



# 19. Eat healthy

Joonas Jokinen M.A. Sport Sciences

# Nutrition guides are based on science

- Finnish nutrition guidelines are made by Valtion ravitsemusneuvottelukunta (1954) under Ministry of Agriculture and Forestry
- Goal of nutrition guidelines is to lower the risk of getting food related illnesses i.e. **Diabetes II, cardiovascular disease, cancer**
- Nutrition guidelines also promote healthy eating choices

# How to compose your daily meals





# Vegetables are the basis of healthy diet

- The studies have found out that diet which has lot of vegetables reduces the risk of getting many long-term illnesses and improves the functioning of digestion
- Daily diet should include also full grain products such as full grain bread, -oatmeal or cereals
- Full grain is not cleansed → lot of vitamins, dietary fibres and minerals

# Favour poultry and fish

- Food pyramid also includes animal products such as fish, poultry, meat, eggs and dairy
- They are rich on protein, but they can be replaced with protein rich vegetables as well
- Fish and poultry has less fat and better quality lipoproteins

# Ponder...

- How about fluids? How much should you drink water daily?
- What kind of drinks should be avoided?

