

HEALTHY LIFESTYLE

BRISTOL

2020

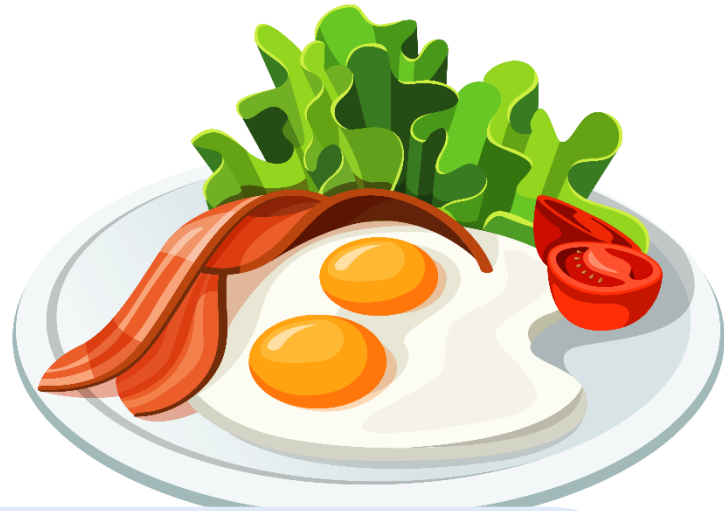
ERASMUS+



Tops
start
at \$25



Why High protein meals?



Are you looking for more easy ways to get that healthy lifestyle in your family or lifestyle? Those five easy recipes, full of nutritious veggies and flavour! We also have 2 healthy snacks that your kind will love between the meals!

We like a high protein breakfast because it fuels our bodies for morning chores, and our brains for school. Carb or sugar-heavy breakfasts just lead to blood sugar crashes, foggy thinking, and the need to get out snacks right in the middle of math lessons. Yikes. Nobody wants that. When we eat a protein-packed breakfast, it *fuels* our whole morning with energy and good attitudes.

-Nikola Milanov

Tips for a healthy week.

Monday:

Starting the week with a good breakfast is always important. It is going to give you a good mood for the first working/studying day of the week.

Suggested breakfast - yogurt with muesli, a banana and orange juice!

Wednesday:

We don't have to forget to enjoy our life so it's good to take a couple of hours to do something that we like, especially because we are in the middle of the working/studying week. It is good to spend some time in the nature, breathing some fresh air and enjoying the landscape, away from the city.

Suggested breakfast - yogurt with muesli, a banana and orange juice!

Friday:

For many people dinner is preferred meal of the day. And in most cases people eat too much and do the wrong thing. You should not get big amount of carbohydrates (like a pizza). Its also a good thing to eat two variety of vegetables at dinner.

Sunday:

Let's enjoy a day off from work with some relaxing things that you like to do. It's important to take a day for ourselves and enjoy life! => Sunday Funday

Tuesday:

Lunch is the main meal of the day and doing it correctly gives you the best energy for the second half of the day, so let's eat a tasty rice with salmon and asparagus.

Thursday:

Most of the time we don't make a break in the morning or the afternoon and when we do, we do it wrong. The best break is simple: eat a fruit! And also distract yourself for 15-20 minutes from what you are doing to relax yourself a little bit.

Saturday:

Tomorrow is not a working day, so it's a good thing to enjoy the social life! Tonight you can go out, drink something (and not too much!) and just have good time with friends. Remember to enjoy your life, taking moments away from the work or the studies.

-Beatrice Guidi

When Jamie Oliver tried to make the Big Changes!

There are more than 91 million schoolchildren worldwide now defined as living with obesity – and the UK is in the top 20 countries for obesity levels. In the UK, the obesity rate for children doubles during primary school years – and then increases again in secondary school.

This is in part because teenagers in the UK consume poor quality diets, low in nutrients and high in processed foods.



Indeed, girls in England do not get essential nutrients required for reproductive and overall good health (vitamin A, folate, iron). And young people are also generally low in at least five

micronutrients needed for development, immunity, mood and energy levels.

MEAT SCANDAL!





Healthy Eating

Do's and Don'ts of healthy lifestyle choices

- + Have a good night's sleep – at least 8 hours.
- Do not use large amounts of salt in food.
- + Have an active social life.
- Do not consume drugs.
- + Always try to make a homemade healthy meal each day.
- Quit smoking.
- + Make safe sex.
- Travel outside your country at least 5 times a year.
- + Doing at least 30 minutes of moderate exercise a day.
- Not drinking too much alcohol – its recommended no more than 14 unit a week for all gender.

Adopting a healthy lifestyle could substantially reduce early health complications and even prolong life expectancy.

- **The trick is to slowly adopt the new healthier habits in your life. For example if you quit smoking, you may find more stamina to exercise.**

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„What we do in the present will have results in the future.“

-Bruno Santos



Should the fast food be baned?

Fast food refers to food that can be prepared and served quickly. It can come from many places: sit-down restaurants, counter service, take-out, drive-thru, and delivery. Fast food is popular because the food is "cheap", convenient, and tastes good. However, fast food is often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious ingredients such as lean proteins, whole grains, fresh fruits, and vegetables. Fast food is also high in sodium (aka salt) which is used as a preservative and makes food more flavorful and satisfying.



Fast food restaurants have different restrictions in every country, for example in my country Slovenia,

the meat is much more quality than in Germany because of the more strict government restrictions. My opinion is, that we shouldn't ban fast food restaurants because if you visit it only once a week it's not bad for your health and nobody is forced to eat in this kind of restaurants.

- *Jan Juvan*

