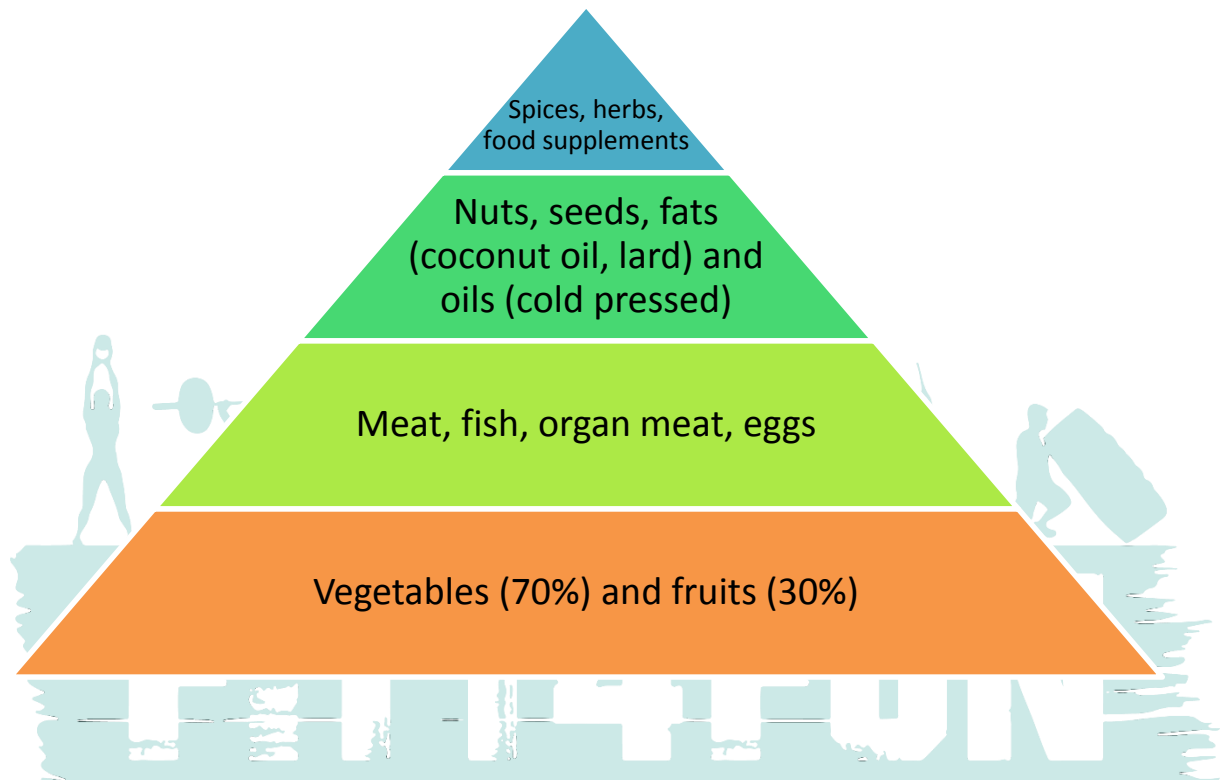


Other than physical exercise, an appropriate diet is the most effective method to decrease the risk of illnesses caused by our modern lifestyle (eg. high blood pressure, insulin resistance, diabetes, obesity, high levels of triglycerides, coronary artery disease, etc).

Regarding dietetical changes, quality should have a priority over quantity. For a healthy, long life first take a look at WHAT you eat – if you already have this one sorted out, you can deal with ideal caloric intake afterwards.

To sum it up: your diet should be based on meat and fish, vegetables, nuts and seeds; other than these, consume some fruit and little starch (eg. potatoes, rice, corn). Avoid sugar.



If you follow this strategy, you can't make big mistakes:

1. Only eat things that you could get from your garden or farm and they would be ready to eat in an hour.
2. Choose items from the perimeter of grocery stores and avoid the aisles.
3. If it has a label – especially if it's a long list of ingredients – avoid it. There is no label on chicken or a tomato – however, there is one on chips or cookies.
4. If it's not perishable, it's not food.

When we want to reform our nutrition, in order to succeed it's better to not jump in the middle of it, but to make gradual changes – just one thing at a time (eg. cut out sugar), Once this has become a habit, we make the next change. This way we can avoid physical or mental challenges caused by suddenly completely transformed eating habits. The most important characteristic of the ideal nutrition program is that we can stick to it without major effort. This is what gradually introduced changes are supposed to serve.

If we are already on track with quality ingredients, we can take a look at what amount, what macronutrient proportions would be ideal for our consumption.

Basal metabolic rate (can be calculated by special scales – eg. at pharmacies; or on some websites) means this is the amount of calories that we need for basic life functions – so as if we were just laying in bed all day long. When on a diet, it is strictly forbidden to keep our energy intake below this level; first, it leads to different kinds of health issues, second, it leads to the yo-yo effect (your body switches to a survival mode because of the low calorie intake, and once it gets a little more energy intake, it will immediately start storing it for the next period of scarcity). So then what is a sufficient amount?

In case the goal is to maintain the current weight, add to the basal metabolic rate 300-350 calories for a sedentary job. Change this to 600 calories in case of 1-2 hours of sport per week or a white-collar job, while to 800-900 calories for 2-3 hours of sport or light physical work. If you want to lose weight (lose body fat), deduct 250-300 calories from this amount.

Regarding macronutrient ratios, the best is to observe our bodies – some can make more energy on carbs and some on fats. Meanwhile if this is not clear yet, the best is to maintain a more-or-less even ratio. Our diet should consist of 30% fats, 35% carbs and 35% protein.

