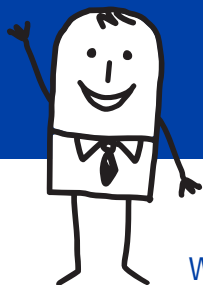


I feel great!



5 keys to healthy eating

for all ages



www.fondation-pileje.com

Established in spring 2005 to promote sustainable health, the Fondation PiLeJe is a non-profit-making public interest body financed by donation and patronage. Since April 2015, after ten years as a corporate foundation, it has come under the aegis of Fondation de France. This affiliation enables the institution to qualify for the same benefits as other non-profit foundations. The new Fondation PiLeJe has expanded its role, promoting health and prevention to a wider public while increasing their knowledge of nutritional habits. Its executive committee is chaired by Doctor Jean-Michel Lecerf, head of the Nutrition Service of the Institut Pasteur de Lille. Two thirds of the committee is made up of independent experts, specializing in health and nutrition, and one third consists of PiLeJe staff delegates. This educational booklet aims to provide the reader with simple, practical advice to develop swiftly, eating habits conducive to long-term health and general well-being.



5 keys to healthy eating

Key 1

A micronutrient-rich diet
Aim for nutritious calories!

Key 2

Sodium and potassium
How do you reach a healthy equilibrium?

Key 3

Acid-base balance
Choose the right food combination to maintain pH balance!

Key 4

Essential fatty acids
What oils should I consume?

Key 5

Variety and complementarity
Let's acquire new healthy eating habits!

Focus

- 14 WHAT IS INSIDE A HEALTHY SHOPPING BASKET?
- 15 SOME INEXPENSIVE HEALTHY FOODS, FREQUENTLY IGNORED.
- 16 IT IS ESSENTIAL TO DRINK WATER EVERY DAY!
- 18 GET PLENTY OF EXERCISE!



Key 1

A micronutrient-rich diet

Aim for nutritious calories!



Food contains different nutrients...

Proteins, lipids (fats) and carbohydrates (starch and sugars) provide energy, which we measure in units called calories.

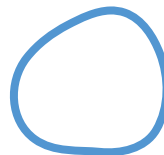
...And micronutrients.

Vitamins, minerals, trace elements, polyphenols, fibres and water are all essential for our cells and body to function properly.

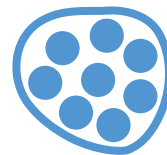
We can contribute positively to our health and general well-being by adopting a diet that is rich in these precious micronutrients!

For a micronutrient-rich diet,

make a habit of buying fruits, vegetables, fresh or frozen unprocessed foods, and unrefined foods such as rice, wholemeal bread and pulses. These foods offer calories that are rich in micronutrients.



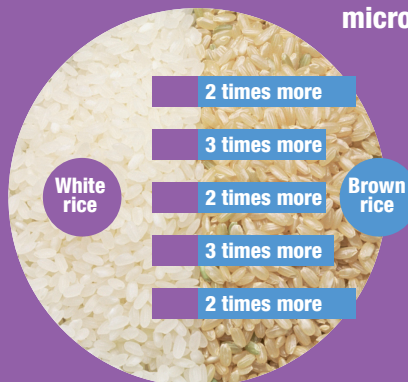
Empty calorie
(Only nutrients)



Nutritious calorie
(Nutrients and
micronutrients)

Wholemeal bread and brown rice: full of micronutrients!

The more a food is refined, the less micronutrients it contains.



Fibre
Magnésium
Potassium
B Vitamines
Phosphorus



Cooking tip:

Brown rice and vegetable stir-fry with almonds



Did you know?

We can easily consume our daily recommended amount of micro-nutrients! For example, just 50 g of blackcurrants or red pepper provides all the vitamin C that your body needs! The same can be achieved with one kiwi or one orange! So let's enjoy eating fruit and vegetables for their beautiful colours and essential vitamins!

Key 2

Sodium and potassium

How do you reach a healthy equilibrium?



We consume far too much salt...

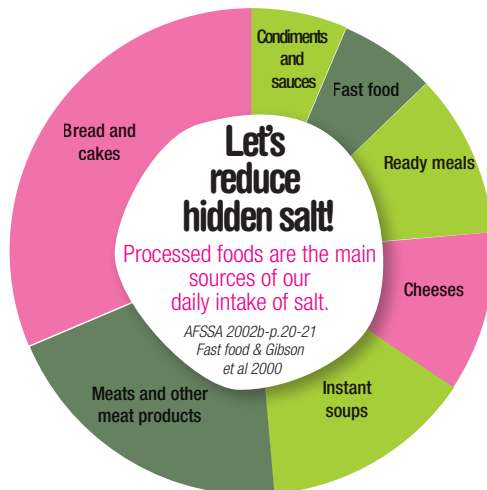
Our salt intake is about 8 g per day instead of the 5 g maximum recommended by the World Health Organization (WHO).

...And too little potassium.

We eat only 3 g instead of the 8 g our bodies need on a daily basis. And yet, many studies have shown an association between high sodium intake and high blood pressure, the latter being a risk factor for cardiovascular disease and strokes¹. Potassium, on the other hand, helps maintain normal blood pressure.

So what should we do?

Getting rid of the salt cellar is only part of the solution since it represents on average just 10% of salt intake! In addition, try to read food labels closely, reduce the consumption of high-salt products (bread, cooked meats, cheese, ready meals etc.). Season vegetables with spices and herbs... And above all, increase your potassium intake!



¹ WHO. Reducing Salt Intake in Populations. Report of a WHO Forum and Technical Meeting. 2006. Paris (France).

Did you know?

Some companies and artisans are beginning to reduce the amount of salt in their cooked meats, tinned food and bread – indeed, bread contains 25% of the salt found in processed food! Ask your baker to make bread less salty; it is tastier and has stronger aromas!

Foods rich in potassium

Nuts
(almonds, hazelnuts...)



Dried fruit and pulses
(dried apricots, raisins, lentils, dry beans)



Fresh fruit and vegetables
(bananas, apricots, spinach, broccoli)



Cooking tip:

Cucumber soup seasoned with mint and chives.



Key 3

Acid-base balance

Choose the right food combination to maintain pH balance!

A third key and another good reason to eat fruit and vegetables



The balance between our body's acidity and alkalinity should be maintained permanently.

And yet, our contemporary diet is generally “**acidifying**” because we eat too many foods that, once digested, exert an acidifying effect on our body. This is the case for meat, fermented cheeses, fish and cereals.

To re-establish pH balance,

you should eat so-called “**alkalizing**” foods. This is the case for all fruit, fruit juices and vegetables as well as almonds and seeds. Other foods are neither acidifying nor alkalizing; they are **neutral** and include legumes, vegetable oils, fats, yogurt, and soft fresh cheeses (fromage frais, cottage cheese...).

Choosing the right food combination maintains pH balance and limits the development of disease.

such as high blood pressure, osteoporosis and kidney stone formation.

Therefore, a meal with meat, vegetables, cheese and salad or figs respects acid-base balance.

Have a finger in every pie...



Acidic but not necessarily acidifying

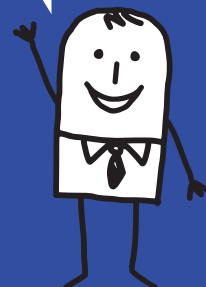
Food that tastes acidic does not necessarily acidify the body! For example, although lemon has a bitter 'acidic' taste, it has an alkalizing effect on the body.

Did you know?

Bone health is developed in the first 20 years of life! A balanced diet (with enough calcium and vitamin D), physical activity and exposure to sunshine in small doses builds up and maintains our long-term bone mass.

Cooking tip:

Herring in rapeseed oil and potatoes with parsley.



Key 4

Essential fatty acids

What oils should I consume?



If you want to improve your cardiovascular health, there is a very simple step you can take day-to-day: choosing the right oils

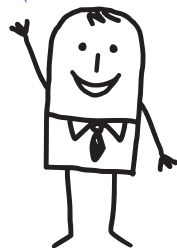
These contain certain “essential” fatty acids that the body cannot synthesize by itself. Alpha-linolenic acid is a case in point. This omega-3 fatty acid is present in rapeseed oil. As for olive oil, it is rich in oleic acid and polyphenols known for their antioxidant power! Try to consume daily a balanced blend of rapeseed oil and olive oil in order to obtain the ideal ratio of omega-6 / omega-3 fatty acids.

Other oils rich in omega-3

Walnut oil, used to dress salads and crudité, is rich in omega-3. This is also true of a lesser-known but nutritionally interesting oil called camelina oil. Both these oils are susceptible to oxidation and therefore very unstable. It is best to buy them in small opaque bottles, keep them in the refrigerator and use them quickly.

Cooking tip:

A little rapeseed and olive oil with garlic, fresh basil or lemon juice on salads and fish.



How much oil should we consume a day?

2 tablespoons per day of a rapeseed-olive oil blend for a woman and 2-3 tablespoons for a man.

What to avoid at home

Peanut oil, sunflower oil, corn oil, grape seed oil and palm oil are all widely used in restaurants, canteens and convenience food. At home, try to replace these with olive or rapeseed oil!

Can you heat rapeseed oil?

Yes, you can heat rapeseed oil to a moderate temperature (up to a maximum of 160 °C) for slow cooking, roasts or fries (as stated by the French Food Safety Agency, AFSSA, now ANSES – The National Agency for Food Safety, Environment and Labour).

Did you know?

The Cretan and Mediterranean diet is known for its beneficial effects on cardiovascular health. One study showed a 70% reduction in mortality among heart attack survivors who followed this diet, which is rich in alpha-linolenic acid (derived from rapeseed oil)!



Key 5

Variety and complementarity

Let's acquire new healthy eating habits!



There is no magic food!

No single food can offer everything.

Routine and monotonous diets, therefore, may lead to nutritional deficits or excesses. Only a variety of food provides all the nutrients the body needs.

There is no “good” or “bad” food!

It is the quantity and quality of food on our plate that determines what is healthy. As a result, it is important to consider the complementarity of different foods.

Say goodbye to routine! Let's be creative and inventive ...

How about changing our eating habits? Let's seek out new flavours and new food producers that not only promote healthy eating and but also preserve the environment! Let's be curious and vary tastes and textures. Take vegetables, for example: they may be raw or cooked, crisp and fresh, soft and melting...

Winter

Carrots, Cauliflower, Endives,
Leeks, Oranges, Grapefruits,
Clementines, Apples...



Spring

Tomatoes, Asparagus, Radishes,
Spinach,
Peas, Beans,
Strawberries ..

Summer

Apricots, Peaches, Nectarines,
Green beans,
Cougettes, Melons,
Watermelons ...



Autumn

Potirons,
Pumpkins, Chestnuts,
Grapes, Fennel ...



Did you know?

Golden Delicious, Gala and Granny Smith are three popular varieties of apple. Can you think of any others? In fact, there are more than 7 500 in the world! And generally we know of only 3! Try to discover other varieties. Set yourself a challenge to taste at least 10 before the end of the year!

Cooking tip:

Melon carpaccio with pepper,
cherries and mint yogurt



What is inside a healthy shopping basket?

Most natural
unprocessed products

Good oils

A bit of everything...

Colourful foods

Lots of fruit and
vegetables

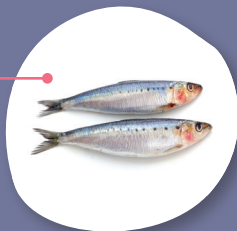


Some inexpensive healthy foods, frequently ignored.

Focus

Sardines, mackerel, herring, tuna, salmon and other oily fish

Tinned or fresh, they should be eaten at least twice a week. They are rich in essential fatty acids (omega-3), zinc, selenium, iodine, and potassium.



Rapeseed oil

This oil ensures the proper functioning of the cardiovascular system! It contains essential fatty acids (omega-3, omega-6) and vitamin E.



Brown rice and Wholemeal Bread (or semi-wholemeal bread/semi-brown rice)

Brown rice and wholemeal bread are very rich in micronutrients including vitamins B1, B2, B6, fibre, iron, potassium, magnesium, zinc, phosphorus et phosphore.



Legumes

There is a variety of tastes and micronutrients in lentils, beans, mung beans, split peas, chick peas, broad beans, alfalfa, soya beans etc.

They contain provitamin A, vitamins B1, B2, B6, C, K, niacin, fibre, iron, potassium, calcium, magnesium and phosphorus.



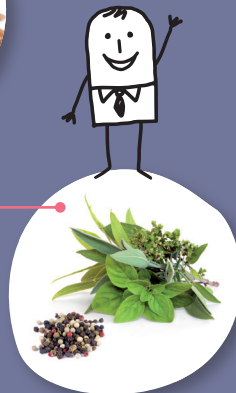
Walnuts, hazelnuts and almonds

These are truly wonderful little gems of micronutrients! They contain provitamin A, vitamins B1, B2, B3, B5, B6, C and E, niacin, iron, potassium, magnesium, zinc, phosphorus, calcium, copper, fibre, and omega-3 (in walnuts).



Herbs and spices

Put the salt aside and try using herbes de Provence, parsley, pepper, curry, turmeric, coriander and cinnamon. These are full of anti-oxidant minerals and vitamins!



Water is the only essential drink to hydrate our bodies!

It also provides nutrients that functioning cells require and serves to transport and eliminate waste. 1.5 litres of water are recommended per day but our needs may vary depending on our physical activity, age and the outside temperature. In fact, when you feel thirsty, the body is already slightly dehydrated!

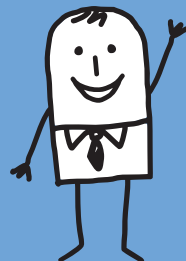
As to how we hydrate our bodies, we have a choice!

Tap water: It is of high sanitary quality and is rigorously monitored.

Spring water: It has to meet the same standards of quality as those for tap water but is generally only delicately mineralized.

Mineral water: Characterized by its mineral content, trace elements and other important compounds, it offers numerous health-promoting properties.

Sparkling water: Some are naturally effervescent mineral waters while others are artificially carbonated at source. However, always try to drink sparkling water that contains as little sodium (or salt) as possible (i.e. less than 50 mg/litre). Also, choose water that is rich in calcium (the label generally shows this clearly) and bicarbonates, which help digestion and maintain pH balance.



Did you know?

Two out of three children suffer dehydration when they go to school despite having breakfast! It is important to ensure that breakfast provides a sufficient amount of fluid (2, 3)!



(²) Manz, F. (2007) Hydration in children. *J. Am. Coll. Nutr.* 26, 562s-569s.

(³) Manz, F. (2007) Hydration and disease. *J. Am. Coll. Nutr.* 26, 535s-541s.



Don't hesitate

to vary your drinks!

Want to warm up?

Hot beverages like tea and coffee provide significant amounts of potassium and antioxidant molecules useful in the fight against cell deterioration.

Want to treat yourself?

Sugary drinks can also be consumed but only occasionally. As for the moderate drinking of red wine (1-2 glasses/day), it helps provide good cardiovascular protection.

Alcohol abuse is harmful to your health. Women should avoid alcohol throughout their entire pregnancy.

Our bodies need to move!

Like diet, physical activity is a daily act, essential to our continued good health. Many studies have shown that exercise:

- reduces the risk of developing heart disease, type 2 diabetes, osteoporosis, and certain cancers ⁽⁴⁻⁷⁾.
- reduces the risks associated with weight gain ^(8,9).
- improves the quality of life, relaxation and sleep ⁽⁶⁾.

Whatever your age, it is possible to exercise regularly at your own pace — 30 minutes of moderate exercise a day (at least 10 minutes each time). This may include simple things like:

- walking and using the stairs rather than the lift or escalator.
- getting off one stop earlier when taking the bus, tram or metro.
- riding your bicycle instead of using the car, motorbike or public transport.



The sportsperson's diet

When you do sport, you need to adapt your diet. Before training or competing, you can improve performance and speed up recovery by following these tips:

- drink water in small amounts before, during and after the exercise.
- have a meal rich in carbohydrates (pasta, rice) at least 3 hours before the exercise and make sure to digest your food well.
- have a snack during the exercise if it lasts several hours (cereal bars, dried fruit).
- eat a balanced meal after the exercise (vegetables, starchy foods, meat or fish, dairy products, fruit).

(4) Lee, S., Kuk, J. L., Davidson, L. E., Hudson, R., Kilpatrick, K., Graham, T. E. & Ross, R. (2005) Exercise without weight loss is an effective strategy for obesity reduction in obese individuals with and without Type 2 diabetes. *J Appl. Physiol* 99: 1220-1225.

(5) Dontas, I. A. & Giannakopoulos, C. K. (2007) Risk factors and prevention of osteoporosis-related fractures. *J Musculoskelet. Neuronal. Interact.* 7: 268-272.

(6) Paffenbarger, R. S., Jr., Blair, S. N. & Lee, I. M. (2001) A history of physical activity, cardiovascular health and longevity: the scientific contributions of Jeremy N Morris, DSc, DPH, FRCP. *Int. J Epidemiol* 30:1184-1192.

(7) World Cancer Research Fund International. Food, Nutrition, Physical Activity and the Prevention of Cancer: a Global Perspective. 2007.

(8) Lavie, C. J., Milani, R. V., O'Keefe, J. H. & Lavie, T. J. (2011) Impact of exercise training on psychological risk factors. *Prog. Cardiovasc. Dis* 53: 464-470.

(9) World Health Organization. Obesity: preventing and managing the global epidemic. 2004.

The Fondation d'entreprise PiLeJe is authorized by prefectural order of 1 March 2005 and extended on 10 April 2010. 37, quai de Grenelle - 75738 PARIS cedex 15; www.fondation-pileje.com - contact@fondation-pileje.com - 01 45 51 58 03.

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This booklet, first published in 2007, was updated in 2012 with the help of Dr. Jean-Michel Lecerf (head of the nutrition department of the Institut Pasteur de Lille, and chairman of the Fondation PiLeJe board of directors) and includes contributions from other members of the board.

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Printed on paper from sustainably managed forests using an Imprim'Vert certified printer.

I feel great! (originally published as Je me sens bien dans mon assiette!) is the title of panel discussions organised in France by the Fondation PiLeJe in, amongst others, town halls, associations, companies, and schools. The panellists doctors competent in the fields of healthy food, dietetics and micronutrition – present the 5 keys to healthy eating.

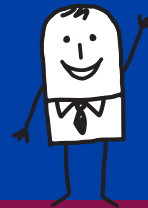
Since the beginning of this project, the foundation has been supported by many partners in preventive health care, who promote shared knowledge of good eating habits.

With them, the foundation offers a new perspective on our meals, habits and health through a modern practical micronutritional view of food.

Please contact us for further information including panel discussion dates, health recommendations, practical tips and recipes.



The Fondation PiLeJe and the www.destinationsante.com press agency work together to disseminate healthy recipes, created by committed chefs, and healthy daily menus devised by a nutritionist.



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Thanks to our partners:



Institut Européen
de Diététique et
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**FONDATION
PILEJE** PROMOUVOIR LA
SANTÉ DURABLE

Sous l'égide de
Fondation
de France

ŒUVRE D'INTÉRÊT GÉNÉRAL À BUT NON LUCRATIF