

HOW TO FOOD?

...AND FEEL GOOD.

THE COUNTRY'S BEST FOOD MAGAZINE



HOW FAST FOOD AFFECTS
OUR HEALTH?

STRICT DIET
YES
or
NO?

Healthy recipes from
all around the world

October, 2021



HOW FAST FOOD AFFECTS OUR HEALTH

Fast food is an integral part of life for most of us. Unfortunately, even if for some of us this is the best food in the whole world it's bad for our health.

The actual amount of sugar and fat in it can shock you. For example, in one Starbucks Lowfat Blueberry, there are 57 grams of sugar in it. This is 11 teaspoons of sugar in one muffin!

And if you want to eat something savvy you can eat a burger king whopper which has 48 grams of fat and 770 calories which is a 1/3 caloric requirement for an adult woman. The influence of fast food on our health is really bad.

THE MOST IMPORTANT THING IS THE LONG TERM EFFECTS THAT CAN APPEAR AFTER EATING TOO MUCH FAST FOOD.



The short-term effects on our health are for example narrow your arteries, reducing the process of changing our glucose into energy or a quick spike in our blood sugar, and then a quick drop in blood sugar which can make you feel tired, cranky, or hungry.

But the most important is the long-term effects. If you will eat fast food twice a week you probably can have a higher risk of metabolic syndrome or type 2 diabetes in the future. You can also die from coronary heart disease. So as you can see fast foods are one of the worst choices of food when you don't have time for anything. Instead of that, you can make some tastier and healthier things for yourself.

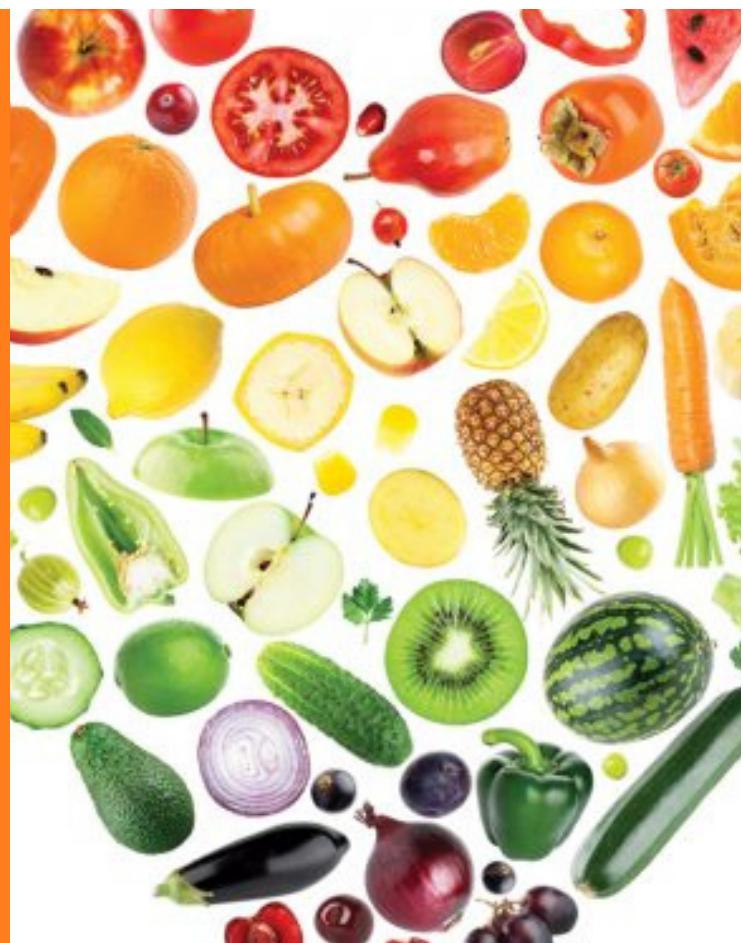
HEALTHY RECIPES FROM ALL AROUND THE WORLD

every month we are bringing you new recipes from different countries

Are you looking for healthy meal ideas? Then you are on the right place because we are bringing you some tasty and healthy recipes that are well known in different countries from all over the world. They are not only tasty, but will also bring you all nutrients that your body need.

Menemen

This is traditional Turkish dish. It is basically scrambled eggs with tomatoes, peppers and in some options onions. The seasoning is quite simple and often includes a dash of dried herbs and some chili flakes.



- **Cook the onions, peppers and tomatoes**
- **Add tomatoes and tomato paste**
- **Add the eggs and cook gently**
- **Fold the tomato mixture into the eggs**
- **Finish with olive oil and spices**
- **Use good quality ingredients**
- **Do not overcook the eggs**



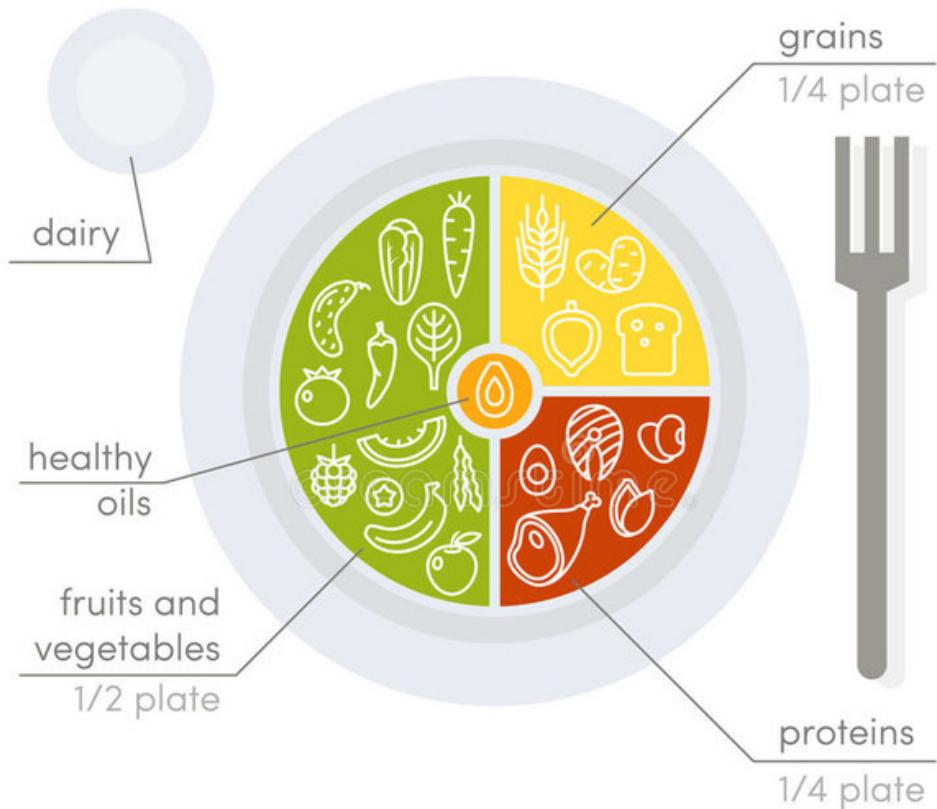
Example of healthy recipe you want to share with us

A landscape painting with a warm, orange-toned sky. The horizon line is roughly in the middle, separating the sky from a light blue sea. The sky is filled with thin, wispy white clouds. The sea is calm with very slight ripples. The painting is surrounded by a thick black border.

Send your recipe on our address: Balanova street 13, 10570 Balan, Bearlandia no later than 1st of November. The best recipe will receive the prize - a package of healthy food worth 1000 €. ;)



Small secrets from the kitchen



HEALTHY PLATE

Strict diet - yes or no?

Every body is different and there is no any kind of universal diet that will work the same for everyone

First of all, if those who do not pay attention to their food for a long time think that they will have a fit and healthy body by following a strict diet for 2 months, they are wrong. If you say that you can eat whatever you want, you are wrong again. Short-term torture diets that dictate what we should eat, and not giving you freedom to eat whatever you want don't make you a healthy person. The first step is to make a diet suitable for our height, weight and lifestyle. When it comes to different kind of diets, we need to know our own body very well. It should not be forgotten that it is not possible to lead a healthy life by limiting ourselves from food. The important thing is that after knowing our own body, it is possible to be fit and healthy by eating everything with portion control. If we do not have a disease such as diabetes, cholesterol or heart diseases, our diet should include all food groups and should never be a plan consisting of only one type of food.

Do you eat good? Or just food?

1-How many times a week do you eat vegetables with your meal?

- a)What is that?
- b)3 or less
- c)4 or more

2-How many pieces of fruits you usually eat during the day?

- a)Is fruit tea counts?
- b)1
- c)2 or more

3-What would you choose from next options of fish to eat?

- a)I don't eat fish
- b)Canned tuna
- c)Fresh fish

4-Which kind of meal usually you can find on you table?

- a)Big Mac, fries and Coke
- b)Homemade pizza
- c)Chicken breast with vegetables and rice

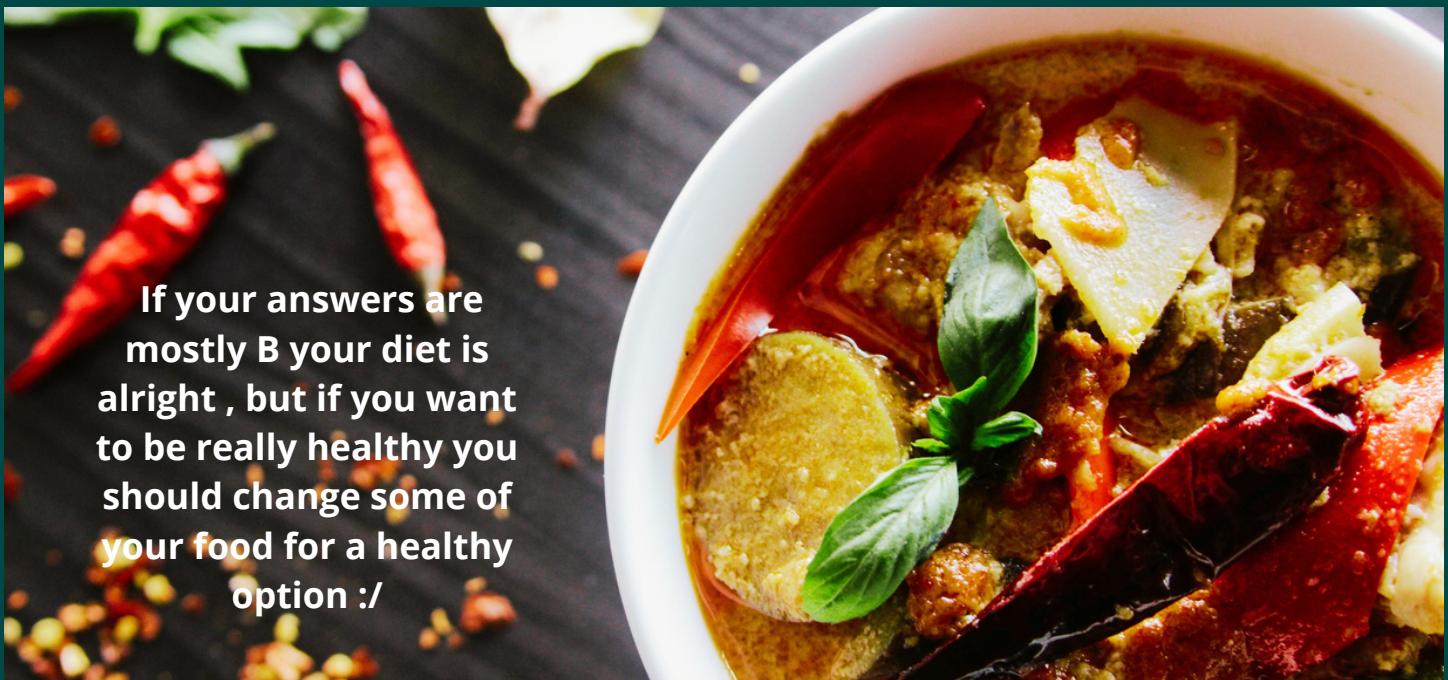
5-What you usually eat for breakfast?

- a)Nutella, pancake and milk
- b)Bread with ham and cheese
- c)Cooked egg, fruit and yogurt/lemonade

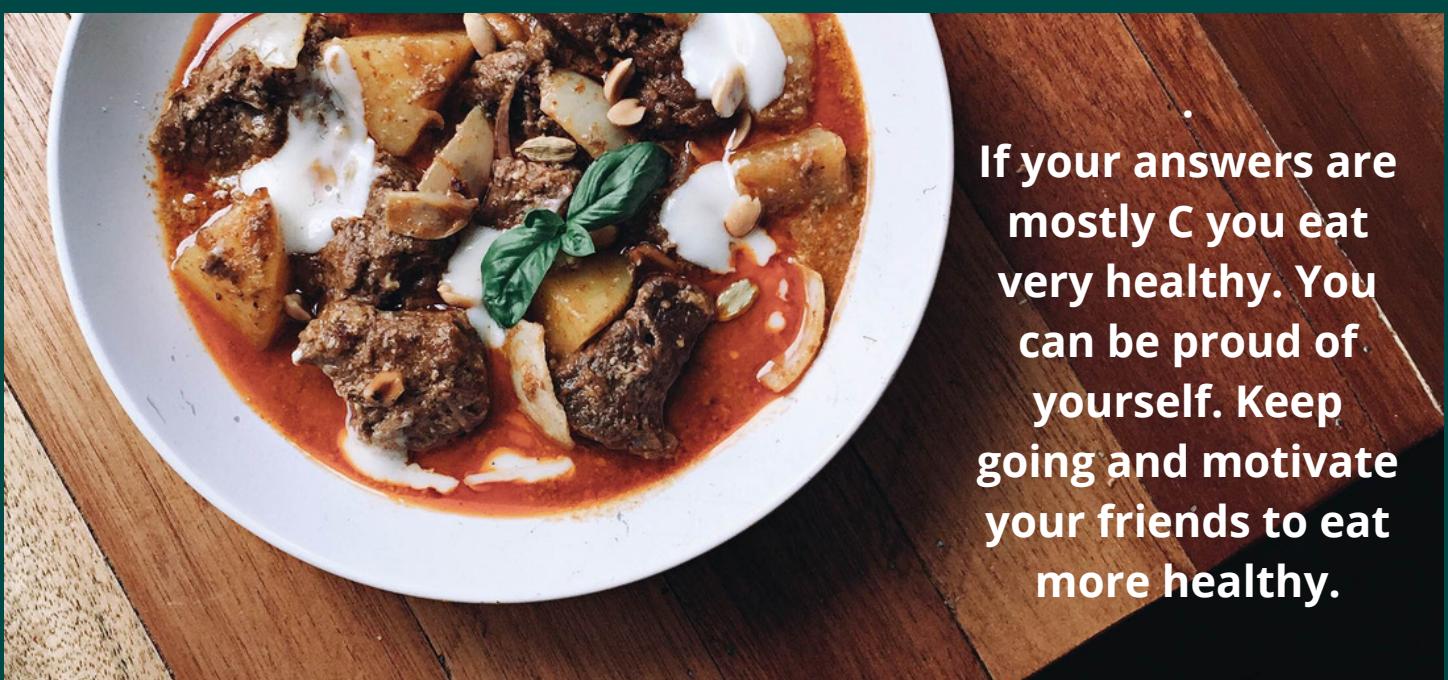




If your answers are mostly A your diet is bad and you should start to eat healthier as soon as possible :(



If your answers are mostly B your diet is alright , but if you want to be really healthy you should change some of your food for a healthy option :/



If your answers are mostly C you eat very healthy. You can be proud of yourself. Keep going and motivate your friends to eat more healthy.