



Nutrition and weight management

Regular eating pattern

- Regular meals (also on weekends and holidays!) support health, metabolism, and weight management.
- The eating pattern is also a particularly important part of a brain-friendly lifestyle as the brain doesn't have its own energy store.
- The most important thing is to take care of the three main meals of the day - breakfast, lunch and dinner. In addition to this, most of us need 1-2 snacks and/or supper.
- The appropriate time between meals is about 4 hours. This way, the blood sugar levels stay balanced, and on the other hand, the food has time to be properly digested and the body has time to rest.



Vegetables, protein, and good fats

When it comes to eating, the most important things (also in terms of weight management) are:

1. eating pattern
2. vegetables
3. good fats and enough protein

To prevent slowing down the metabolic rate, it is essential to ensure sufficient energy! An eating pattern helps you eat moderately with individual meals and reduces the temptation to snack.

Include plenty of vegetables, protein and good fats in each of your meals.

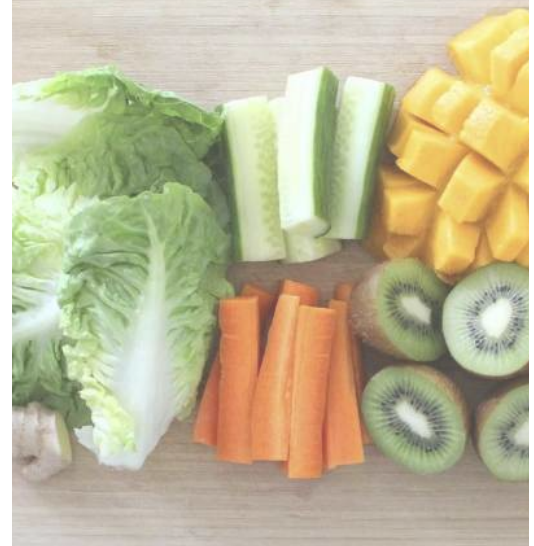
Enjoy your meal without a rush!



Essential for your health - vegetables

- Vegetables, berries, and fruits, as well as mushrooms, should be consumed at least 500 g per day, i.e. about **5-6 servings** - preferably even more! **One serving means one medium-sized fruit, 1 deciliter of berries, or 1.5 deciliters of lettuce or grated vegetables.**
- Of this amount, berries and fruits should account for about half, and the rest should be vegetables. Some of these should be consumed uncooked and some used as food ingredients.
- Vegetables, berries, and fruits are rich in fiber, vitamins, and minerals, as well as other useful compounds.

Vegetables boost your immune system, reduce blood fat and cholesterol levels, and support bowel movements.



Eat enough protein with every meal

- Good protein sources are:
 - sour milk products, cheese, curd, and cottage cheese
 - fish and shellfish
 - chicken, turkey, and other meat
 - eggs
 - beans, lentils, and peas
 - nuts, seeds, and almonds
 - mushrooms
 - algae

The function of proteins is to act as the building blocks of the body. A portion is also used for energy.

A rule of thumb for the main meals is to eat a palmful of protein.



Lubricate your brain by eating

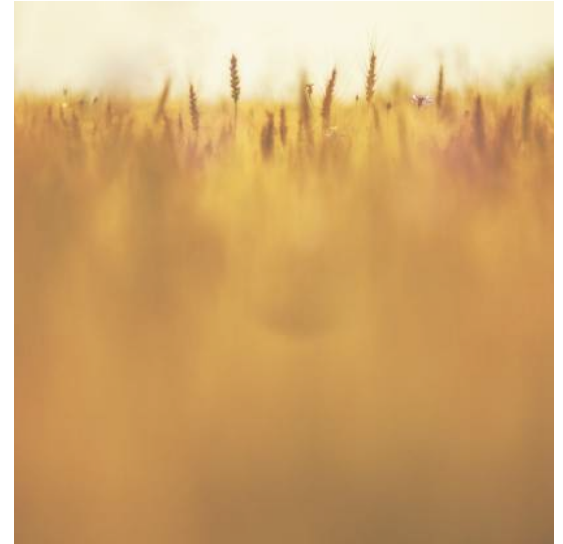
- **Fish 2-4 times a week.** Choose fatty fish such as salmon, vendace, herring, or whitefish at least once a week.
- If for some reason you can't eat fish a couple of times per week, an alternative is to use a couple of tablespoons of canola oil (not olive oil) or a teaspoon of camelina or linseed oil daily.
- **Soft margarine (60–70% fat) on bread** (1 tsp per slice)
- **Oil-based salad dressing or vegetable oil** (½-1 tbsp for a portion of salad)
- **Vegetable oil for cooking**
- A variety of nuts, almonds, and seeds daily (as is, without spices or frosting)

Essential fatty acids play an important role as structural components of cell membranes and affect, for example, the nervous system, vascular system, retinas of the eyes, and the brain.



Complement with whole grains

- Whole grains maintain blood sugar balance, performance, and satiety - the best-tolerated and an excellent one is pure oat!
- Sugar and white flour make blood sugar levels change sharply and decrease endurance and weaken the immune system.
- Processed carbohydrates increase body fat and weight, raise blood fat and cholesterol levels, and increase intestinal problems.



Drink water - between meals

- Drink 1-1.5 liters of water per day - mostly before evening.
- Our metabolism, as well as physical and mental performance, need water.
- A 1% dehydration already decreases physical and mental performance by about 20%.
- The proper functioning of the digestive system and brain require water.
- Water drunk during a meal reduces the ability of enzymes to break down food - so drinking between meals is preferable.



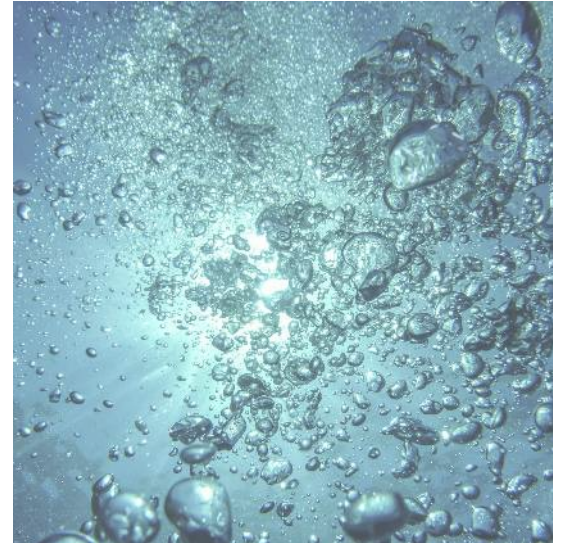
Use stimulants in moderation

- Excessive consumption of coffee, black tea, alcohol, or soft drinks irritate the stomach and intestinal mucous membranes and weaken digestion in the long run.
- Stimulants stress the liver and nervous system and impair the natural feeling of hunger and satiety.
- They also increase the proportion of harmful intestinal bacteria and weaken the immune system.



Take care of your stomach upsets

- Swelling, flatulence, yeast infections, diarrhea, and constipations are not normal - the problems should be treated.
- Intestinal problems can be the beginning of more serious illnesses.
- Poor bowel condition weakens the immune system and absorption of nutrients, even if you eat healthily.
- If necessary, consult a doctor.



Meal examples: Breakfast

Oatmeal with 1 tbsp ground flaxseed

1-2 dl berries + unflavoured yogurt, curd, cottage cheese or
homemade chia pudding

OR

2 slices of 100% oat or rye bread, topped with vegetable oil spread,
cheese, turkey cut, and bell pepper/cucumber/tomato

1-2 dl berries/fruit + unflavoured yogurt, curd, etc.

OR

A homemade smoothie made from vegetables, berries, fruits, and a
source of protein such as seeds, nuts, yogurt, curd, or whey protein
powder.



Meal examples: Lunch

- Always start with a salad made up of a variety of vegetables.
- **Omelet** with varying side dishes, e.g. bell pepper, tomatoes, zucchini, fish, chicken, beans.
- **Stir-fry:** Fish or chicken fillet and various vegetables, such as broccoli, carrot, parsnip, zucchini, bell pepper in the same pan. Use a fair amount of oil for frying, and season with fresh chili and ginger for example.
- **Pureed vegetable soup** made with your choice of vegetables, topped with half a jar of cottage cheese and plenty of seeds.
- **A salad with plenty of protein** (A palmful is a good rule of thumb) such as fish, chicken, eggs, or cottage cheese
 - A bit of olive oil as a salad dressing, topped with a mixture of seeds
 - You can make it more filling, for example, by adding boiled quinoa



Meal examples: Dinner

- Always start with a salad made up of a variety of vegetables.
- **Fish or chicken fillet + oven vegetables** that suit you. (e.g. beets are high in FODMAP carbohydrates and can be strong for sensitive stomachs)
- **Ground meat and/or ground soybean** (I prefer ground turkey mixed with ground soybean) **in tomato sauce**, seasoned with e.g. chili and herbs. Add beans, bell pepper, etc. **+ quinoa or whole grain rice**.
- **Pulled oats, fava beans, etc.** as a source of protein, modified into, for example, a sauce **+ steamed vegetables** (frozen vegetables are also good in a hurry).





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