

Goal oriented diet plans & eating habits for your health & wellbeing

NUTRITION AIMED TO CONTROL UNWANTED FOOD CRAVINGS

NUTRITION
FOR YOUR
EVOLUTION





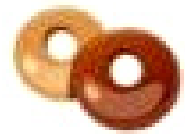
**SUGAR, BREAD, DESSERTS
WERE NOT PRESENT
DURING 97% OF THE 300,000
YEARS THAT OUR HUMAN
RACE HAS BEEN LIVIG ON
EARTH:**

**OUR BRAIN IS 'WORK IN
PROGRESS'... STILL EVOLVING
IN THE WAYS IT MANAGES
THE INTAKE OF SUGARY
AND STARCHY FOOD, WITH
HIGH GLYCAEMIC INDEX (GI)**

High GI Food (70 and above)♪



Baguette(93)♪ White rice(92)♪



Doughnut(86)♪ Rice cake(85)♪



Potato(85)♪ Noodles(85)♪



Cola (65)♪



Corn(75)♪



Instant noodles(73)♪ Pop corn(72)♪



Medium GI Food (56 to 69)♪



Sponge cake
(69)♪



Pineapple(66)♪



Whole wheat
bread(64)♪



Cheese Pizza(60)♪



Muffin(59)♪



Burger buns(67)



Pasta(66)♪



Ice cream(63)♪



Pastry(59)♪












Mangoes (60)♪

THE GLYCAEMIC INDEX (GI) SHOWS HOW QUICKLY EACH FOOD INCREASES OUR BLOOD GLUCOSE LEVEL, WHEN THAT FOOD IS EATEN ON ITS OWN.

FOOD WITH HIGH GI CAUSES SUGAR CRAVINGS BECAUSE IT TRIGGERS A REWARD MECHANISM, SO OUR BRAIN CRAVES THE SUGAR RUSH THEY GIVE. IT ALSO RELEASES HUNGER-INDUCING INSULINE

CRAVINGS MAY INDICATE MICRONUTRIENTS DEFICIT...

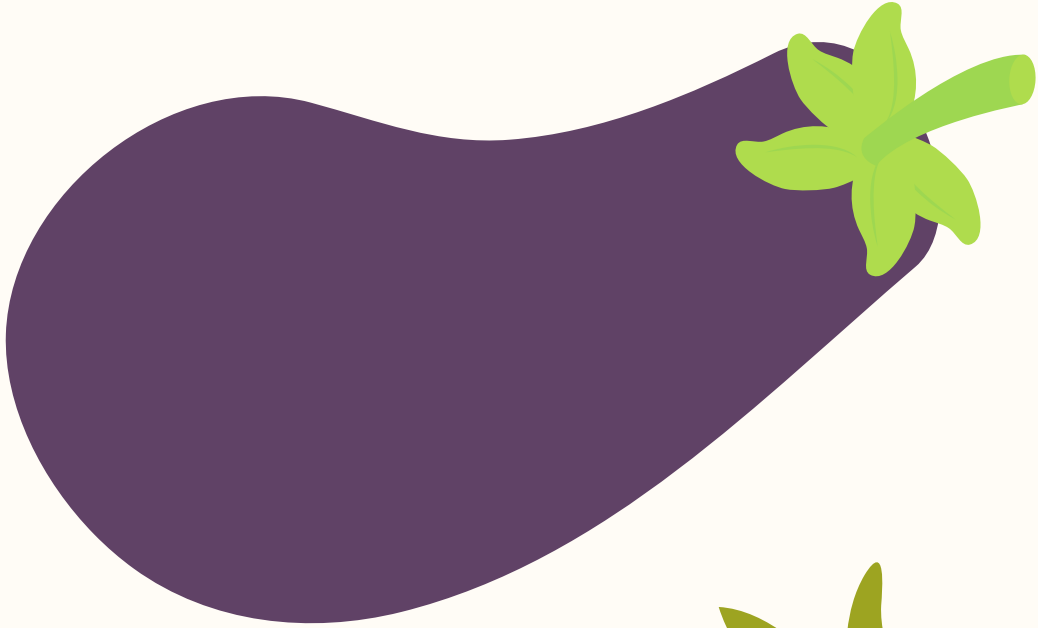
CRAVING	CAUSE/LACK OF	ALTERNATIVE	FOOD FIX
 CHEESE	CALCIUM, FATTY ACIDS	 KALE & FLAX SEEDS	 AUBERGINE WITH CRISP KALE
 PASTA & BREAD	CHROMIUM	 EGGS & AVOCADO	 BAKED EGGS IN AVOCADO
 TOAST	NITROGEN	 PULSES & GRAINS	 QUINOA TABBOULEH

CRAVINGS-STOPPERS ARE:

- **CONTRASTING FLAVOURS, SUCH AS: BITTER COFFEE, SOUR LIME, SPICY GINGER**
- **PROTEINS, FIBERS, SPICY AND PIQUANT, PUNGENT, ASTRINGENT FLAVOURS: TO EAT WITH STARCHY WHOLEGRAIN FOODS**
- **VEGETABLES AS RADISH, CARROTS, CELERY, KALE**
- **BERRIES (LOW IN SUGAR)**



LET'S DO THIS!



THIS COURSE IS FOR EDUCATIONAL PURPOSES. PLEASE CONSULT YOUR PHYSICIAN TO VERIFY IF THE SUGGESTED DIET, EXERCISE, AND/OR LIFESTYLE CHANGES THAT WE PROPOSE ARE SUITABLE TO YOU, CONSIDERING YOUR HEALTH HISTORY AND PERSONAL CIRCUMSTANCES.




Evolution
NUTRITION