

THE PATH  
TO GREATER  
VITALITY AND  
HEALTH

# WHOLE-FOOD NUTRITION

A whole-food nutrition is the basis for a healthy diet, providing the body with sufficient energy and all the necessary micronutrients in sufficient quantities. These include vitamins, minerals, fibre, and phytochemicals. The energy-providing nutrients carbohydrates, fats and proteins, also known as macronutrients, are adapted to the respective requirements and supplied in a balanced ratio. Besides, wholesome nutrition considers individual characteristics such as allergies, intolerances, preferences, and ethical restrictions [1,2].

## HOW DO I PROCEED?

- A portion of **complex carbohydrates** with every meal
  - e.g. wholemeal bread, potatoes, rice, pasta
  - Wholemeal products provide additional fibre and ensure lasting satiety.
- **Fresh fruit and vegetables** with every meal
  - Provide vitamins, minerals, and phytochemicals
- Use **high-quality vegetable oils**
  - Cold-pressed oils for cold dishes and refined oils for frying
  - Provide important saturated and unsaturated fats
- **Protein-rich foods** several times a day
  - Milk and dairy products, wholemeal products, pulses, nuts
- **Calcium-containing foods** daily
  - Milk and dairy products, enriched plant-based beverages
- **Fish** preferably twice a week
  - Provide important omega-3 fatty acids
- **Meat and sausage** no more than 2-3 times a week
  - Look for high-quality meat, preferably regional and organic
- **Reduce sweets and sugar**
  - Sweets contain a lot of sugar and sometimes a lot of fat and are therefore very high in calories.
- Avoid **alcohol**
  - Alcoholic drinks are often very high in calories
  - Alcohol has a negative impact on health when consumed in large quantities

**Vegetables** are low in energy and rich in vitamins, minerals, trace elements and fibre. These nutrients are essential for maintaining a healthy gut flora, which in turn supports good digestion. Additionally, vegetables contain phytochemicals known for their positive health effects.

**Ready-made products** often consist of highly processed foods. These products are often low in nutrients and high in calories. They usually have a high fat content and contain added sugar.



## DIVERSE

Integrate foods from all groups to ensure you are getting all the essential nutrients.

## PLANT-BASED

Choose mainly plant-based foods, especially plenty of fruit, vegetables, and wholemeal products.

## FRESH

Cook fresh instead of resorting to ready-made products.

## ENJOYABLE

Pay attention to your own preferences and prepare the food in an appetising way.

Listen to your hunger and thirst signals.

Eat regularly

Eat consciously

Time for digestion

## FOOD BEHAVIOUR

- Spread your meals throughout the day
- Do not eat directly before going to bed
- If you are hungry, eat something and do not try to satisfy your hunger with water
- Concentrate consciously on the food and enjoy it
- Eat slowly and chew well
- Put your mobile phone away, turn off the TV
- Do not eat while working or driving
- Do not lie down immediately after eating and do not engage in strenuous physical activity

## DRINKING HABITS

The fluid requirement depends on various factors such as body weight, temperature and physical activity and is therefore different for each person. Physical activity and high temperatures increase the requirement. You should drink at least 1.5 litres a day, with 2-3 litres being ideal [3].

### Tips:

- Drink a glass of water with every meal
- Refine your water with a slice of lemon/orange, ginger, or fresh mint
- Always hold a full glass of water ready
- Set yourself an alarm clock once an hour

Reduce your consumption of black/green tea and coffee to 4 cups per day. Fruit and vegetable juices, milk, kefir, ayran, soft drinks, juice spritzers, and alcoholic drinks are not suitable and should be consumed consciously.

Train your sensation of thirst

### Especially suitable are:

- Tap water
- Mineral water
- Herbal tea and fruit tea, unsweetened

## With or without carbon dioxide?

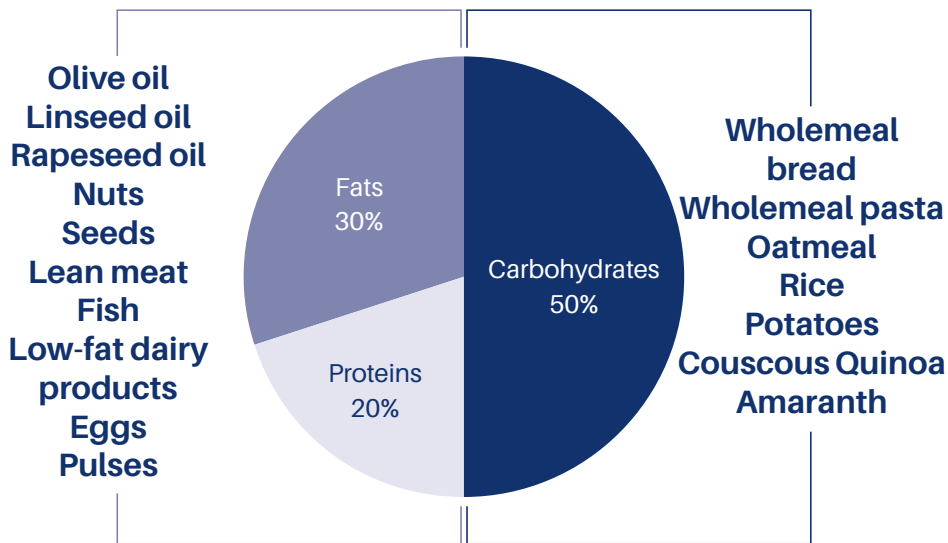
Orientate yourself to your individual tolerance and preferences.

## Before or after the meal?

In general, the more, the better. **Carbonated water can increase the secretion of digestive juices and thus activate digestion.** It also increases the volume, which ensures quick and long-lasting satiety.



## FOOD EXAMPLES OF ENERGY-PROVIDING NUTRIENTS



### Sources:

- [1] Eat and drink wholefoods according to the 10 rules of the DGE. German Society for Nutrition (<https://www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge/>)
- [2] Müller M. J. (2007). Nutritional medical practice. 2nd edition, Springer Berlin Heidelberg
- [3] Stange R., Leitzmann C. (2018). Nutrition and fasting as therapy, 2nd edition, Springer Berlin Heidelberg

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