

A TASTY WAY TO BECOME HEALTHY

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POPULAR SCIENCE CONFERENCE

30%

of the world's population
is obese or overweight



**3 million people
each year die from
obesity**

WHO RECOMMENDATIONS

1. Eat more vegetables and fruits

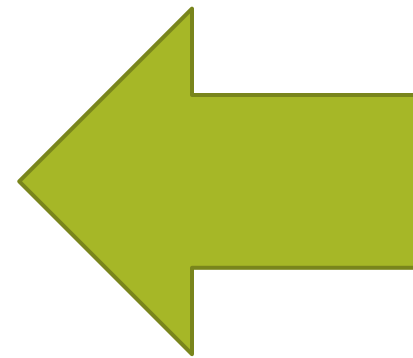
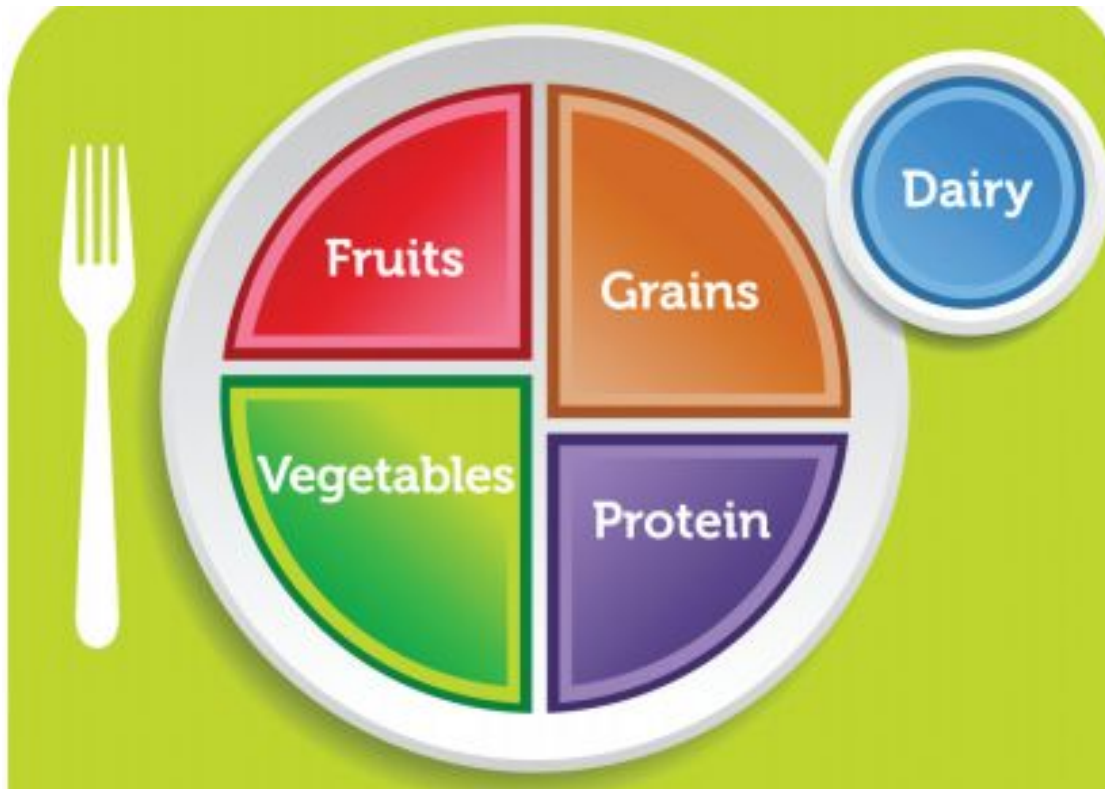


400 g

=

5 portions

LIFEHACKS!



use this
scheme in
every meal

* Find more information here:
<https://www.choosemyplate.gov>

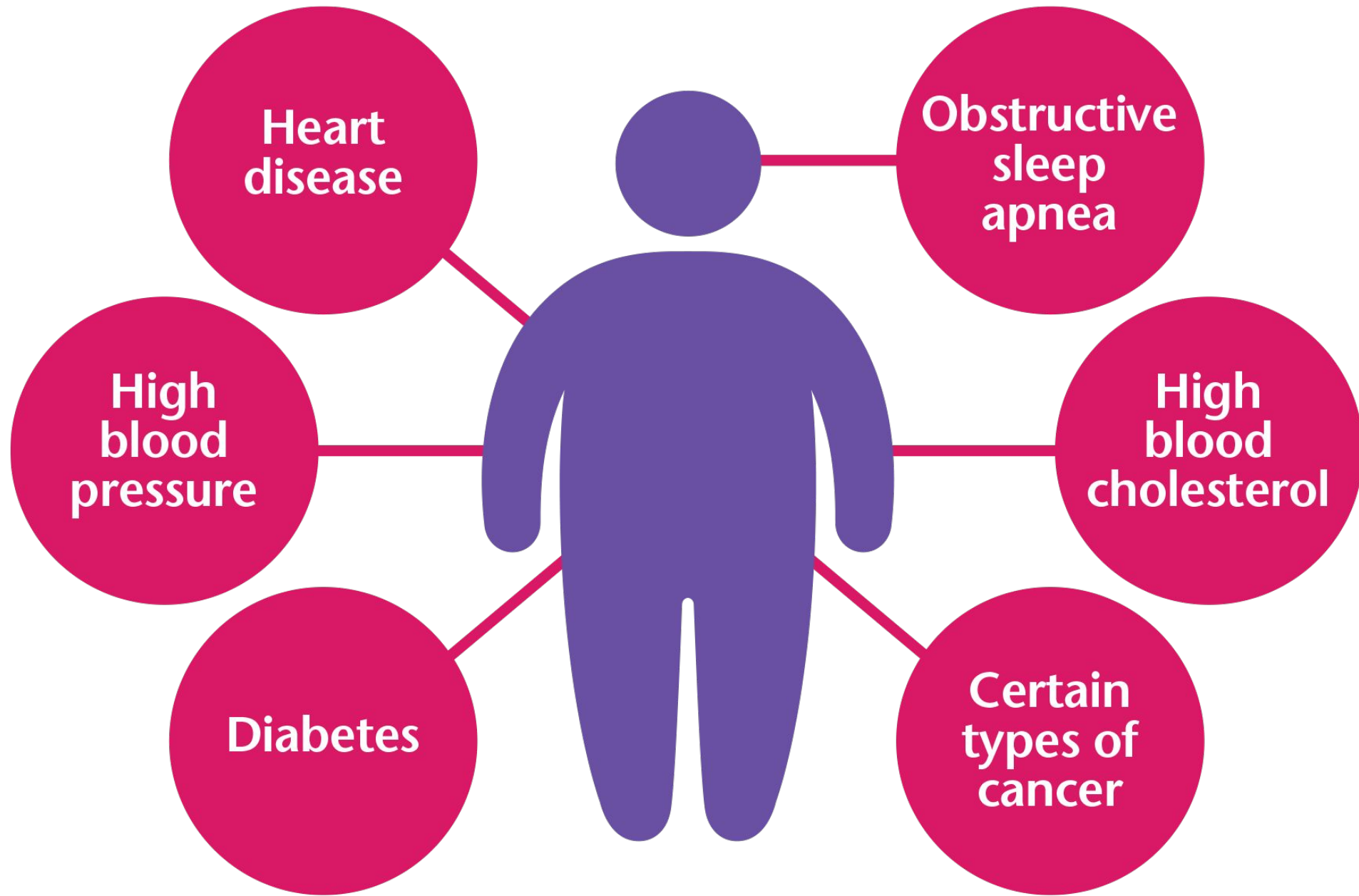
WHO RECOMMENDATIONS

2. Control your fat intake

<30%

of total energy intake







unsaturated fats



< 10%

the intake of saturated fats

< 1%

the intake of trans-fats

LIFEHACKS!

steaming



frying

SOUS-VIDE



boiling

LIFEHACKS!



WHO RECOMMENDATIONS

3. Limit calories from added sugars







WHO RECOMMENDATIONS

3. Limit calories from added sugars



10%

=

50 g

=

12 tsp.

LIFEHACKS!

Replace!



4 tsp of sugar!



Natural
sugar-free
yougurt with
berries/fruits



LIFEHACKS!



Healthy Ice-cream

1. Freeze bananas
2. Use blender
3. Add fresh berries



Use this recipe
when you want
something sweet! 😊

<5 g

WHO RECOMMENDATIONS

4. Reduce salt intake



LIFEHACKS!



Do it yourself!

Some tips from me:



PLAN YOUR MEALS



DON'T SKIP BREAKFAST



VARIETY DIET



**YOU WON'T HAVE TO GET VITAMINS
AND MINERALS FROM PILLS**

**IF YOU WILL HAVE ENOUGH FROM
FOOD**

WHO RECOMMENDATIONS

The background features a large, light blue watermark of the World Health Organization (WHO) logo. The logo consists of a central globe with a caduceus (a staff with two snakes) superimposed on it, all enclosed within a laurel wreath.

1. Eat more vegetables and fruits
(400 g = 5 portions)
2. Control your fat intake
($<30\%$ of total energy intake;
 $<10\%$ the intake of saturated fats
 $<1\%$ the intake of trans-fats)
3. Limit calories from added sugars
($<10\%$ (5%) = 50 g = 12 tsp.)
4. Reduce salt intake
(<5 g)



**thank you
for your
attention!**