

«Quality, variety and quantity: the three musketeers of the Mediterranean Diet» (Part 2)



What are we going to talk about today?

- 1. Identification and resolution of common errors within the food day**
- 2. The “4-box” breakfast method and some practical examples**
- 3. The Healthy Plate and some practical examples**



Why is it important to have 5 meals?

BREAKFAST

15-20%

SNACK

5%

LUNCH

35-40%

After hours of overnight fasting, it is the **FIRST NUTRIENT REPLENISHMENT** of the day.

Small "PIT STOP" snack at the right time to maintain concentration and not arrive at lunch too hungry.

It's time for the **BIG RECHARGE** of energy and nutrients.



+energy
+ concentration
+ memory

It has a cascading effect on fullness throughout the day



It is not wrong to be a little hungry in the middle of the morning



It makes it possible to deal with the second part of the day.





Why is it important to have 5 Meals??

SNACK

5%

Small "PIT STOP" snack
to maintain energy and
not arrive at dinner too
hungry.



It helps with
extracurricular
activities in the
afternoons.



DINNER

30-35%

RECHARGE of energy
and nutrients for the
night



It helps you fall asleep at
the right time by
providing energy and
nutrients for the body's
recovery activities.





SOPIA's food day: where can she improve?

N °	MEAL
1°	BREAKFAST 15% 1 glass of apple juice + 1 snack with cream
2°	SNACK 12 % 1 chocolate snack + 1 fruit
3°	SNACK 10 % 1 packet of chips
4°	SNACK 5% 1 granola bar

5°	LUNCH 20 % 1 slice of meat + salad and tomatoes
6°	SNACK 5% 1 handful of nuts
7°	DINNER 33 % Rice seasoned with tomatoes and zucchini + chicken breast



SOFIA's food day : here is where she can improve!

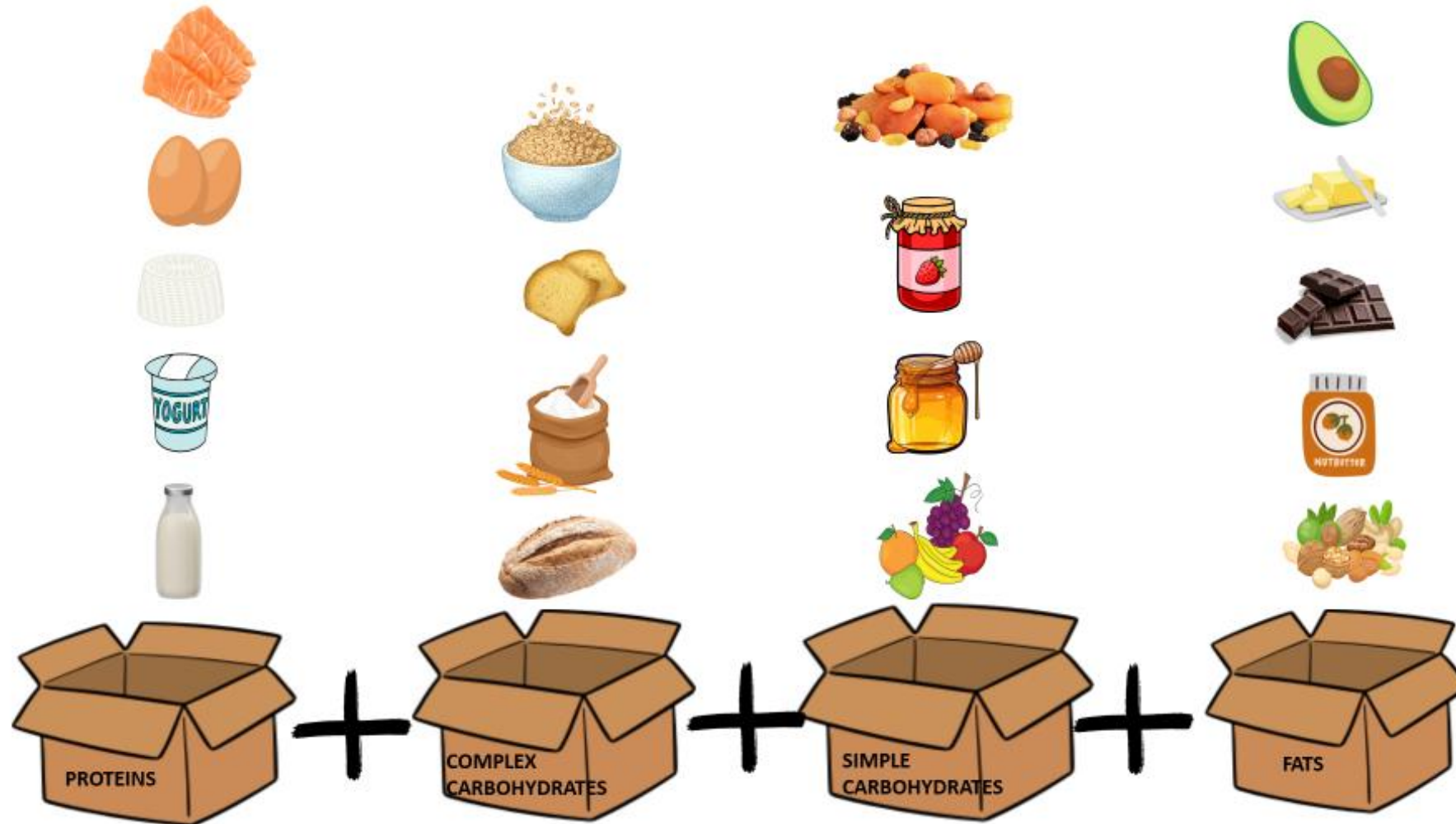
N °	PASTO
1°	BREAKFAST 15% 1 glass of apple juice + 1 snack with cream Unbalanced on carbohydrates
2°	SNACK 12 % 1 chocolate snack + 1 fruit too much “junk food”
3°	SNACK 10 % 1 packet of chips
4°	SNACK 5% 1 granola bar

Beware of energy distribution!!!

5°	LUNCH 20 % 1 slice of meat + salad and tomatoes Where are the carbohydrates ?
6°	SNACK 5% 1 handful of nuts
7°	DINNER 33 % Rice seasoned with tomatoes and zucchini + chicken breast I could also put 2 sources of carbohydrates: rice and bread together rebalancing the portion



BREAKFAST: THE "4-BOX METHOD"





HOW TO TRANSLATE IT?



PORRIDGE



**YOGURT+BREAKFAST CEREALS +
NUTS/SEEDS+ FRUIT**



**MILK + BREAD+ 100% PEANUT BUTTER
AND JAM**



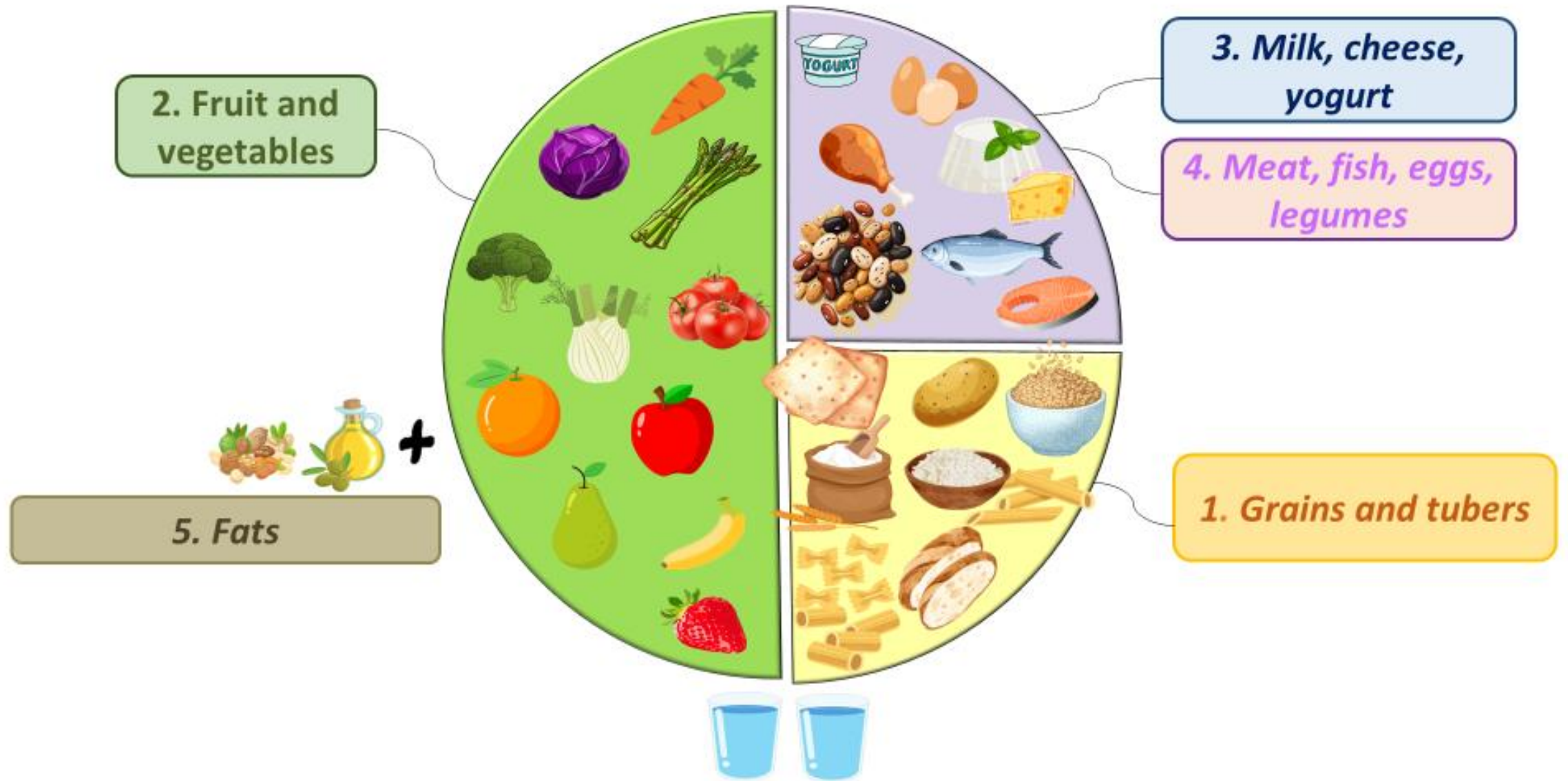
**BREAD +AVOCADO + SALMON + FRESHLY
SQUEEZED JUICE**



BREAD + RICOTTA + FRUIT+ NUTS+ TEA



THE HEALTHY PLATE FOR LUNCH AND DINNER



HOW TO TRANSLATE IT? SOME IDEAS FOR LUNCH AND DINNER!



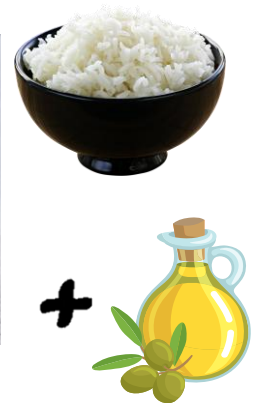
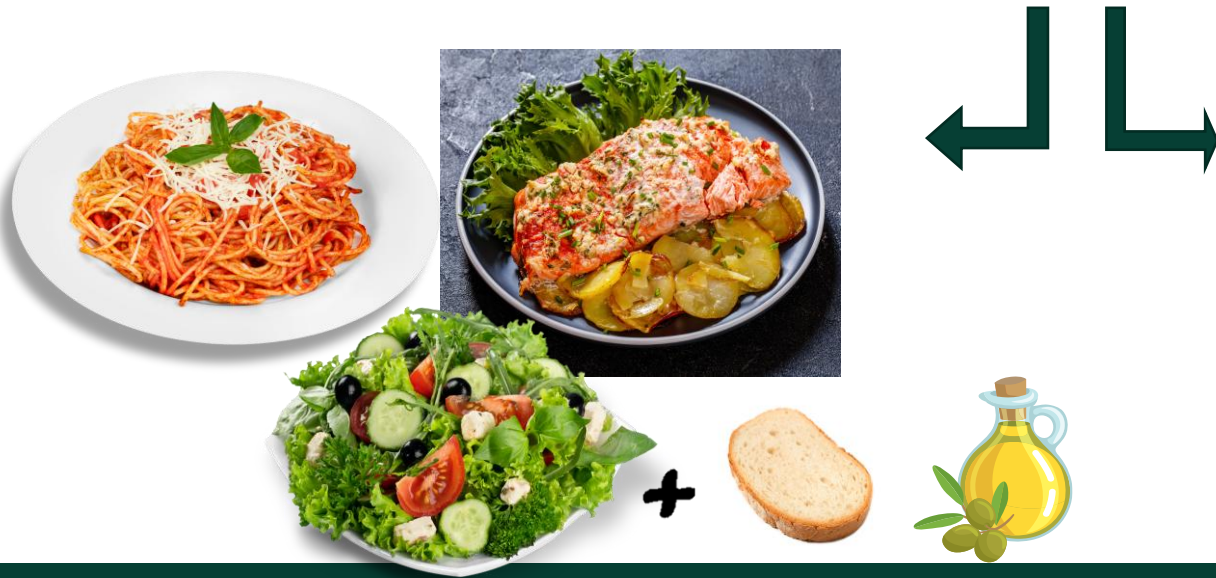
SINGLE COURSE



PLANT-BASED SINGLE COURSE



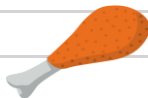



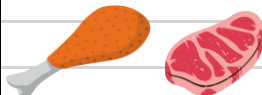









FIRST AND SECOND COURSE





EXAMPLE OF WEEKLY PROTEIN FREQUENCY:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
FISH	AGED CHEESE	WHITE MEAT	EGGS	FRESH CHEESE	LEGUMES	RED MEAT
						WHITE MEAT
						
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
WHITE MEAT	LEGUMES	FRESH CHEESE	LEGUMES	FISH	EGGS	FISH
						

CREA Age group 11-14/ 15-17 anni



LET'S PUT IT INTO PRACTICE!

let's put it into practice!

LET'S PUT IT INTO PRACTICE!

let's put it into practice!

LET'S PUT IT INTO PRACTICE!





CREATE YOUR FOOD DAY!

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:



LET'S PUT IT INTO PRACTICE!

let's put it into practice! LET'S PUT IT INTO PRACTICE!

let's put it into practice!

LET'S PUT IT INTO PRACTICE!



Let's reflect.....What questions would you ask yourself to find out whether you have satisfied your food day?



YOUR QUESTIONS:



THANKS FOR YOUR ATTENTION!



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