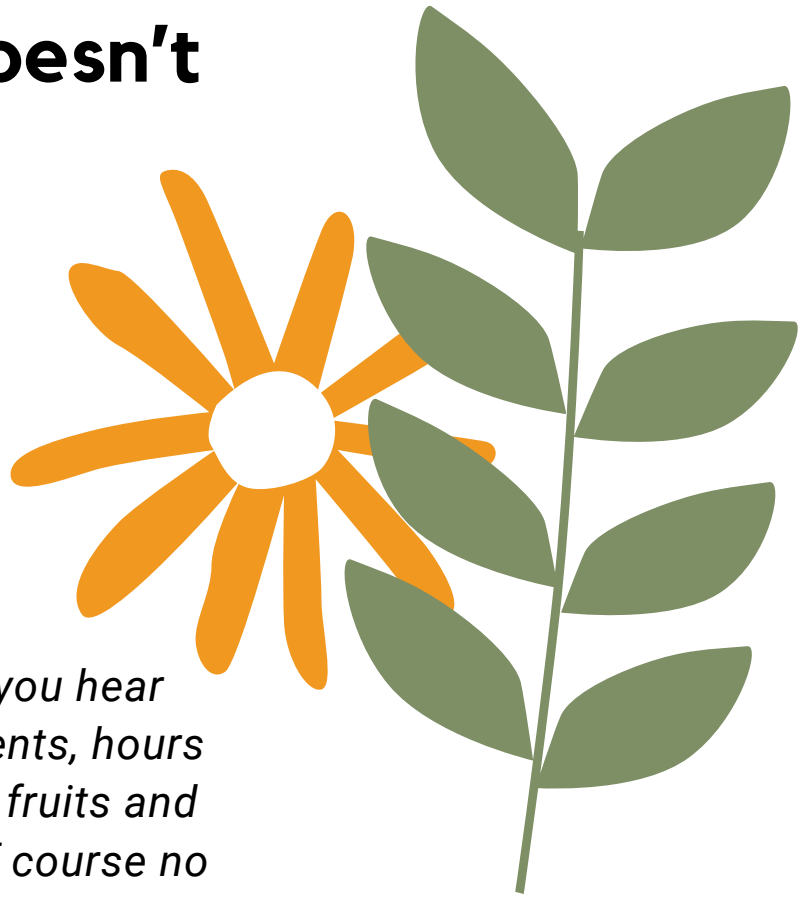
*PABLO  
GARCIA  
QUIROGA*



# Eating healthy doesn't have to suck

4 recipes for beginners

*Elena Sabo*



*What comes to your mind when you hear healthy food? Expensive ingredients, hours spend in the kitchen, eating only fruits and salads, distasteful dishes and of course no desserts.*

*What if we tell you that healthy food can be delicious and quick to prepare. Try out for yourself with our selection of fast recipes.*

## **Overnight oats:**

The best thing about this recipe is that you only need 5 min the night before.

Servings 1, prep time 5 min.

Ingredients:

1/3 cup of rolled oats

3/4 cup of milk of your

choice (plant or dairy milk, natural yoghurt)

1/2 banana

Extras: fruits, nuts,

seeds, tahini, sweetener (dates, maple syrup, agave syrup, honey)

Preparation:

1. Put everything in a jar or Tupperware and mix well.

2. Close and leave overnight in the fridge.

3. Wake up and enjoy your breakfast!

## Lentils pasta

Servings 6, prep 15 min,  
cook 1 hour

Ingredients:

3 tbsp olive oil

2 onions, finely chopped

3 carrots, finely chopped

3 garlic cloves, crushed

500 g red lentils

500 g tomatoes, chopped

1 tsp oregano

1 tsp thyme

3 bay leaves

500 g spaghetti

Parmesan or vegetarian  
cheese, grated, to serve

Preparation:

Heat the oil in large

saucepan and add the onions, carrots and garlic.

Cook for 15-20 min until

everything is softened. Stir in the lentils,

chopped tomato and herbs. Add

water. Bring to a simmer, then cook for 30-40

min until the lentils are tender

and saucy. Add water if you need. Season.



## **Raw brownie bites**

Healthy and sweet? These bites are made with only 5 ingredients and will satisfy your sweet cravings.

Prep time: 10 min

Servings: 16-20 bites

Ingredients:

1/2 cup walnuts

1/2 cup almonds

1 cup dates, chopped

1/3 cup unsweetened cocoa powder

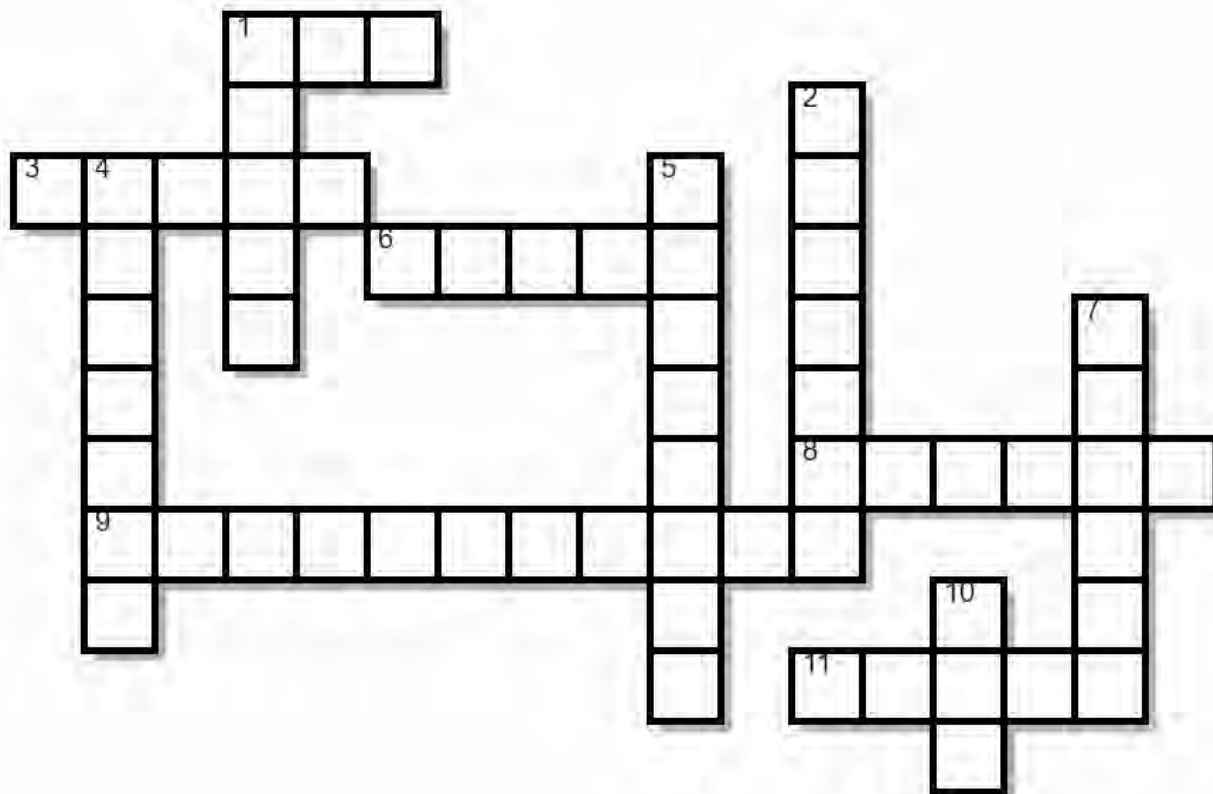
1/2 cup shredded coconut flakes

pinch salt

1. Grind the walnuts and almonds in a food processor, until a dough starts to form.
2. Add the dates, cocoa powder, ¼ cup shredded coconut flakes and salt and process until the mixture begins to turn into a dough.
3. Roll the mixture into round balls until all the mixture is finished.
4. Roll the balls in the last ¼ cup shredded coconut flakes.
5. Place in the fridge for at least an hour, then enjoy!



# Healthy Crosswords



## ACROSS

- 1 The action of child production
- 3 70% of earth surface
- 6 You can get it on a couch
- 8 Look outside the window
- 9 Chinese people usually do it
- 11 You can find it in form of powder, pills, crystals...



## DOWN

- 1 You were doing it when the fire alarm went off
- 2 You do it with your hand and mouth
- 4 Too much of it makes you lose your glasses
- 5 You do it to keep your body in a good shape
- 7 Makes you produce cortisol
- 10 Makes you absorb/produce vitamin D

