



## Follow-up document Food Advice

Recently you had a nutrition advice appointment with our food coach Yvonne. We hope that your questions have been answered during this advice and that you have gained insights into the theme of nutrition. To help you on your way, you will find a few useful tips, tasty recipes, useful information and an example menu in this document. If you have any questions after reading this document, you can always contact us via [sscfoodcoach@tue.nl](mailto:sscfoodcoach@tue.nl)

### What's next?

Did you find the advice very helpful, but could still use some help or find it interesting to learn more about a particular topic? Then the following consultation hours or workshops are a good follow up!

#### → Follow up advice

Are your questions still not fully answered or would you like a check-up again? Then schedule another 30-minute food advice with our food coach Yvonne via our website.

#### → Fitness advice

Do you have questions about sport and exercise? Then schedule a free Fitness Consultation with one of our Fitness Instructors. During the Fitness Advice, one of our Fitness Instructors can create a personalized schedule for you, help you with exercises, perform a Tanita Fit Check and answer your sports-related questions.

#### → Workshops

During the year, the SSC offers nutrition workshops with different themes, such as: vegetarian eating, reading labels or creating your own nutrition scheme. The workshops usually take place during the Open Week or during Vitality Week. For more info, please contact [sscfoodcoach@tue.nl](mailto:sscfoodcoach@tue.nl).

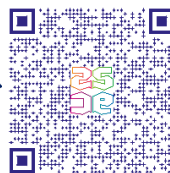
#### → Personal Training

If you would like more one-to-one guidance in nutrition and sport, then a personal trainer is for you. During these Personal Training sessions, one of our qualified instructors will guide you through a safe and effective fitness program.

#### → Courses

During the year, the SSC offers several courses with different themes, such as: Lifestyle course, Back on Track or CANS/RSI instruction. For more info, please contact [ssc.courses@tue.nl](mailto:ssc.courses@tue.nl).

Click [here](#) to register for one of the advices or scan the code →





# Informative websites, apps and social media

## Informative websites

**Voedingscentrum**  
eerlijk over eten

**gezondheidsplein**  
onderdeel van solvo

[www.voedingscentrum.nl](http://www.voedingscentrum.nl)

[www.gezondheidsplein.nl](http://www.gezondheidsplein.nl)

## Nutrition apps



Virtuagym



DailyDozen



Lifesum



MyFitnessPal



SamenGezond



Eetmeter



Fatsecret  
Food



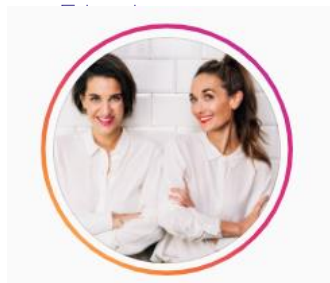
Kies ik Gezond



Naa

## Instagram pages

[ChicksLoveFood](#)



[Nutryvon](#)



[Voedingsweetjes](#)



[Foods and](#)





## Tips for healthy weight loss

Losing weight is simple in theory: by taking in less energy than you consume, your weight slowly decreases. Below you can read some tips on how to lose weight and reach your goal.

### The basics: a clear and achievable goal

The most important thing is that your nutrition goal is achievable. If you want to change something, have a goal in mind, it is important to draw up a plan that includes clear goals you want to achieve and, most importantly, how you are going to achieve them. What path are you going to take? Is your goal achievable and realistic? 'I want to lose weight' is not concrete enough, decide exactly how much you want to lose and in how much time. Be aware of why you are going to eat differently, don't try to avoid food products and start with small adjustments.

### Tips for a healthy food pattern and lifestyle

- **Take your time to change**  
Don't make big changes if you want to change your diet, because you won't keep it up. It takes at least six months to change habits, so take your time to change your eating habits. Set short-term goals and/or a step-by-step plan that will help you reach your final goal. Examples are 'consume alcohol only on weekends' or 'add vegetables to your snack time'.
- **More exercise!**  
Exercise is an important part of losing weight. Research increasingly shows that light-intensity exercise throughout the day is healthy. So don't always pick up the phone, walk to see your colleague, or take the stairs instead of the elevator. Want to start exercising? Above all, build it up slowly.
- **Have a varied eating pattern and plan your meal moments**  
By regularly varying the food you eat, you make sure your body gets all the nutrients it needs. In addition, it is smart to plan your meal moments so your body learns when it is time to eat and thus gives a hunger signal.
- **Grocery shopping / read labels**  
It is common knowledge that shopping on an empty stomach is not the smartest thing to do. Make a list when you go to the supermarket and always check the nutrition table and ingredients list to know exactly what is in the product. Want to compare products? Then compare them per 100 grams and not per portion. Pay in particular attention to sugars, saturated fats, fibers and calories.
- **Beware of temptations**  
Eat something nutritious before you go to a party and take a sandwich or a piece of fruit with you when you go out. This way, you will be less susceptible to the many temptations you encounter on the road.
- **Drink plenty of water!**  
Drinking water and tea makes you feel full and therefore helps you eat less. On average, your body needs about 1.5 to 2 litres of fluid a day. Avoid sugary drinks such as soft drinks or fruit juice as much as possible.



## Recommended daily intake

Now how many of these nutrients do you need in a day? Of your daily total calorie requirements, it is recommended that: 10% -

- ❖ 20% - 40% consist of fats
- ❖ 10% - 25% consists of proteins
- ❖ 40% - 70% consist of carbohydrates

In addition, it is important and should certainly be remembered that the body needs the following:

- ❖ Water (2 - 2,5 liters)
- ❖ Fibers (30-40 grams)
- ❖ Max. 10% saturated fats

### → Eat with attention

Don't eat too fast; you'll miss the signal that you're full. Eating with attention makes you eat less. So eating in front of the TV is not a good idea. The distraction makes sure you don't know if you've eaten enough. Taking small bites and chewing well helps you eat more calmly and less.

### → Use a small plate

On a small plate, the same portion seems larger than on a large plate. Your brain thinks you've eaten more. In fact, research shows that with smaller plates and smaller cutlery, you eat less. That's worth trying, right? It also helps if you only serve once, this will make you less likely to overeat.

### → Eat a minimal of 250 grams of vegetables a day and two pieces of fruit

Increase your intake of vegetables and eat 2 pieces of fruit in a day. Divide the vegetables and fruits over several meal times during your day to get the right amount. For example, a carrot and half a bell pepper as a snack or slices of tomato and/or cucumber on your cheese sandwich.

### → Eat lots of fiber-rich food such as vegetables fruits and whole grain products

Eating fiber rich food makes you less likely to get hungry again. Low-fiber, sweet foods have the opposite effect. In addition, fiber has a positive effect on our digestion. The recommended daily intake is 30 grams for women and 40 grams for men.

### → Track your food intake via an app

Only when you know what you are eating can you choose to change it. So losing weight starts with awareness. Keep track of what you eat for two days in a food diary, such as "Mijn Eetmeter." This will give you better insight into what you eat and drink. There are several apps that can help you do this. However, beware of obsessively counting calories. Obsessively tracking can result in a negative mindset and it is especially time-consuming versus what it gives you.

### → Be careful with food avoiding and diets

A strict diet where you avoid sugar or carbohydrates, for example, is difficult to maintain (at least not your whole life). The lost kilos often come back on in a short period of time after finishing, because you often do not return to the old eating pattern in a balanced way: the well-known yo-yo effect. Aside from the risk that you may become deficient in all kinds of nutrients during strict dieting, it is especially not necessary to avoid these nutrients. Instead of dieting, try adjusting your diet with small changes.



## BACK-UP PLAN

It often turns out to be quite difficult to start applying changes, let alone sustaining them. That is why it is good to make a back-up plan for yourself. What do you do if you are tempted to snack in the evening? How can you prevent yourself from serving twice at dinner anyway? How can you resist those tasty bitterballs and nuts at a birthday?

To avoid these above events, you can use the "if-then method. This is a good tool to make agreements with yourself in advance about what you will do if something tempts you that could thwart your goal. Make agreements with yourself and write them down somewhere.

For example, "If I notice I'm bored and all I can think about is that bag of chips in the cupboard, I'll go for a walk and get a coffee, go for a bike ride, do a puzzle, etc."

## Eating swaps

Eating swaps or making adjustments to your eating schedule. If, after tracking your nutrition in an app, you find out that you eat too much saturated fat in a day, for example, it is imperative that you make adjustments to your diet. You can do this, for example, by omitting food products or substituting food products for other products. For example, products that contain less saturated fats. An example is replacing a cheese sandwich with a humus sandwich.

Take a critical look at the nutrients and quantities you get in a day. Where are you right and where do you need to make adjustments? Try looking for other products, products with fewer calories, less saturated fats or more protein. If you don't quite manage this yourself, you can always contact the SSC Food Coach for a Food Advice.





## Tips on how to gain weight

### When are you actually underweight?

Being a little thinner than average is not a problem in itself. As long as you are healthy and eat enough (and healthy), there is no problem. Underweight is when you weigh less than is good for your health. In general, you are underweight when your Body Mass Index (BMI) is below 18.5.

It is not so easy to start eating enough when you need to gain weight. The tips on this page will help you gain weight, but also ask for help. Together with your doctor or a dietician, make a treatment plan.

### Tips on how to gain weight in a healthy manner

Being underweight means that your calorie balance is out of balance for a long time. You consume more energy than you take in, resulting in weight loss. To gain weight, you want to create the opposite situation. It can then be tempting to indulge in sausage rolls, Snickers, a whole bag of crisps and a pizza. But even for someone who is underweight, these foods are unhealthy. So what should you do?

- **Plan at least 3 to 6 eating moments on a day**  
Sometimes it is difficult to eat more than you already do during your main meals (breakfast, lunch & dinner). Therefore, try to schedule extra meal times, also known as snacks.
- **Shopping / reading labels**  
Make a list of 'basic groceries' when you go to the shop and make sure there is always something to eat in the house, even for in between meals. Check the nutrition table and ingredients list to know exactly what is in the food product and how much. For example, choose products with more calories or products with more fibre. This way it is easier to get more calories without having to eat more. Always compare products per 100 grams and not per portion!
- **More exercise!**  
Exercise is important! A walk in the fresh air or a few stretching exercises will make you feel fitter. Exercise also helps keep muscles as strong as possible. So grab a bike to your destination, take a walk around the neighbourhood every evening and take the stairs instead of the lift. Want to start exercising? Above all, build it up slowly.
- **Extra 'fat' in a healthy manner**  
Use liquid cooking products or oil for meal preparation and use butter on your bread. If you want to gain weight, you can consume the fattier varieties of meat, dairy products and cheese. Nuts, avocado and oily fish are also suitable.
- **Eat products with protein**  
To build muscle (again), your body needs sufficient protein. Protein comes mainly from meat, chicken, meat substitutes, fish, eggs, milk and milk products, soy products, legumes and nuts.
- **Reduced appetite?**  
Sweet and sour products often stimulate the appetite, such as a glass of fruit juice or a few pieces of fruit. A cup of broth also sometimes works wonders.





## What are the consequences of being underweight?

Being underweight is also unhealthy and can cause health problems. For instance, there is a greater chance of nutrient deficiency and reduced immunity. When the body severely lacks energy, all kinds of important functions are put on hold. Menstruation stops, digestion no longer works properly, you tire more quickly and your hands and feet can no longer keep warm properly. Your fitness, both physical and mental, also declines. Thinking goes less well, and it can possibly even lead to depression.

## Supplements

When you eat very little, chances are you will run out of nutrients. There is simply not enough food to get it all in. In consultation with your doctor, it may be wise to take supplements for certain vitamins and minerals.

## How do you get extras in?

Snacks don't just have to be unhealthy or high-fat. See some healthy options below:

- ❖ Rusk with banana
- ❖ Knäckebröd with tuna salad
- ❖ Cracker with meat
- ❖ A whole-wheat grilled sandwich with cheese, ham and pineapple or apple slices
- ❖ Muesli ball with margarine
- ❖ A full glass milk, buttermilk, yoghurt drink
- ❖ Bowl yoghurt/quark with fruits



⌚ 5 min. Knäckebröd met pindakaas

Product	Hoeveelheid	Kcal
Volkoren knäckebröd	3 stuks	135 kcal
Pindakaas	20 gram	131 kcal
Banaan	½ stuks	62 kcal



⌚ 5 min. Yoghurt variatie

Product	Hoeveelheid	Kcal
Volle yoghurt	550 ml	165 kcal
Pecannoten	20 gram	146 kcal
Mango	50 gram	33 kcal

Not managing to put on weight on your own? Then engage a dietician. At the Nederlandse Vereniging van Diëtisten or the Diëtisten Coöperatie Nederland you can always find a dietician in your area.



## Sport & Nutrition

### Why is nutrition essential besides exercising?

Nutrition is the fuel for your body and your performance. If you want to get better, stronger, faster and recover well, you need to invest in yourself and in the right nutrition. Incorrect nutrition has a negative impact and can cause acidosis, muscle cramps and reduced muscle growth, among other things.

If you start exercising more, it is important that you start looking at the distribution of nutrients in your diet, such as carbohydrates, proteins and fats, as well as vitamins and minerals. How much do you need and how can you achieve that? In addition, the timing of meals, adequate drinking and rest are also very important. Good nutrition can really help you improve your sports performance.

### Before exercising ...

Eat a regular meal 2-3 hours before exercising or at least a meal with multiple carbohydrates such as wholemeal pasta, oatmeal or wholemeal bread. The time frame is different for everyone, try out what works for you. If you experience dizziness or stomach upset, it is advisable to eat a little earlier. You really need simple carbohydrates for a good workout, these carbohydrates provide your body with long-lasting energy. Simple carbohydrates such as a banana can be consumed shortly before your workout. These foods actually give you an energy boost.

Below a number of examples:

- ❖ **A banana.** Bananas contain fibre and carbohydrates, which give an energy boost. Moreover, bananas are high in potassium. Useful when exercising, as it makes you less prone to dehydration.
- ❖ **Small bowl of oatmeal with fruit.** Oatmeal is also rich in slow carbohydrates that will keep you fueled for a long time. Add some fruit for an extra energy boost.
- ❖ **Een volkoren boterham met gezond beleg.** Think of hummus, lean meats or 100% nut spread.

### After exercising ...

When you have worked up a big sweat for an hour, your body naturally needs nutrients and energy. Especially after strength training, this is very important. After all, you damage your muscles somewhat in the process, and in order to start recovery as soon as possible, your body needs building materials.

When eating after exercise, two things are important: proteins and fast carbohydrates. Proteins provide the building materials from which your muscle tissue is formed. So to repair and enlarge muscles, you need sufficient protein. During exercise, your muscles use up your body's glycogen stores so it is important to replenish them as soon as possible after exercise. Always try to spread your protein intake over all meal times during the day. This is because your body only absorbs small amounts of protein at a time. On days when you exercise, it is important to take an extra portion of protein after exercise and possibly as an evening snack. It is also important that you get protein from different food products and not just from meat, cottage cheese and eggs, for example.

### How much extra protein do I need when I exercise?

How much extra protein you need as a (strength) athlete depends on your goals. This ranges from 1.2 to a maximum of 2 grams per kilogram of body weight per day. For a strength athlete weighing 70 kilos, this equates to 84 to maximum 140 grams of protein per day.





## Supplements & shakes: yes or no?

If you exercise a lot, especially strength training or endurance sports, then your body's need for protein is greater than if you do no or little exercise. When considering possibly adding supplements or protein shakes to your diet, first check that your basic nutrition is correct. Basically, you can get all the nutrients you need for exercise from healthy food products. As long as you vary your nutrition and pay attention to the right amount, this is certainly feasible.

Only when you have your basic nutrition in order, you can look at possible supplements and shakes; the sport-specific nutrition. Would you like to add a protein shake to your diet right now anyway? Then pay attention when purchasing a shake to the ingredients listed on the package. Not all pre and post sports supplements are safe. Some have excessive doses of certain substances, contain a lot of sugar, or may contain substances that are banned and on the doping list.

## How do you get extra protein?

So it is not always necessary to consume a protein shake after exercise, there are plenty of other healthy options to eat after exercise. See some examples below:

- ❖ **Quark with fruit and nuts.** Quark is rich in protein, and fruit provides the necessary quick carbohydrates.
- ❖ **A homemade smoothie.** Any combination of a dairy base with fruit also works very well. Toss it in the blender at home, then you can take your smoothie to the gym very easily.
- ❖ **Whole wheat sandwich with high-protein toppings.** A simple sandwich with lean meats, cottage cheese or hummus provides a lot of protein and also plenty of healthy carbohydrates.
- ❖ **Cracker with boiled egg.** A boiled egg is a very simple sports snack to take with you. Eat a cracker with it for a serving of carbohydrates and you're done!



⌚ 5 min.

Havermoutpap

Product	Hoeveelheid	Kcal
Amandelmelk	150 ml	80 kcal
Havermout	45 gram	171 kcal
Chiazaad (topping)	1 theelepel	46 kcal
Frambozen (topping)	Handje vol	21 kcal
Blauwe bessen (topping)	Handje vol	11 kcal
Kokosrasp (topping)	5 gram	34 kcal



⌚ 5 min.

Overnight Oats

Product	Hoeveelheid	Kcal
Havervlokken	50 gram	191 kcal
Amandelmelk	150 ml	80 kcal
Kaneel	2 theelepel	8 kcal
Lijnzaad	1 eetlepel	36 kcal
Appel (topping)	1 stuks	60 kcal



## Vegetarian food

What is the difference between a vegetarian, vegan and flexitarian?

**Vegetariërs (ovo-lacto vegetariërs)**

Ovo-lacto vegetarian is the vegetarian as we normally know them. Ovo-lacto vegetarians avoid meat, fish and chicken, but do use eggs (ovo) and dairy products (lacto) in their diet.

**Vegans**

Vegans are people who avoid all animal products. So vegans do not eat meat, fish or poultry. But also no dairy products, honey, gelatine or eggs. Not only in food but also in other products, they avoid products of animal origin.

### Types of vegetarians

The two most common types of vegetarians are ovolacto-vegetarians and vegans. These are the best-known groups, but within these there are other variants of vegetarians. These variants stem from an individual's motivation, experiences or needs.

Here, we can divide vegetarians into:

- **Flexitarian**  
Do you eat no meat, fish or cold cuts at least one day a week? Then you are a flexitarian.
- **Pescotarian**  
For example, there are people who call themselves vegetarians but eat fish, they are actually called pescotarians.
- **Pollotarian**  
People who eat poultry also sometimes call themselves vegetarians, but the correct term for this is pollotarian.
- **Ovo-vegetarian**  
There are people who do not eat dairy but do eat eggs. Ovo stands for eggs.
- **Lacto-vegetarian**  
People who do not eat eggs but do eat dairy. Lacto stands for dairy products.
- **Fruitarian**  
A fruitarian does not eat anything animal-based like a vegan, but also does not want to kill or damage plants to get food. Fruits that fall from the tree, such as an apple are part of the fruitarian's menu.

If you want to eat less meat, doubt about becoming a vegetarian or just want to know more about vegetarian food, make an appointment with our Food Coach Yvonne de Kinkelder



## Why eat vegetarian food?

Everyone has their reasons for becoming a vegetarian. The main reasons in the Netherlands are often personal health, respect for all living things (especially against animal violence and cruelty), protection of the environment and religious or philosophical principles.

In general, people who eat vegetarian food are more conscious of their diet and live healthier lives as a result. A healthy and varied diet naturally reduces the risk of certain diseases. Besides, you can also easily get the nutrients from meat from other products.

## Extra tips: Mineral iron

There are two forms of iron, namely heme iron found only in meat and non-heme iron found in plant products. Iron is an important mineral that helps transport oxygen through your blood. Iron from meat the body absorbs more easily than iron from plant products, such as vegetables and bread. There are two main things to watch out for when eating a vegetarian diet:

- Increase the intake of fruits and vegetables in your diet. This is because these contain vitamin C, which makes your body absorb iron better.
- Eat consciously and more products that contain iron, examples include; vegetables (especially green leafy vegetables, such as spinach, endive and lettuce), whole grain cereals (such as whole grain bread, whole grain breakfast cereals, whole grain couscous, bulgur, brown rice and whole grain pasta) and potatoes.

## Extra tips: Vitamine B12

Vitamin B12 is found only in animal products and is responsible for the production of red blood cells and proper functioning of the nervous system. Vegetarians depend on eating eggs, cheese and dairy products for an adequate vitamin B12 intake. If you take no or few animal products, it is necessary to take vitamin B12 supplements or deliberately consume extra vitamin B12-enriched products such as, milk, yoghurt, cottage cheese, cheese and soy drinks with added vitamin B12.

## What about protein?

Proteins help build our body cells and are made up of amino acids. Some amino acids the body can make itself. Others you have to get through your diet, namely the essential amino acids. Plant proteins sometimes contain fewer essential amino acids or in the wrong proportions. In addition, the protein from some plant products is sometimes more difficult to digest. So as a vegetarian, you have to be careful to take protein from different sources.

Vegetarians and vegans need more protein than people who eat meat. This is due to the amino acids in protein and digestibility. The recommended amount of protein is basically 0.83 grams per kilogram of body weight, but for vegetarians and vegans it is 20% higher.

## Easy and healthy recipes



⌚ 5 min. Wraps met hüttenkäse

Product	Hoeveelheid	Kcal
Volkoren wraps	2 stuks	256 kcal
Baby spinazie	100 gram	12 kcal
Cherrytomaatjes	50 gram	16 kcal
Ei (gekookt)	2 stuks	142 kcal
Hüttenkäse	2 x beleg	54 kcal
Peper	Snufje	14 kcal



⌚ 5 min. Volkorenbrood met beleg

Product	Hoeveelheid	Kcal
Volkorenbrood	3 x snee	164 kcal
Humus	2 x beleg	205 kcal
Pindakaas	1 x beleg	141 kcal



⌚ 15 min. Pannenkoekjes (4 stuks)

Product	Hoeveelheid	Kcal
Magere melk	50 ml	17 kcal
Kaneel	1 theelepel	4 kcal
Haverhout	30 gram	114 kcal
Eieren	1 stuks	64 kcal
Banaan	½ stuks	62 kcal
Kokosolie (bakken)	0,5 eetlepel	67 kcal
Magere yoghurt (topping)	2 eetlepels	30 kcal
Aardbeien (topping)	50 gram	12 kcal

\*Mix de eerste 5 ingrediënten en bak hier pannenkoekjes van in kokosolie. Garneer met de toppings.



⌚ 15 min. Pitabroodje met kruidige kip

Product	Hoeveelheid	Kcal
Pitabroodjes (volkoren)	2 stuks	181 kcal
Ijsbergsla	50 gram	8 kcal
Tomaat	1 stuks	16 kcal
Basilicum (topping)	Paar blaadjes	1 kcal
Mozzarella	40 gram	104 kcal
Pijnboompitten (geroosterd)	2 theelepel	36 kcal
Kipfilet	100 gram	158 kcal
Italiaanse kruiden (voor over de kipfilet)	1 theelepel	2 kcal





⌚ 10 min (+3 uur opstijven). Chiapudding

Product	Hoeveelheid	Kcal
Magere melk	200 ml	68 kcal
Chiazaad	4 eetlepels	184 kcal
Honing	1 theelepel	25 kcal
Kaneel	1 theelepel	4 kcal
Amandelen (topping)	10 gram	58 kcal
Blauwe bessen (topping)	20 gram	10 kcal

\*Mix de eerste 4 ingrediënten een avond van te voren en laat dit opstijven in de koelkast. Garneer 's ochtends met de toppings



⌚ 30 min. Aardappels met vis

Stap	
1.	Schil de aardappels en snijd ze in stukken. Zet ze op het vuur en laat ze 15 tot 20 minuten koken.
2.	Snijd ondertussen de broccoli in roosjes en kook dit in een andere pan in ongeveer 15 minuten gaar.
3.	Kruid de pangasiusfilets met viskruiden of dille. Verhit de roomboter in een pan en bak de vis hierin bruin en gaar.
4.	Serveer de vis samen met de aardappels en broccoli.



⌚ 20 min. Pasta Pesto

Stap	
1.	Kook de volkoren pasta zoals aangegeven op de verpakking. Snijd ondertussen de cherrytomaatjes door de helft.
2.	Bak de kabeljauw in wat olijfolie en maak er kleine stukjes van.
3.	Voeg de spinazie toe zodra de kabeljauw gaar is. Zodra de spinazie is geslinkt, voeg je de pesto toe. Meng dit goed.
4.	Voeg de cherrytomaatjes en de gekookte pasta toe en bak dit kort mee.
5.	Rooster pijnboompitjes kort in een andere pan en strooi dit over de pasta



⌚ 15 min. Salade bowl

Product	Hoeveelheid	Kcal
Zilvervliesrijst	60 gram	103 kcal
IJsbergsla	100 gram	16 kcal
Tomaat	1 stuks	16 kcal
Koriander (topping)	1 theelepel	3 kcal
Mais uit blik	75 gram	67 kcal
Avocado	Halve	179 kcal
Kidneybonen	75 gram	79 kcal
Greens Paprika & Courgette spread	2 eetlepels	28 kcal



## Dinner +/- 600 kcal

Choose your carbs, protein source, cooking fat and vegetables.

### Carbohydrates

Product	Amount	Kcal
Brown rice (uncooked)	60 grams	205 kcal
Wholemeal pasta (uncooked)	60 grams	207 kcal
Quinoa (uncooked)	55 grams	206 kcal
Potatoes (uncooked)	230 grams	198 kcal
Sweet potatoes (uncooked)	210 grams	202 kcal

### Proteins

Product	Amount	Kcal
Cod	250 grams	223 kcal
Pangasius	300 grams	225 kcal
Sardines	120 grams	225 kcal
Tuna	125 grams	216 kcal
Vega hamburger	125 grams	213 kcal
Tofu	180 grams	225 kcal
Tempeh	150 grams	225 kcal
Lentil (boiled)	230 grams	228 kcal
Hamburger (beef)	100 grams	235 kcal
Salmon	135 grams	215 kcal
Steak	170 grams	216 kcal
Beef steak	115 grams	211 kcal

### Frying fat

Product	Amount	Kcal
Cocos oil	1 spoon	133 kcal
Dairy butter	1 spoon	112 kcal
Olive oil	1 spoon	125 kcal
Sunflower oil	1 spoon	123 kcal

### Vegetables

Product	Amount	Kcal
Broccoli	300 grams	60 kcal
Eggplant	200 grams	66 kcal
Haricots verts	180 grams	63 kcal
Zucchini	225 grams	61 kcal
Tomatoes/cherry tomatoes	200 grams	60 kcal
Peas with carrots	150 grams	69 kcal
Spinach	400 grams	48 kcal
Cauliflower	300 grams	72 kcal
Asparagus	350 grams	67 kcal
Paprika	2 pieces	70 kcal
Wok-vegetables	250 grams	60 kcal





## Variation-tips

- Want more vegetables? Then add (extra) low-calorie vegetables such as, zucchini, cucumber, broccoli, lettuce or cauliflower to your meals and snacks.
- Want to garnish your dinner with nuts, seeds or pits? Then fry in half the cooking fat and garnish with 10 grams of nuts, seeds or pits.
- You can also add sauces, provided the amount of sauce does not exceed 30 kcal.
- Vegetarian food? Replace your meat, fish or chicken with a meat substitute, beans or tofu.

## Example recipes



⌚ 45 min.

Rijst met Tempeh

### Stap

1. Kook de zilvervriesrijst zoals aangegeven op de verpakking.
2. Verkruiemel de tempeh boven een koekenpan en bedek de tempeh met water. Stoom dit ongeveer 30 minuten tot het meeste water is geabsorbeerd. Maak ondertussen een mengsel van de tamari sojasaus, citroensap, knoflookpoeder en olijfolie.
3. Giet het resterende water na 15 minuten af en voeg je zojuist gemaakte mengsel aan de tempeh toe.
4. Bak vervolgens de tempeh tien minuten lang op hoog vuur. Voeg na zes minuten de wokgroenten toe en bak ze kort mee.
5. Voeg vervolgens de rijst toe en bak dit nog 2 minuten mee. Serveer het gerecht met sesamzaadjes.



⌚ 40 min.

Quinoa bowl

### Stap

1. Meng de tamari sojasaus met de helft van de olijfolie, gemberpoeder en citroensap. Doe dit mengsel in een bak of kom. Dep de tofu goed droog en leg het minimaal 30 minuten in het mengsel om te marineren.
2. Kook de quinoa ondertussen zoals aangegeven op de verpakking en snijd de paprika en bloemkool in stukken.
3. Nadat de marinade goed is ingetrokken, verhit je de resterende olijfolie in een pan en bak je hierin de tofu gaar en bruin.
4. Grill de paprika en de bloemkool of bak het in een pan. Rooster de pinda's kort in een andere pan. Meng vervolgens de quinoa, tofu, paprika en bloemkool in een bowl en garneer het gerecht met de geroosterde pinda's.

Running out of inspiration? You'll find plenty of easy and healthy recipes to try out on the internet



## Snacks

Every day you have 3 moments for a snack. In total, one snack should meet +/- 200 kcal. Note, sometimes you can choose several snacks to reach a total of +/- 200 kcal.

Beware of temptations! Eat something nutritious before you go to a party and take a sandwich or a piece of fruit with you when you go out. This way, you will be less susceptible to the many temptations and tasty snacks you encounter on the road.

Choose your snack below.

### Fruit

Snack	Hoeveelheid	Kcal
Banaan (middel)	1 stuks	124 kcal
Banaan (klein)	1 stuks	95 kcal
Banaan (groot)	1 stuks	157 kcal
Aardbeien	schaaltje	29 kcal
Kiwi's	1 stuks	51 kcal
Appel (met schil)	1 stuks	60 kcal
Mandarijn	1 stuks	27 kcal
Druiven	48 gram	37 kcal
Peer (met schil)	1 stuks	124 kcal
Stukjes Ananas	schaaltje	71 kcal
Meloen	schaaltje	31 kcal
Sinaasappel	1 stuks	66 kcal

### Vegetable snack

Snack	Hoeveelheid	Kcal
Paprika	1 stuk	32 kcal
Komkommer	schaaltje	15 kcal
Bleekselderij	schaaltje	10 kcal
Cherrytomaatjes	8 stuks	24 kcal
Radijs	8 stuks	16 kcal
Wortels	schaaltje	23 kcal
Maiskolf	1 stuks	130 kcal
Sla (gemengd)	schaaltje	6 kcal
Ijsbergsla	schaaltje	4 kcal
Veldsla	schaaltje	4 kcal
Avocado	halve	179 kcal
Asperge	2 stuks	16 kcal

### Protein rich snacks

Snack	Hoeveelheid	Kcal
Griekse yoghurt	150 gram	56 kcal
Soja yoghurt	150 gram	71 kcal
Magere kwark	150 gram	87 kcal
Kikkererwten (geroosterd)	25 gram	100 kcal
Ei (gekookt)	1 stuk	71 kcal
Ongezouten noten	20 gram	125 kcal
Hüttenkäse	20 gram	18 kcal
Humus (dipsaus of beleg)	20 gram eetlepel	64 kcal
Pompoenpitten	15 gram	86 kcal
Sojaboontjes	30 gram	75 kcal
Mozzarella	Plak (25 gr)	66 kcal
Zalm (beleg)	1 snee (40 gr)	74 kcal
Tonijn (beleg)	1 snee (40 gr)	82 kcal
Kipfilet (beleg)	1 snee (15 gr)	19 kcal
Chocolademelk	150 ml	116 kcal

### Other

Snack	Hoeveelheid	Kcal
Pure chocola	15 gram	88 kcal
Rijstwafels	2 stuks	54 kcal
Bakje zoute popcorn	schaaltje (40 gr)	151 kcal
Knäckebröd	2 stuks	76 kcal
Pindakaas (beleg)	1 snee (20 gr)	130 kcal
Gedroogde dadels	2 stuks	38 kcal
Rozijnen	10 stuks	16 kcal
Cappuccino	kopje (150 ml)	10 kcal
Latte macchiato	kopje (250 ml)	128 kcal
Koffie verkeerd	kopje (250 ml)	75 kcal
Eierkoeken (volkoren)	1 stuks	94 kcal
Olijven (groen)	schaaltje	45 kcal
Olijven (zwart)	schaaltje	65 kcal



## Example week menu +/- 2000 kcal

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3
Monday	Green smoothie	Rice cakes with peanut butter	Omelet with vegetables	2 Kiwis, cucumber and cherry tomatoes	Pasta pesto	Low-fat yoghurt with strawberries and cinnamon
Tuesday	Overnight oats	Latte macchiato and a bowl of carrots	Whole meal sandwich with filling	Hand of unsalted nuts and one egg	Potatoes with chips	2 pieces of dark chocolate
Wednesday	Yoghurt variation	Banana and an apple	Salad with chicken	Knäckebröd with peanut butter	Quinoa bowl	Vegetable plate with carrot, celery & humus dip
Thursday	Oatmeal porridge	Cappuccino with 2 pieces of dark chocolate	Bun cream cheese and carrot	2 eggs and a sweet pepper	Rice with tempeh	Low-fat yoghurt with apple and cinnamon
Friday	Yoghurt variation	Knäckebröd with humus	Whole meal sandwich with filling	Apple and a rice cake with humus	Pasta tuna	Vegetable plate with tomato, sweet pepper & cucumber
Saturday	Green smoothie	2 egg cakes	Salad with falafel	Knäckebröd with hüttenkäse, tomato and pepper	Cheat day!	Bowl salty popcorn
Sunday	Pancakes	2 Mandarins and a hand of unsalted nuts	Wraps with hüttenkäse	Knäckebröd with salmon	Potatoes with chicken	Low-fat yoghurt with unsalted nuts and blue berries