



HEALTHIER EATING

My Journey to a Healthier Diet.



Including a
30-day starter
programme

Nutrition Check: How healthy is my diet?

You don't have to 'eat perfectly' to live healthily. Even simple everyday habits are enough to bring about noticeable changes and improve your health. With our nutrition check, you can see at a glance which habits you're already doing well and where there's room for improvement.

Go through each category and assign a level to your current eating habits.
The higher your level in a category, the healthier your current habits are.

Find out how healthy your diet is **at the moment** – and identify your next, **achievable step** right away.

Level	Vegetables every day	Fruits every day	Water/ un-sweetened drinks	Processed food products	Good proteins	Sweets	Overnight eating break
IV	3–5 Servings	2 Servings, one with berries	1,5–2 L	Max. 3–4x per week	In every meal	Max. 4–5x per week	12–16 h
III	2 Servings	2 Servings	1,2–1,5 L	Once a day	1–2x a day	Once a day	10–12 h
II	1 Serving	1 Serving	1–1,2 L	2–3x a day	Once a day	1–3x a day	8–10 h
I	0–1 Servings	0 Servings	< 1 L	Several times a day	0 Servings	> 3x a day	< 8 h

Notes:

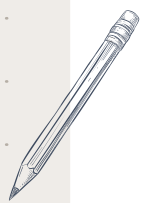
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To help you make a better evaluation: how to correctly assign the categories

Vegetables

The more varied the vegetables and the more colours on your plate, the better.

1 Serving is equivalent to:

- A handful of raw or cooked vegetables; or
- a small mixed salad; or
- ½ large pepper; or
- a carrot; or
- 150–200 g of vegetables

Fruits

1 Serving is equivalent to:

- An apple, pear, orange; or
- a handful of berries; or
- a banana; or
- 150 g of fruit salad

Water and unsweetened drinks

- Still and sparkling water
- Unsweetened teas

Processed food products

Anything that has been industrially produced or contains a lot of artificial ingredients.

These include:

- Ready-made pizzas, ready meals
- Crisps, pretzel sticks, crackers
- Sausages, ham, cold cuts
- Croissants, ready-made baked goods
- Fast food

Good proteins

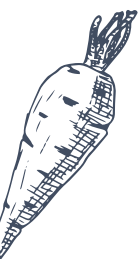
- 200 g yoghurt / skyr / quark
- 1–2 eggs
- A handful of nuts
- 150 g fish
- 100–120 g lean white meat
- 100–150 g beans / lentils / chickpeas
- 150 g tofu

Sweets

- Chocolate
- Sugary muesli bars and confectionery
- Jelly sweets
- Cakes, tarts, ice cream
- Sweet baked goods
- Sugary drinks
- Foods containing more than > 5 g of sugar per 100 g

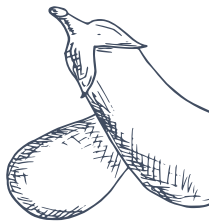
Overnight eating break

This refers to the period between dinner or the last snack and the first meal of the new day, or the first cup of coffee with milk and/or sugar.



30-Day Challenge: Level up

Choose a category where you are currently at a lower level. Your goal for the next 30 days: to move up one level in that category. After 30 days, you can then tackle a different category or move up another level in the same category for the next 30 days.



Tick here

Day 1 <input type="checkbox"/>	Day 2 <input type="checkbox"/>	Day 3 <input type="checkbox"/>	Day 4 <input type="checkbox"/>	Day 5 <input type="checkbox"/>
Day 6 <input type="checkbox"/>	Day 7 <input type="checkbox"/>	Day 8 <input type="checkbox"/>	Day 9 <input type="checkbox"/>	Day 10 <input type="checkbox"/>
Day 11 <input type="checkbox"/>	Day 12 <input type="checkbox"/>	Day 13 <input type="checkbox"/>	Day 14 <input type="checkbox"/>	Day 15 <input type="checkbox"/>
Day 16 <input type="checkbox"/>	Day 17 <input type="checkbox"/>	Day 18 <input type="checkbox"/>	Day 19 <input type="checkbox"/>	Day 20 <input type="checkbox"/>
Day 21 <input type="checkbox"/>	Day 22 <input type="checkbox"/>	Day 23 <input type="checkbox"/>	Day 24 <input type="checkbox"/>	Day 25 <input type="checkbox"/>
Day 26 <input type="checkbox"/>	Day 27 <input type="checkbox"/>	Day 28 <input type="checkbox"/>	Day 29 <input type="checkbox"/>	Day 30 <input type="checkbox"/>

Notes:

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Practical Ideas for Everyday Life

More vegetables

- Prepare a plate of raw vegetables every evening.
- Eat a green vegetable and a handful of root vegetables every day.
- Add vegetables to every meal: e.g. peppers in scrambled eggs or spinach in a smoothie.

More fruits

- Eat at least one piece of fruit with your first meal of the day.
- Sprinkle berries or stone fruit over your salad.
- Have a piece of fresh fruit with yoghurt, quark or peanut butter for dessert.

More healthy fats

- Consciously focus on healthy fats and alternate between avocado, nuts, olive oil, salmon, or seeds (chia, flaxseeds).
- Stir a spoonful of flaxseed oil into your quark.
- Have a handful of nuts as a snack.

More water, less sugar

- Drink your coffee without sugar.
- Replace sugary drinks such as fizzy drinks with mineral water with a splash of fresh juice or lemon.
- Drink chilled tea instead of iced tea.
- Keep a water bottle within easy reach on your desk to encourage yourself to drink more automatically.

Less sweets

- Eat fruit or quark for dessert.
- Eat nuts or vegetable sticks as a snack.
- Limit your sugar intake to one sweet treat a day, ideally as a dessert.
- Cut down on the sugar in baking recipes and rely more on natural sweetness from, for example, ripe bananas, dates or apple sauce.

More good proteins

- Get your protein from a variety of sources: pulses, eggs, fish, lean meat, quark or tofu.
- Include a source of protein with every meal, e.g. lentils in a salad or cottage cheese with your evening meal.
- Snacks such as Greek yoghurt or protein bars help to satisfy hunger between meals. (Choose your protein bar carefully - check the ingredients - and do not rely on them too much as a source of protein.)

Less processed food products

- Cook with seasonal and fresh ingredients wherever possible.
- Learn simple recipes to easily replace ready-made products.
- Read the ingredient lists: fewer than 5 ingredients and less than 6 grams of sugar are a good guide.
- Plan simple, healthy meals for the week ahead to reduce temptations.
- Use meal prep to ensure you always have a balanced meal to hand on stressful days.

