



DUOLIFE

#DUOFIT BALANCE

5 principles of a healthy diet

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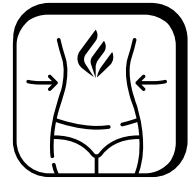
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Make every day unique...



#DUOFIT BALANCE

5 PRINCIPLES OF A HEALTHY DIET



What and how to eat to enjoy optimal body condition and a healthy body?

RULE NUMBER 1

„ THE PERFECT PLATE “*

* Applies to healthy adults.

Half of what you eat on your plate should be vegetables and fruit.

The optimal ratio of vegetables to fruits is ¾ vegetables and ¼ fruits.

Remember, the more colorful on the plate, the more valuable for the body active antioxidant phytonutrients, fiber, vitamins and minerals in the food provided. Focus on raw vegetables and pickles in your daily diet. Try not to eat fruit for dinner.

If your dinner is a smoothie, a better choice would be to add vegetables to it. When composing your menu, keep the ratio: more vegetables less fruits.

Remember to keep your body properly hydrated.

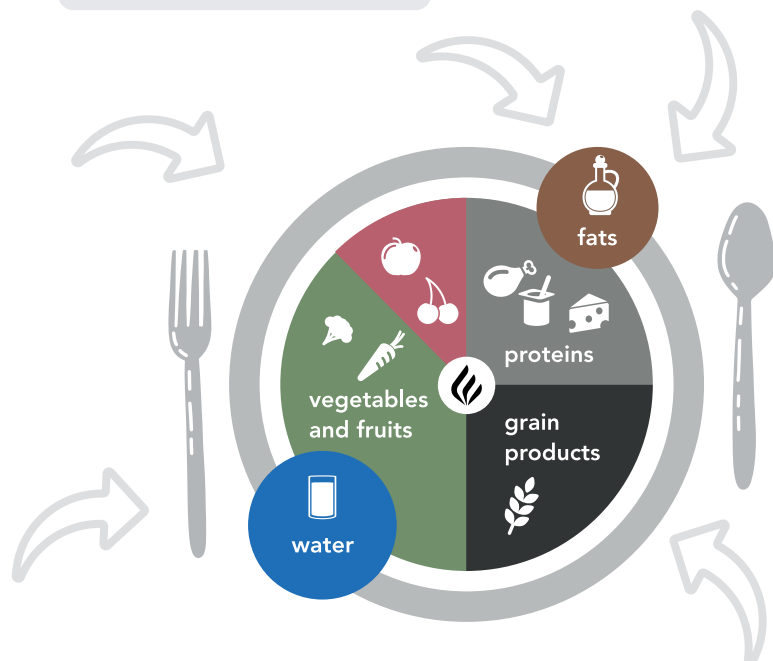
Drink water, tea, herbal and fruit teas, black coffee. Avoid consuming: juices, nectars, sweetened drinks, sweetened tea and coffee with milk. Make sure that liquids are not food!

Reach for healthy fats.

When composing salads and cooking, choose healthy vegetable oils. Use olive oil, canola oil, and avoid trans fats and limit the consumption of butter in your daily diet. Always reach for nuts, seeds, seeds, olives or avocados first.

Another quarter of the plate consists of products that are sources of protein.

In the daily diet, protein includes: legumes such as beans, peas, tofu, meat, fish, eggs, cottage cheese. Try to reach for plant-derived protein; if you choose zoonotic products, go for high-quality lean meat - preferably poultry, and avoid red meat and highly processed products.



A quarter of the plate is cereal products.

Recommendations say that a properly balanced diet should also include whole grain cereal products, which are a source of complex carbohydrates and dietary fiber. These sources in daily food are: pasta, bread, rice, groats, cereal, tortilla or pancakes. Remember to choose whole grain products such as brown rice, whole grain flour, wholemeal bread as often as possible. Reach for purified products such as white bread and rice less often.

Remember, you eat with your eyes! A colorful, optimally balanced plate also means enjoying your meals - without having to painstakingly count calories.



RULE NUMBER 2

EAT REGULARLY!

Keep regular breaks between meals. It is important that they are not too short. Ideally, the gaps between meals should be about 3-4 hours. Eat your last meal 2-3 hours before bedtime.

RULE NUMBER 3

PERCENTAGE DISTRIBUTION OF ENERGY IN MEALS

By consuming 4 meals a day, ensure that the whole-day energy from food intake is properly distributed. Compose your daily menu so that the main meals - lunch, breakfast and dinner - provide the most energy, while snacking is an ally of a healthy diet and maintains your metabolic rate.

MEAL	% ROZKŁAD ENERGII W POSIŁKACH
BREAKFAST	25% - 30%
SECOND BREAKFAST	5% - 10%
LUNCH	35% - 40%
DINNER	25% - 30%

Source: National Center for Nutrition Education <https://ncez.pzh.gov.pl/zdrowe-odchudzanie/czesciej-nie-znazy-wiecej-czenie-regularnego-spozywania-posilkow/>

RULE NUMBER 4

OPTIMAL PROPORTIONS WHEN COMPOSING MEALS

Each meal should consist of specific products that provide carbohydrates, proteins and fats in optimal proportions. Use the table of sample substitutions of product groups when composing meals!



How to properly compose the „Ideal Plate“ taking into account individual meals for an adult weighing about 70 kg and moderate physical activity aimed at further weight reduction?

Remember, caloric requirements are different for each of us and depend on gender, weight, height, age and daily physical activity, among other factors. It is important that the daily caloric requirements meet the individual needs of the body. To find out how many calories you need in a day, consult a dietitian.

Meal 1 – BREAKFAST

Compose your plate to include 1 serving of grain products, 2 servings of protein products, 1 serving of fat products and a serving of 100-150 g of vegetables.

Meal 2 – 2nd BREAKFAST

A snack can be 200 g of fruit or 30 g of nuts, seeds or pips, or 1 glass of a dairy product such as yogurt, kefir, buttermilk, country cheese.

Meal 3 – LUNCH

Compose your plate to include 1 serving of grain products, 2 servings of protein products, 1 serving of fat products and a serving of 100-150 g of vegetables.

Meal 4 – DINNER

Compose your plate in such a way that it includes ½ portion of cereal products, 2 portions of protein products, 1 portion of fat products and a portion of 100-150 g of vegetables.



EXAMPLES OF PRODUCT SUBSTITUTES

PRODUCT GROUP SUBSTITUTES

Product type

1 serving

A serving of the cereal product is:

- 50 g of flakes (5 tablespoons) or
- 70 g of bread (2 slices or a small roll) or
- 50 g semolina or rice (5 flat spoons before cooking or
- 5 mounded spoons after cooking) or
- 50 g of raw pasta (1/3 cup of dry tubular, spider type - 50 g dry = 110-120 g cooked pasta) or
- 1 whole grain tortilla or 2 pancakes or
- 50 g of flour

A serving of the protein product is:

- 50 g lean meat or
- 50 g lean fish or
- 40 g fatty sea fish or
- 1 egg or
- 45 g tofu/tempeh or
- 60-80 g of cooked pulses - lentils/chickpeas/peas/beans (2-3 tablespoons) or
- 30 g mozzarella light/feta light or
- 40 g lean poultry sausage or
- 30 g lean pork/smoked sausage or
- 40 g hummus or
- 40 g skim cottage cheese or
- 30 g Almette cheese or
- 40 g Bieluch cheese or
- 80 g natural homogenized cheese or
- 100 g light country cheese or
- 100 g natural yogurt/kefir or
- 30 g frankfurter or
- 25 g kabanos or
- 40 g lean sausage with a fat content of up to 20 g/100 g product

A serving of the fat product is:

- 1 teaspoon oil/olive/butter (10 g) or
- 1.5 tbsp seeds/pestles/nuts/nut butter (15 g) or
- 1 tablespoon of pesto (20 g) or
- 1 teaspoon of mayonnaise (15 g) or
- 2 tablespoons max 18% cream (40-50 g) or
- 40-60 g of avocado



RULE NUMBER 5

„GOLDEN TIPS“ - USE THE TIPS

- Remember that if you use the #DUOFIT BALANCE set, you should replace one of your meals (breakfast or dinner) with the SHAPE CODE® Slim Shake. Don't forget to supplement the remaining products from the set.
- Don't eat grain products alone, always combine them in a meal with vegetables, fruits or protein.
- Important! The more raw and pickled vegetables the better, but you can also use steamed, boiled in water, grilled, roasted, stewed vegetables.
- Try to choose seasonal vegetables and fruits - they have the most nutritional value, vitamins and minerals!
- Avoid overcooking your food - you will preserve valuable nutrients in it.
- After cooking, temper your pasta, porridge or rice by pouring cold water over them - this will allow you to rinse out excess starch.
- If you eat boiled potatoes, beets or carrots, it is best to cool them after cooking - this will allow the starch to crystallize and lower the glycemic index.
- Start your meal with a bite of protein and then reach for carbohydrates - this will help maintain optimal blood glucose levels after the meal.
- Avoid fried foods - choose boiled, steamed or grilled dishes.
- Avoid highly processed food, choose food without synthetic dyes and preservatives.
- Limit your salt intake to a maximum of 5 g per day - try to replace it with herbal spices! If you use salt, add it at the very end of meal preparation.
- Eat your meal calmly and slowly. While eating, avoid TV and other distractions.
- Do not allow a situation where you feel that you are very hungry. Remember to have healthy snacks!

Notes:



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