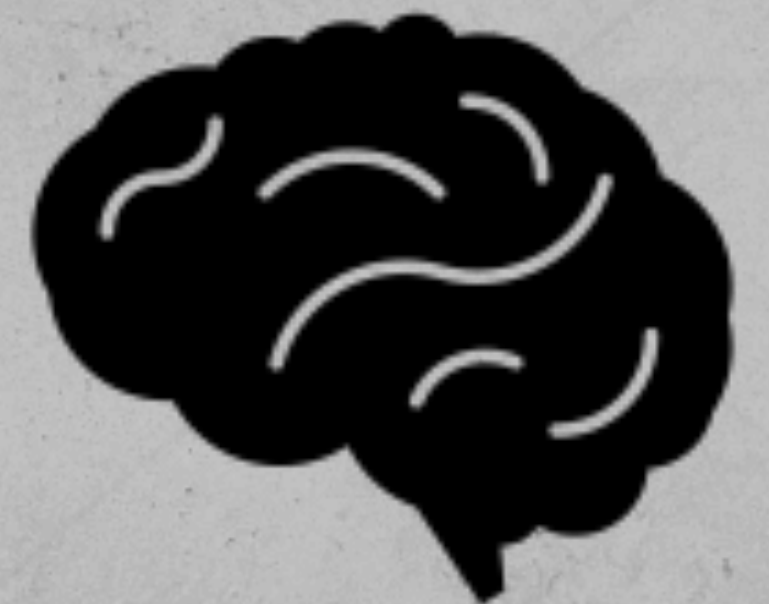




Masterclass

Voeding & geluk:

Hoe voeding je energie, je stress
en je hormonale balans
kan beïnvloeden



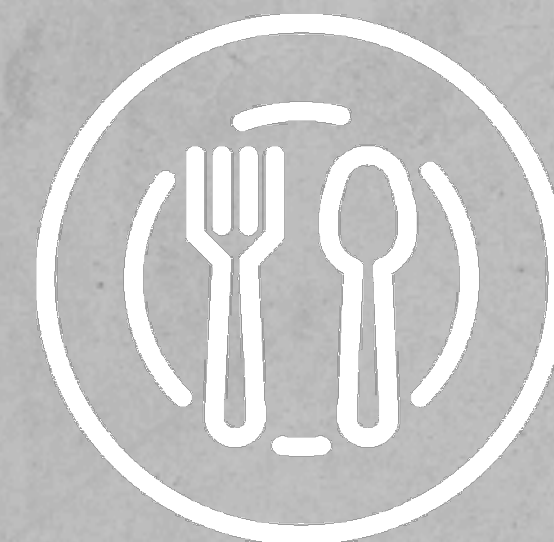
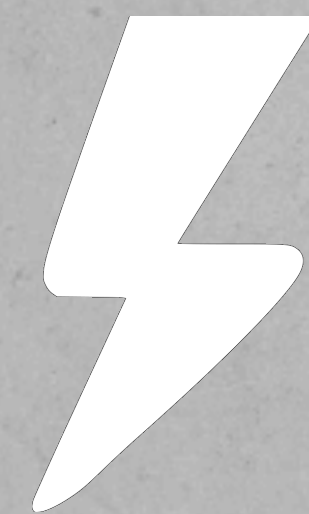


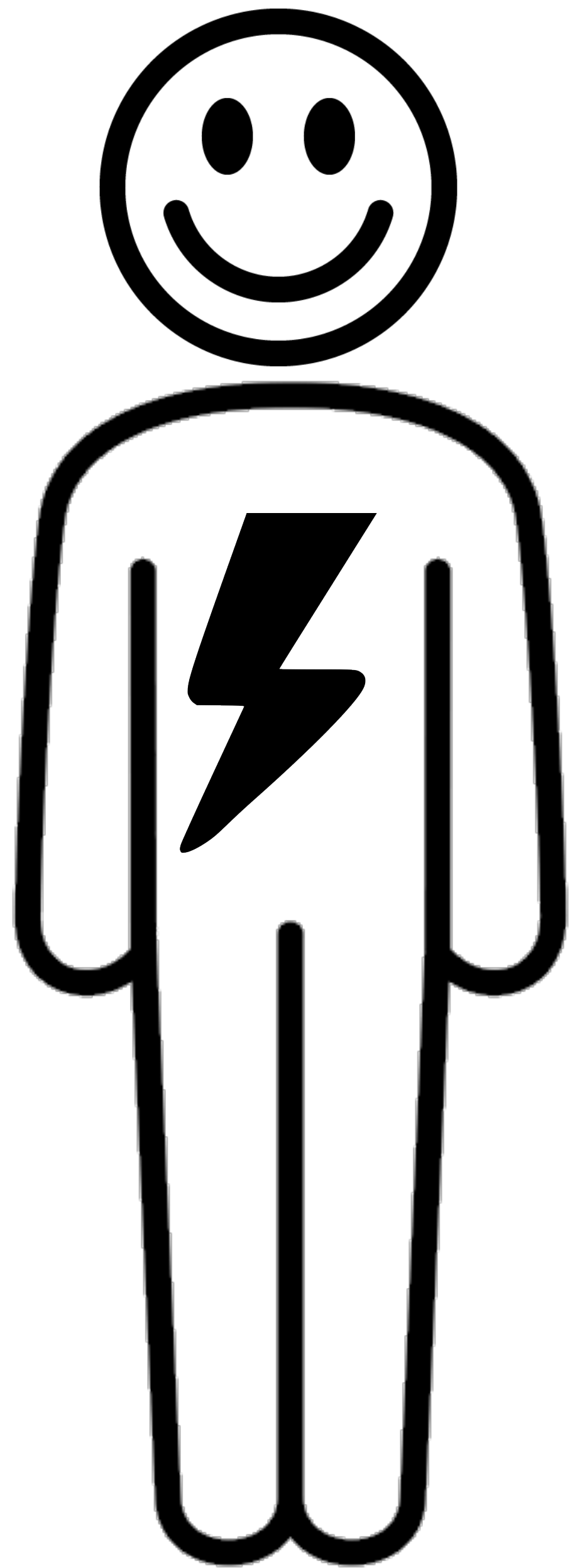
Florian Alders

Voedingsdeskundige volgens de Klinische
Psycho Neuro Immunologie (KPNI),
Medische basiskennis,
Docent Stichting Ortho Health Foundation
Personal trainer & Bedrijfstrainingen.

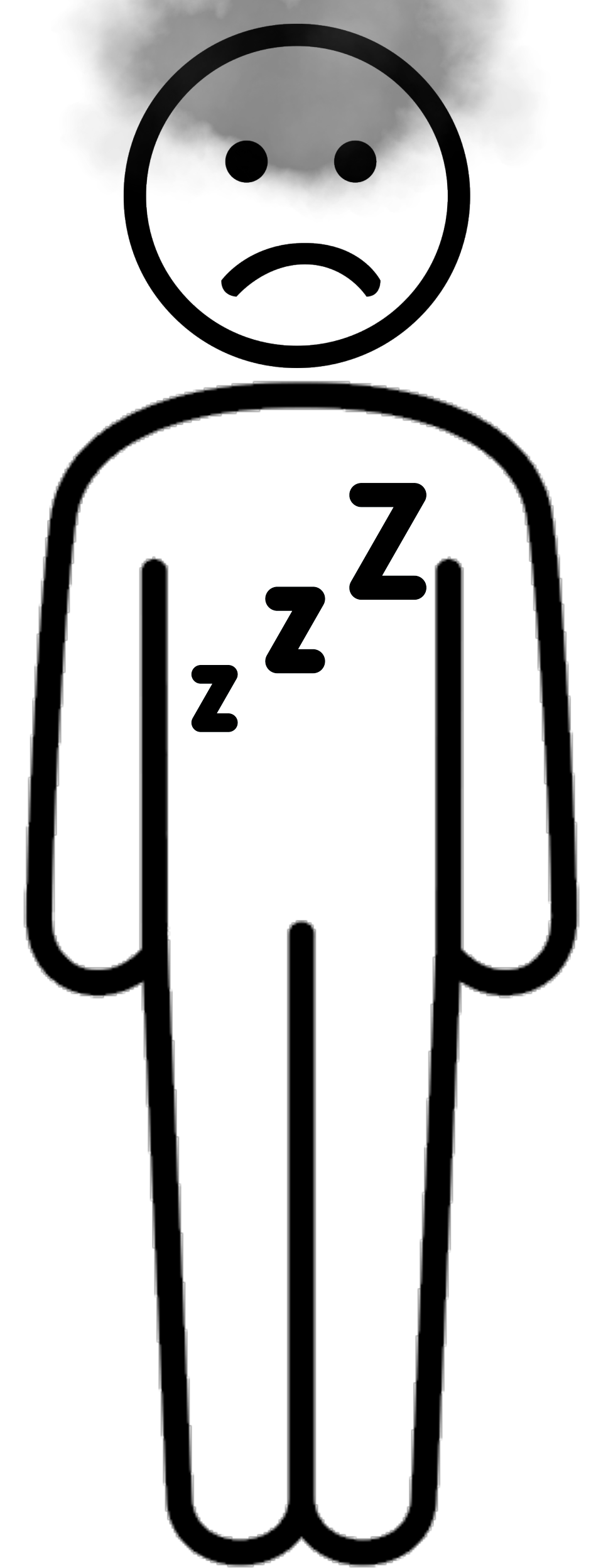
- FLOW ENERGIE -

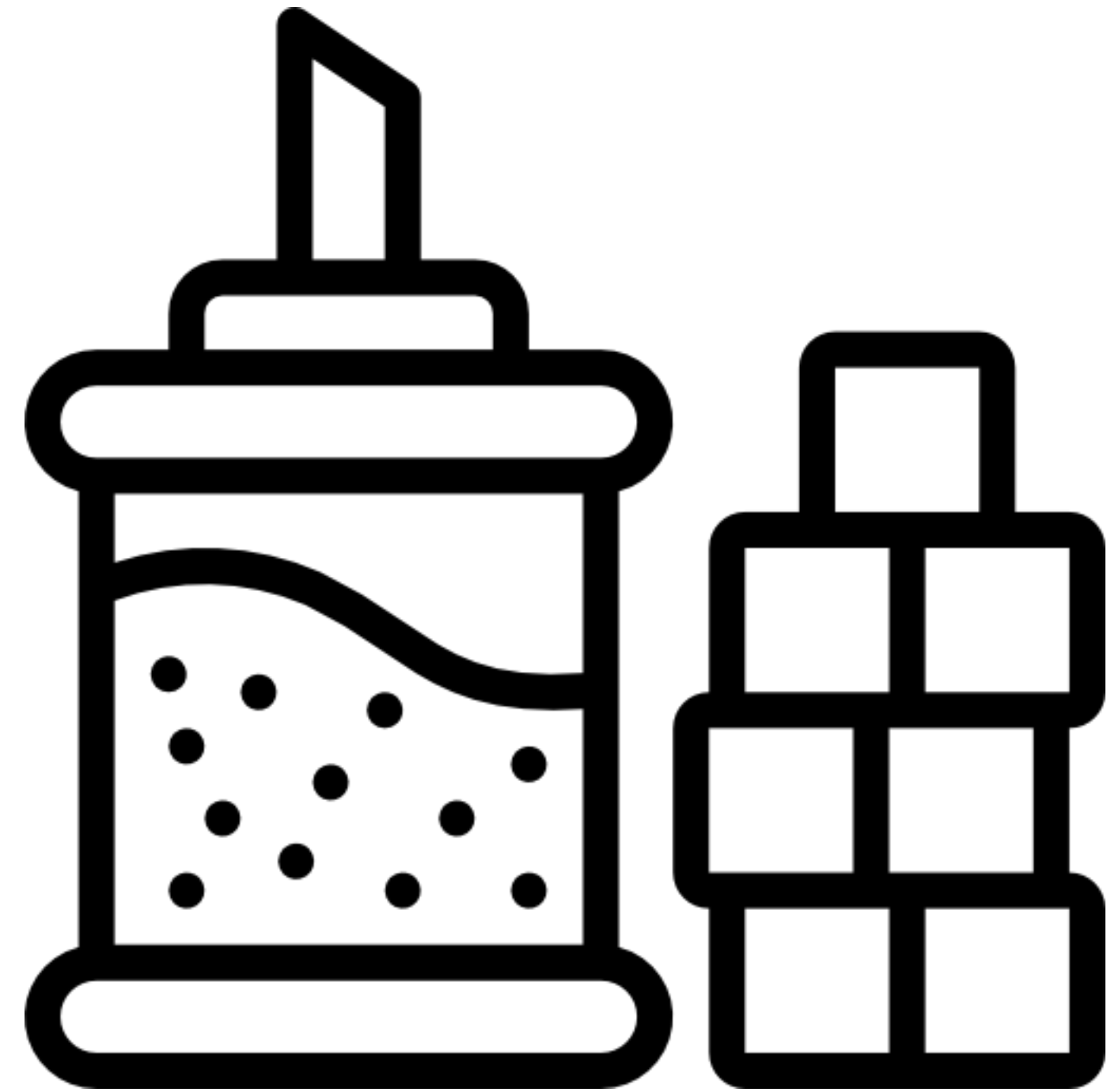
Wie?





**Hoe verkrijgen
we energie
& geluk
vanuit
voeding?**



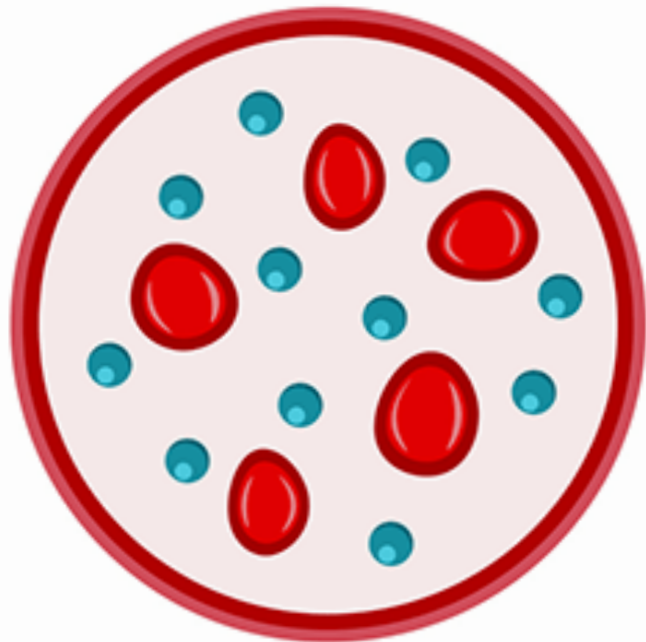
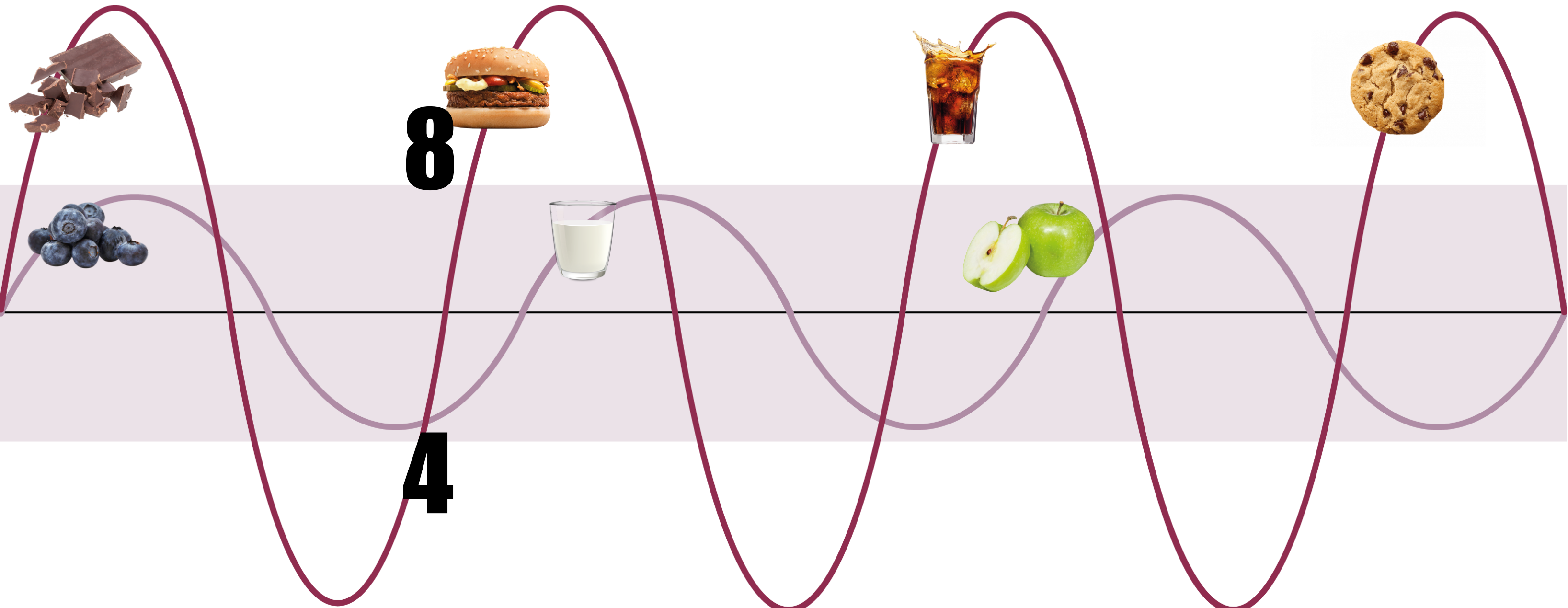


**Veel
Koolhydraten
(Suiker)**

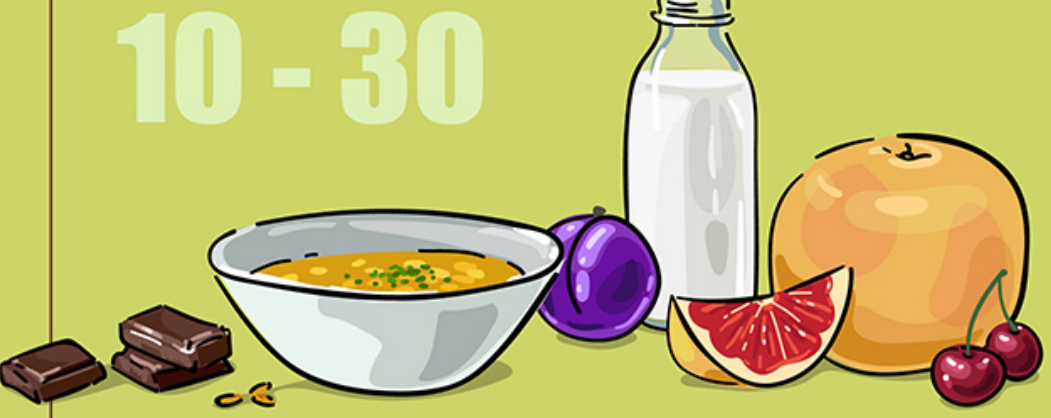
HYPER



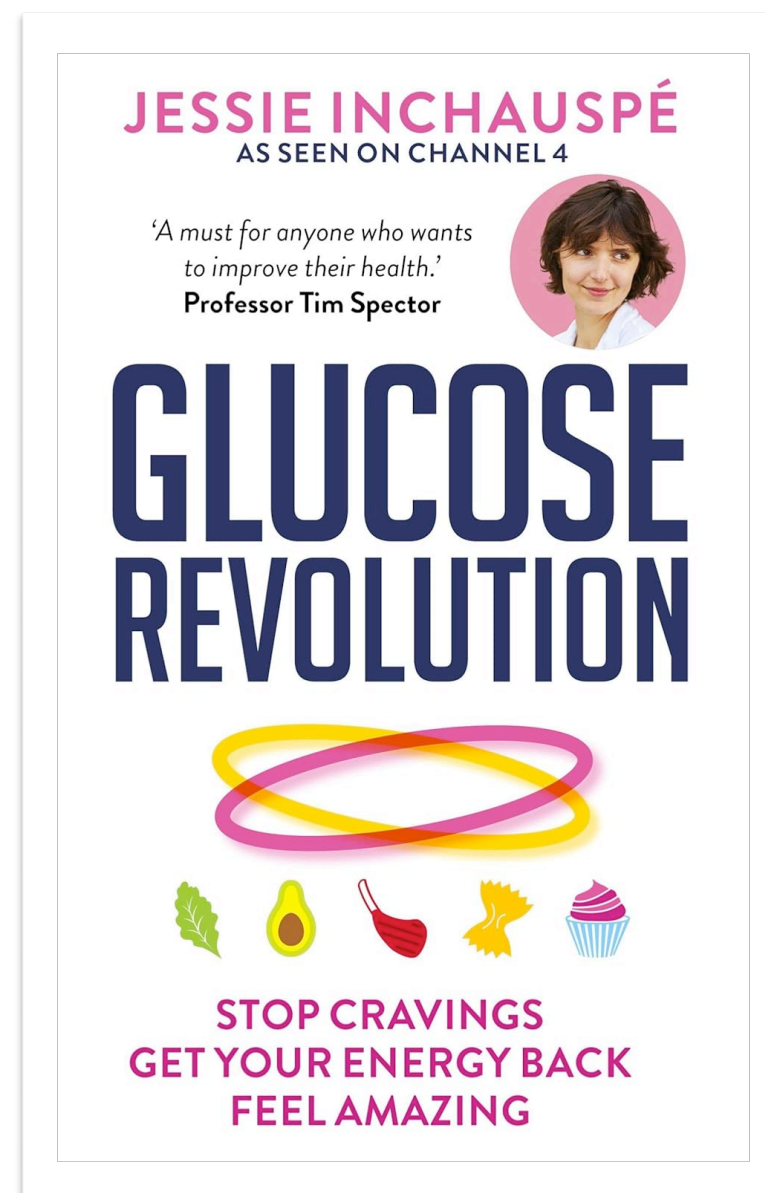
HYP0



Glycemic Index

• white wheat bread, donuts, baguette, crackers, waffles • white rice, boiled potatoes and mash, french fries • watermelon • cornflakes	70 - 100 
• rye & wholegrain bread • muesli, corn, couscous, brown rice, spaghetti, popcorn, yams • ice cream, sweet yogurt • banana, grapes, kiwi	50 - 70 
• coarse barley bread • strawberries, apples, pears, oranges • milk & soy milk • natural yoghurt • oatmeal, beans	30 - 50 
• pearled barley, lentils • greyfruit, cherry, apricot, plum • dark chocolate 70% cocoa • whole milk • cashews, walnuts	10 - 30 
• hummus, chickpeas • garlic, onion, green pepper • eggplant, broccoli, cabbage, tomatoes • mushrooms • lettuce	0 - 10 

Glycemic Index

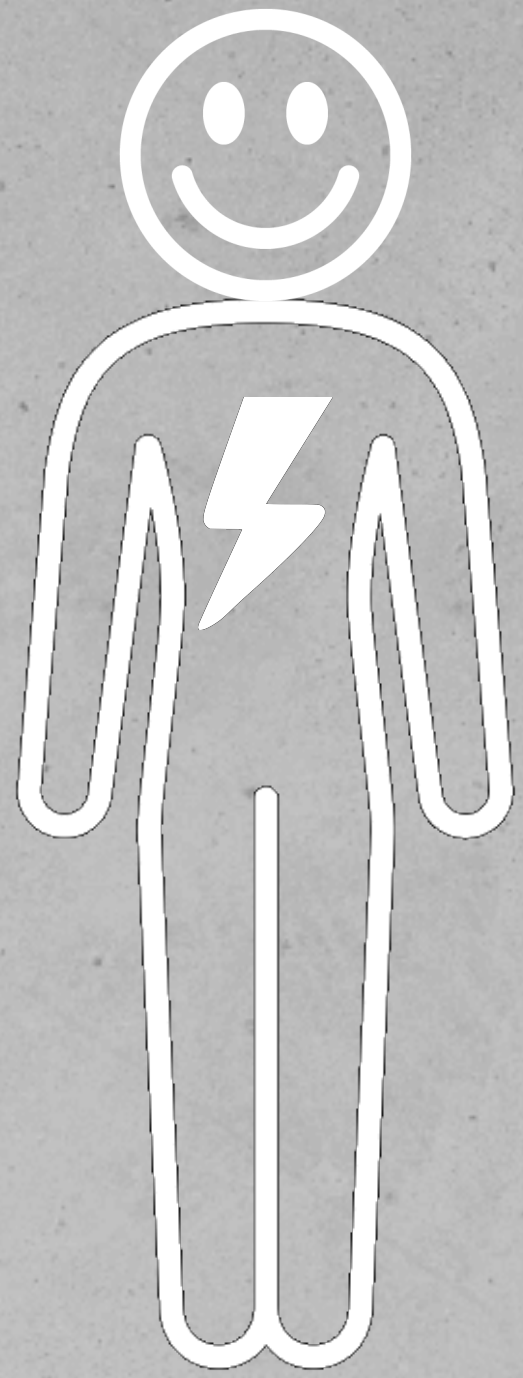


• white wheat bread, donuts, baguette, crackers, waffles • white rice, boiled potatoes and mash, french fries • watermelon • cornflakes	70 - 100
• rye & wholegrain bread • muesli, corn, couscous, brown rice, spaghetti, popcorn, yams • ice cream, sweet yogurt • banana, grapes, kiwi	50 - 70
• coarse barley bread • strawberries, apples, pears, oranges • milk & soy milk • natural yoghurt • oatmeal, beans	30 - 50
• pearled barley, lentils • greyfruit, cherry, apricot, plum • dark chocolate 70% cocoa • whole milk • cashews, walnuts	10 - 30
• hummus, chickpeas • garlic, onion, green pepper • eggplant, broccoli, cabbage, tomatoes • mushrooms • lettuce	0 - 10

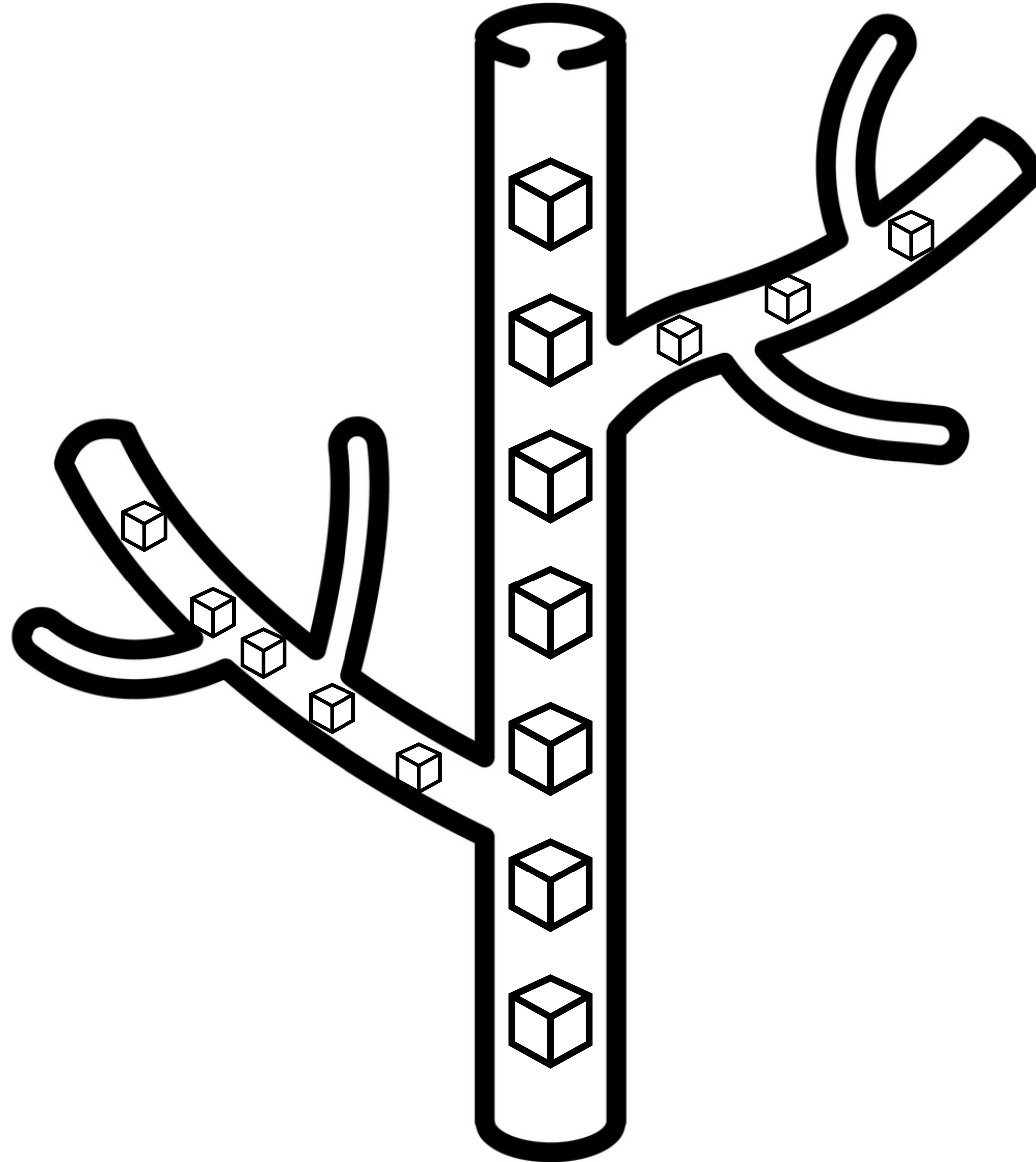
FREESTYLE LIBRE

<https://www.freestyle.abbott/nl-nl/home.html>



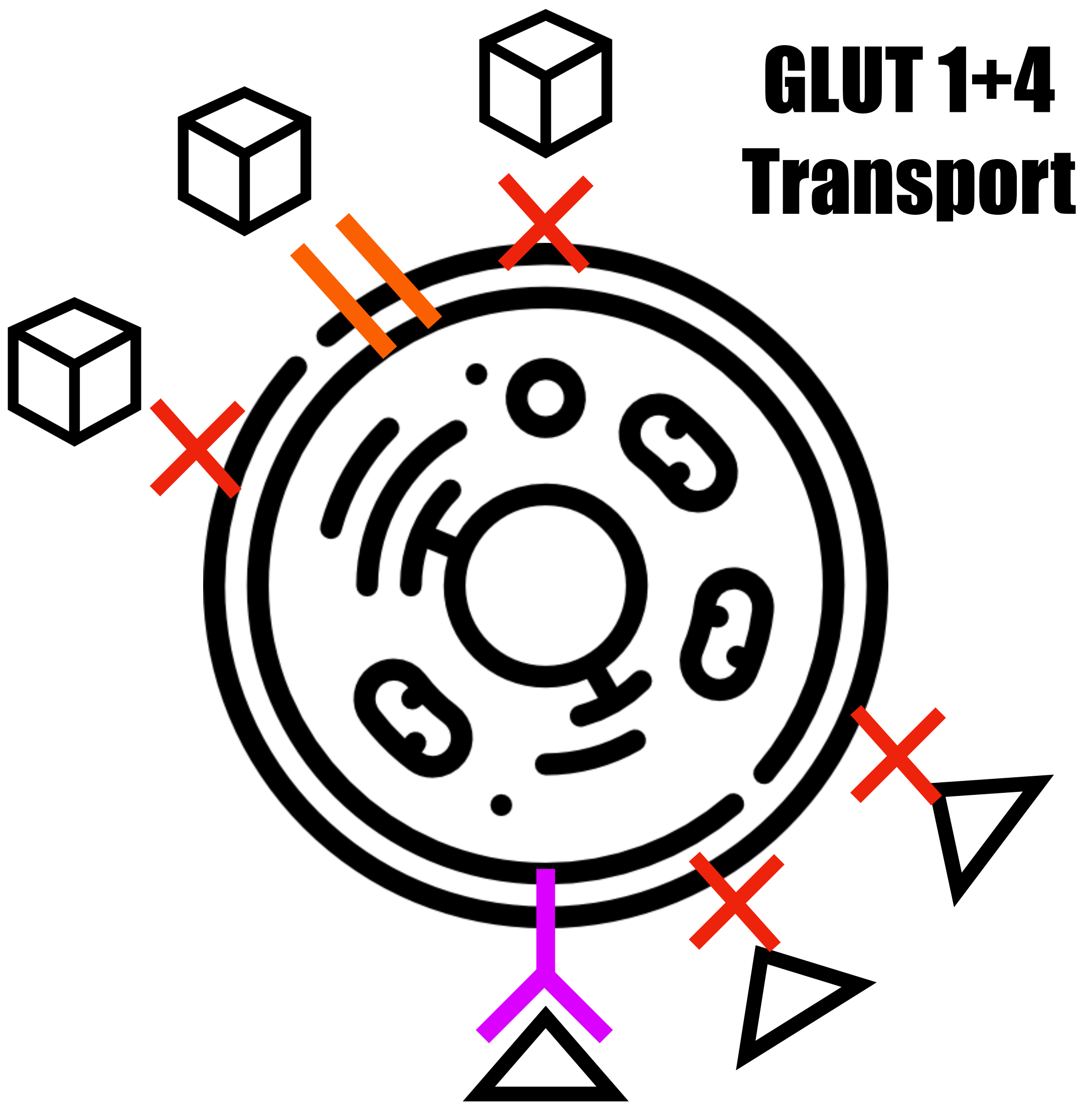


Suikers worden
omgezet
tot energie



Suikers worden
opgeslagen
als vet *





**Insuline
Resistentie**

**GLUT 1+4
Transport**

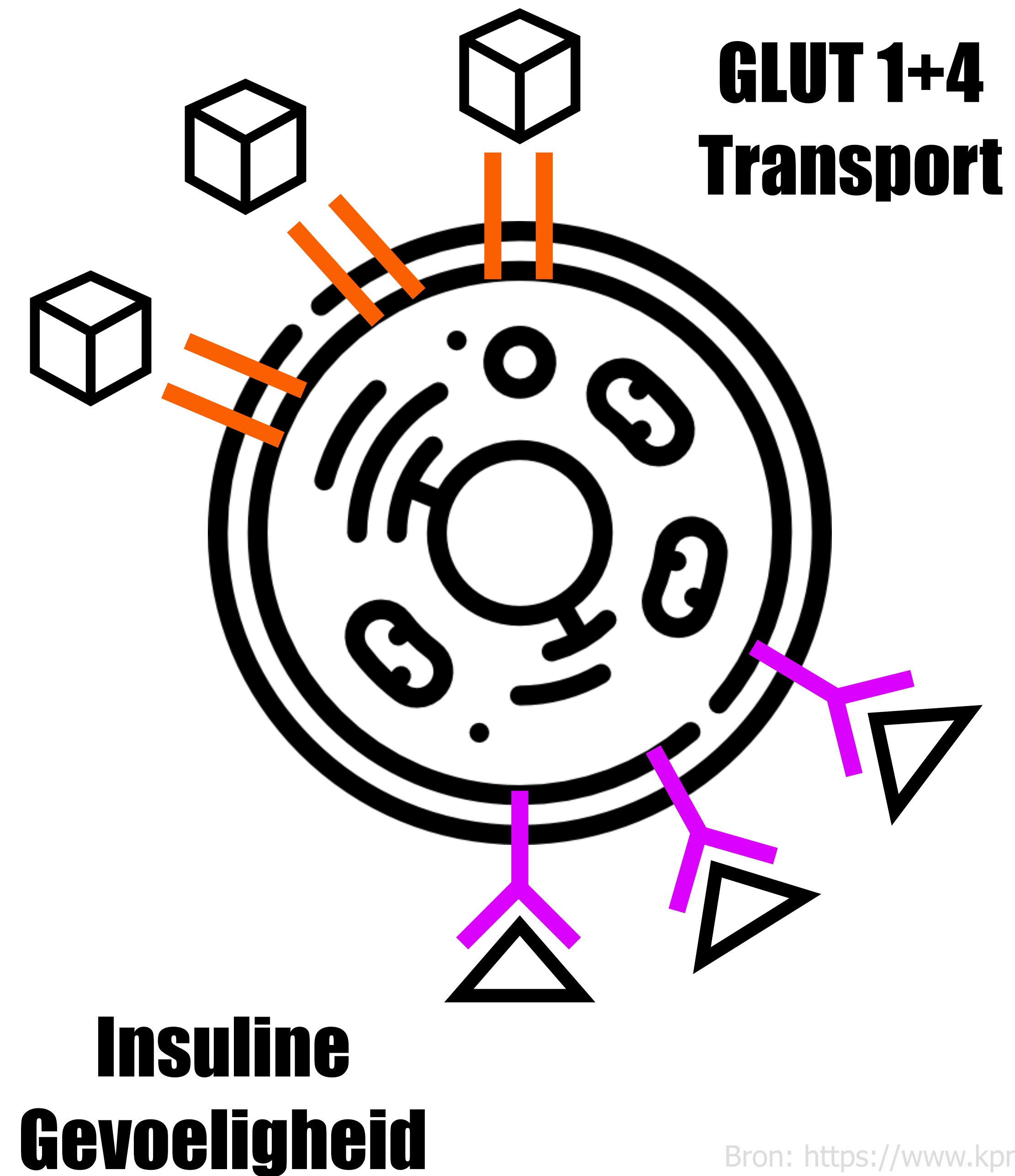


Work out:

Let's move

2 minuten





**Beweging zorgt
voor betere
suikeropname**





<https://www.dehormoonfactor.nl/het-gevaar-van-teveel-suiker-glycatie/>

**Wat zorgt nog meer
voor een stabiele
bloedsuikerspiegel ?**



GA NAAR
menti.com

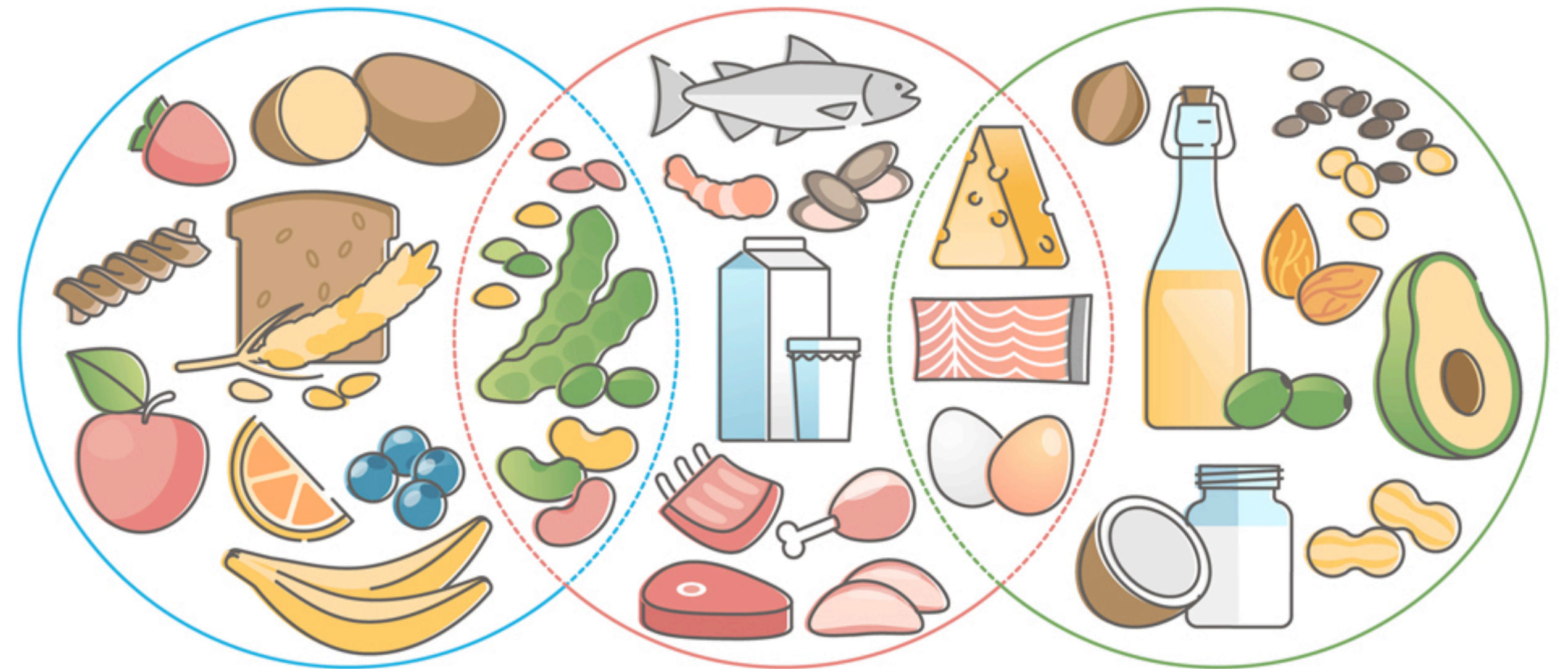
VUL DE CODE IN
8743 976

Focus op alle macronutriënten

EIWITTEN

BOUWSTENEN

4 KCAL PER GRAM



KOOLHYDRATEN

SNELLE ENERGIE

4 KCAL PER GRAM

VETTEN

LANGZAME ENERGIE + BOUWSTENEN

9 KCAL PER GRAM

2200 kcal

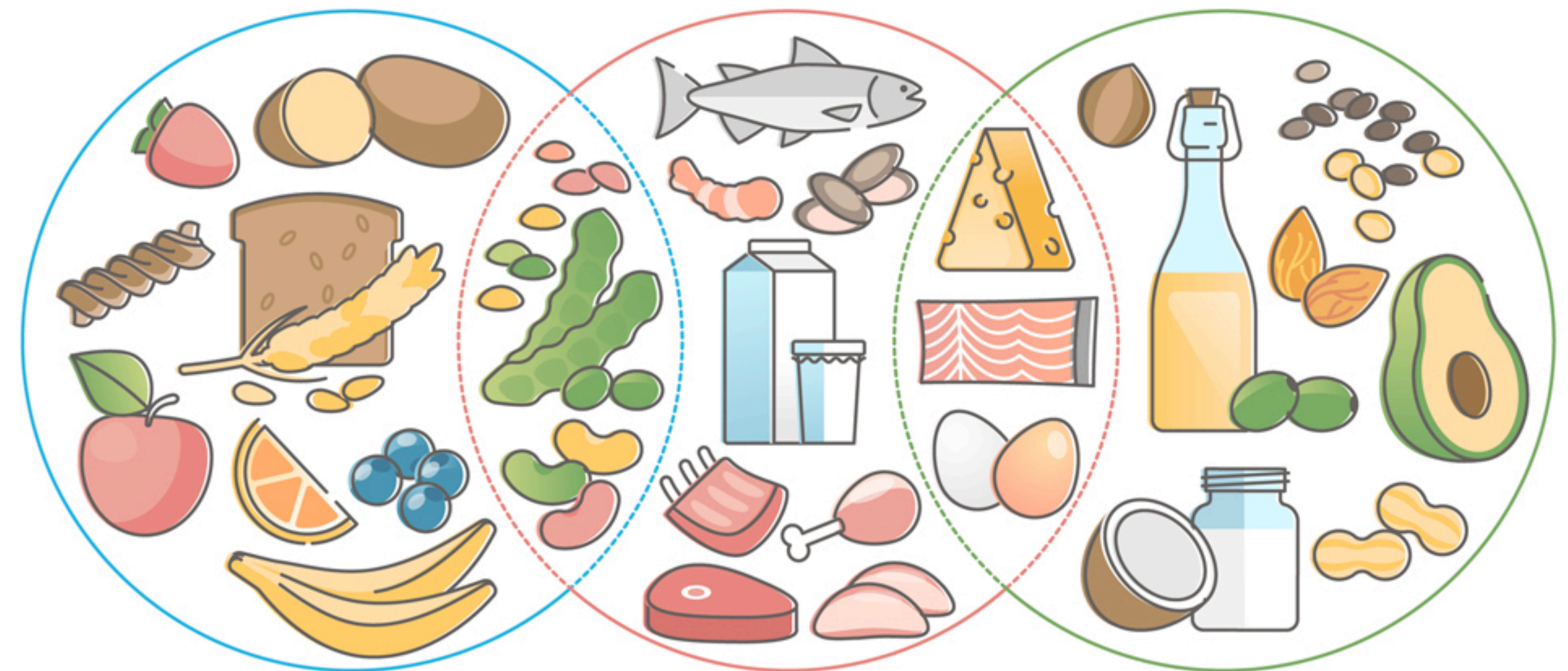
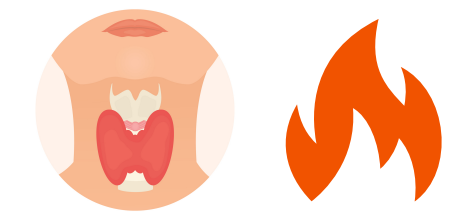
65% kh
10% eiwit
25% vet

50% kh
25% eiwit
25% vetten

EIWITTEN (TEF)

BOUWSTENEN

4 KCAL PER GRAM



KOOLHYDRATEN

SNELLE ENERGIE
4 KCAL PER GRAM

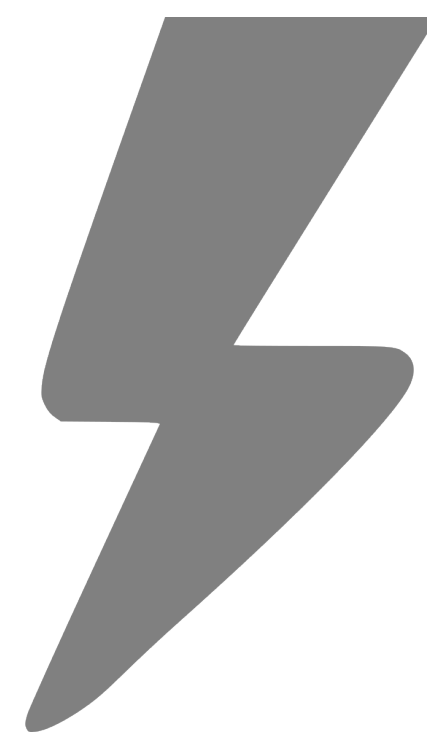
VETTEN

LANGZAME ENERGIE + BOUWSTENEN
9 KCAL PER GRAM

**Optimaliseer je
eiwit inname**

**Mik op 1 tot 1,6 gram
eiwit per kg
lichaamsgewicht**

<https://www.voedingscentrum.nl>
<https://nevo-online.rivm.nl/>



1 ei - 6 gram

Eiwit per 100 gram:

Kipfilet - 25 gram

Rode linzen - 20 gram

Kikkererwten - 10 gram

Gehakt - 25 gram

Tempeh - 12 gram

Havermout - 13 gram

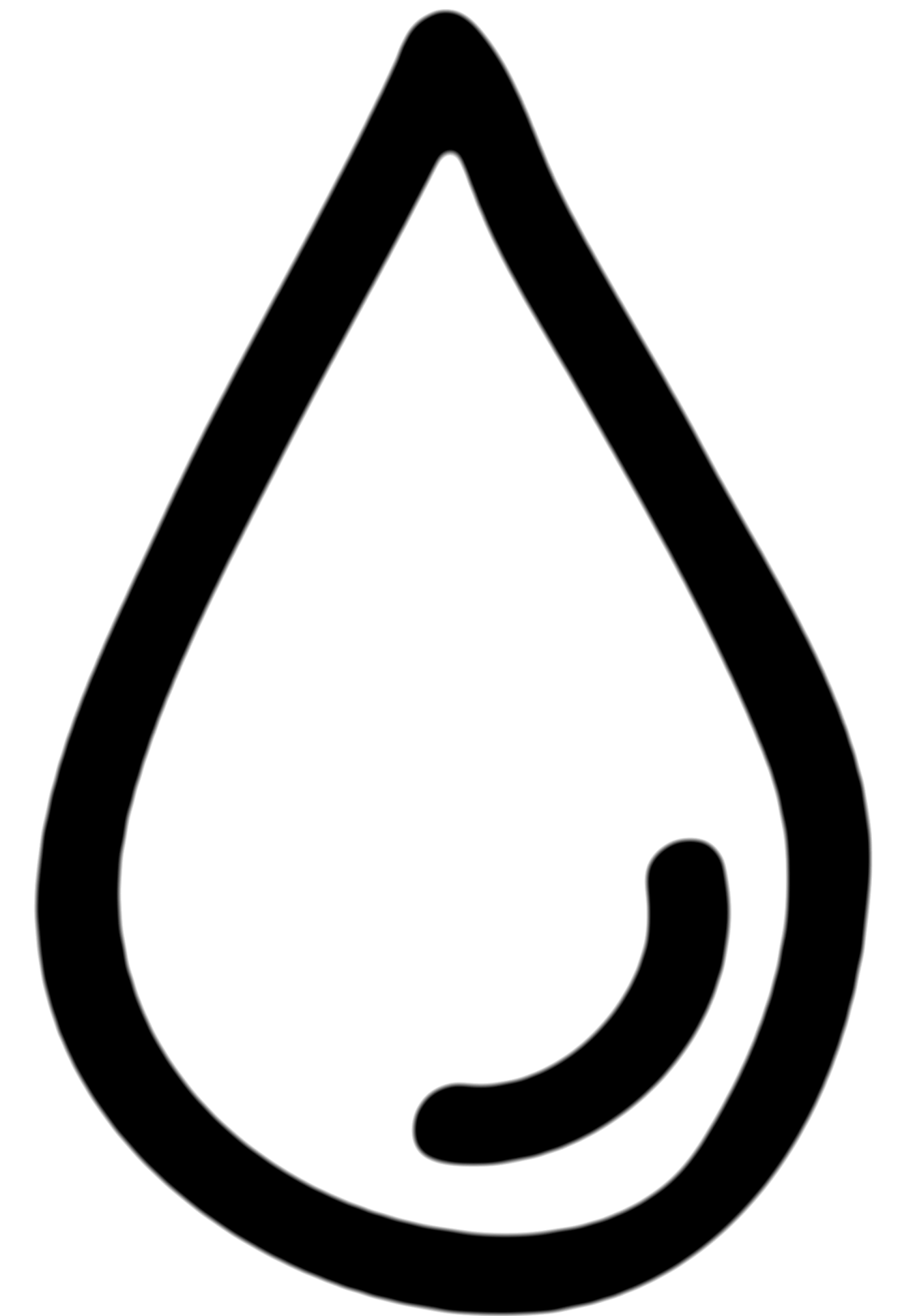
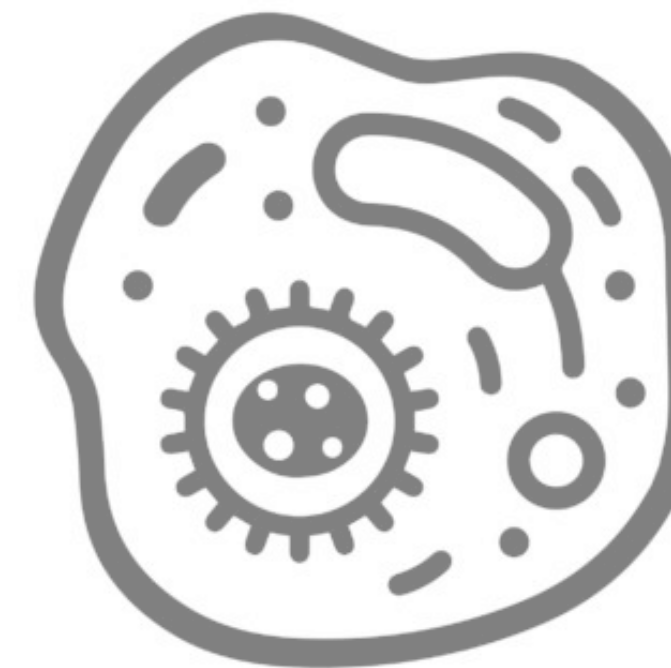
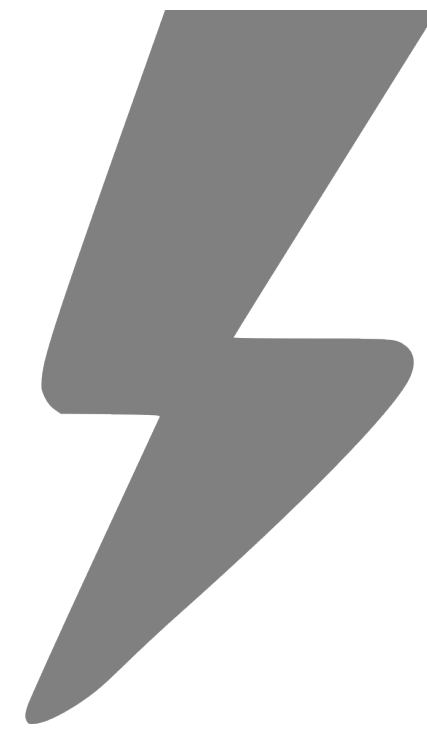


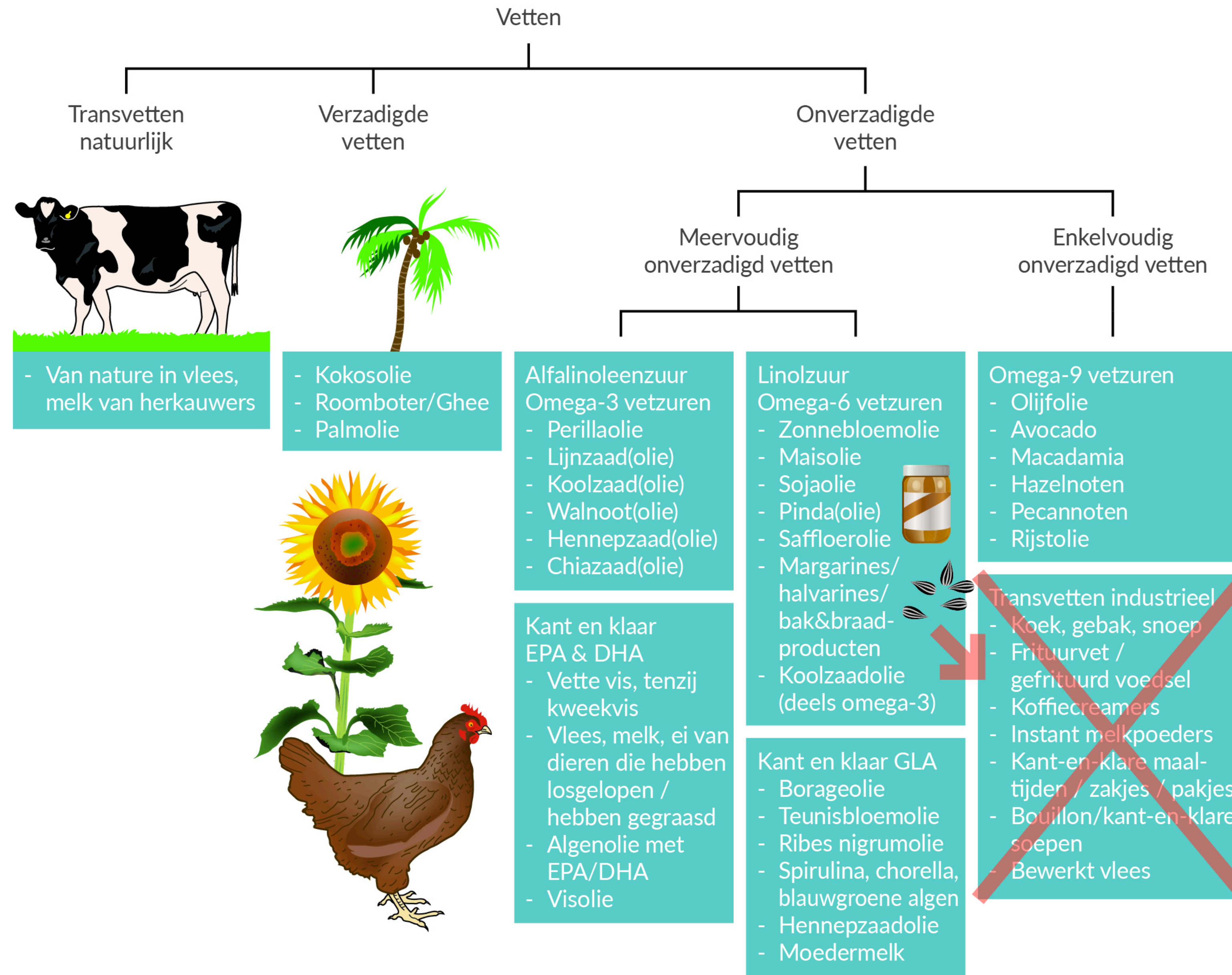
En vergeet de vetten niet

**Noten, Pitten, Zaden,
Avocado, Olie, Zuivel,
Boter, Vlees, Vis**

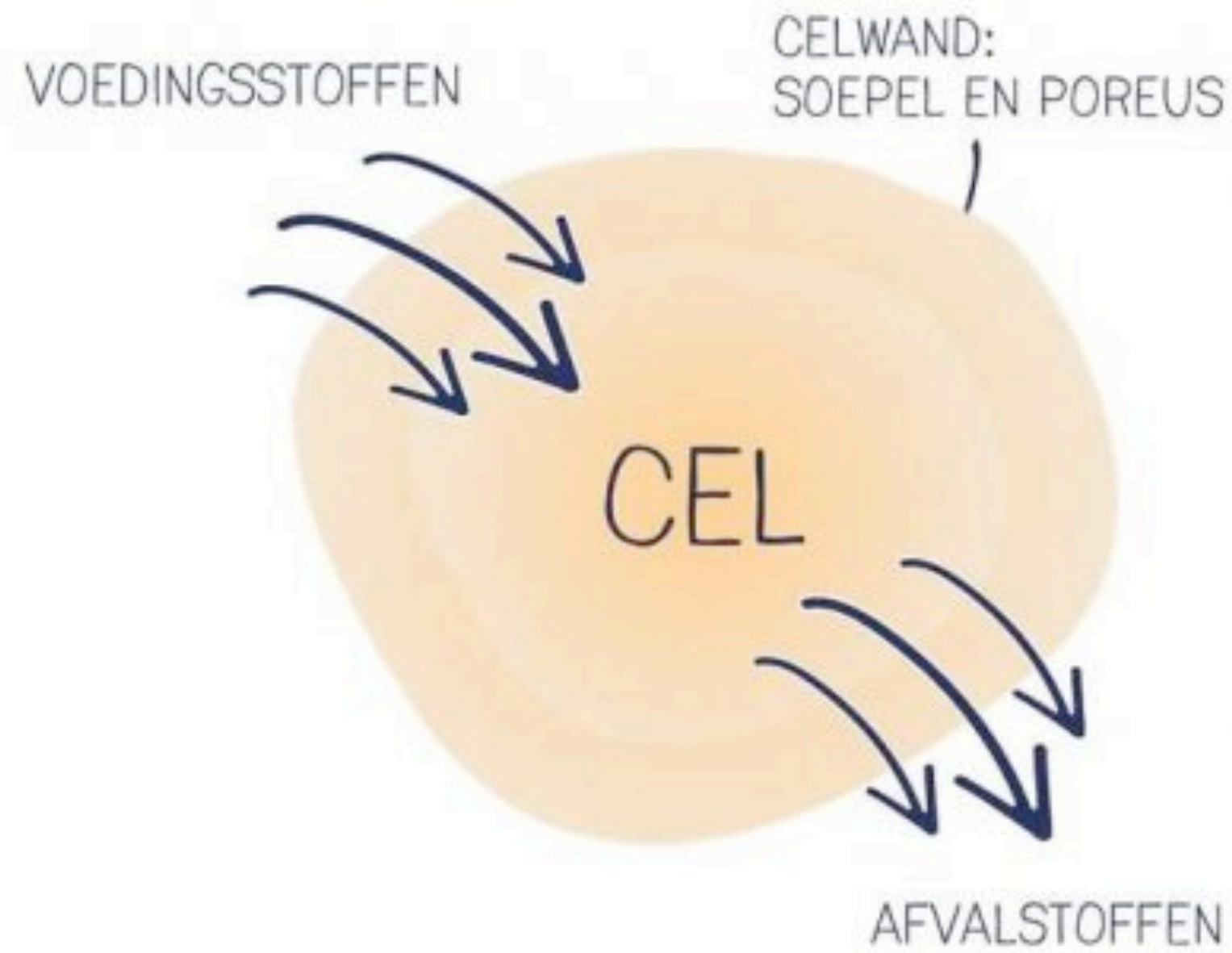
(Vaak ook eiwitbronnen)

**Eetlepels tot handjes
Vanwege hoge calorieën**

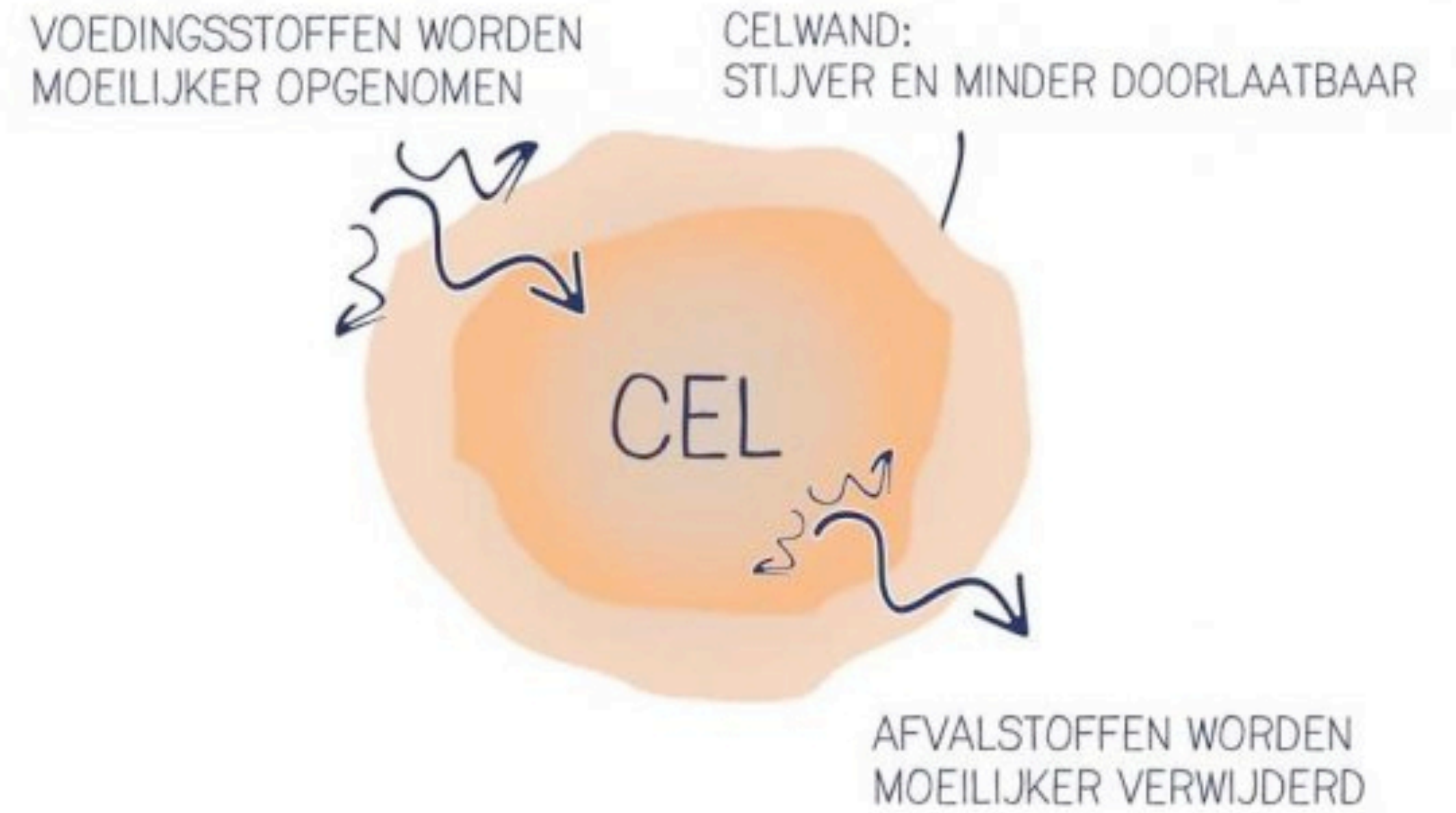




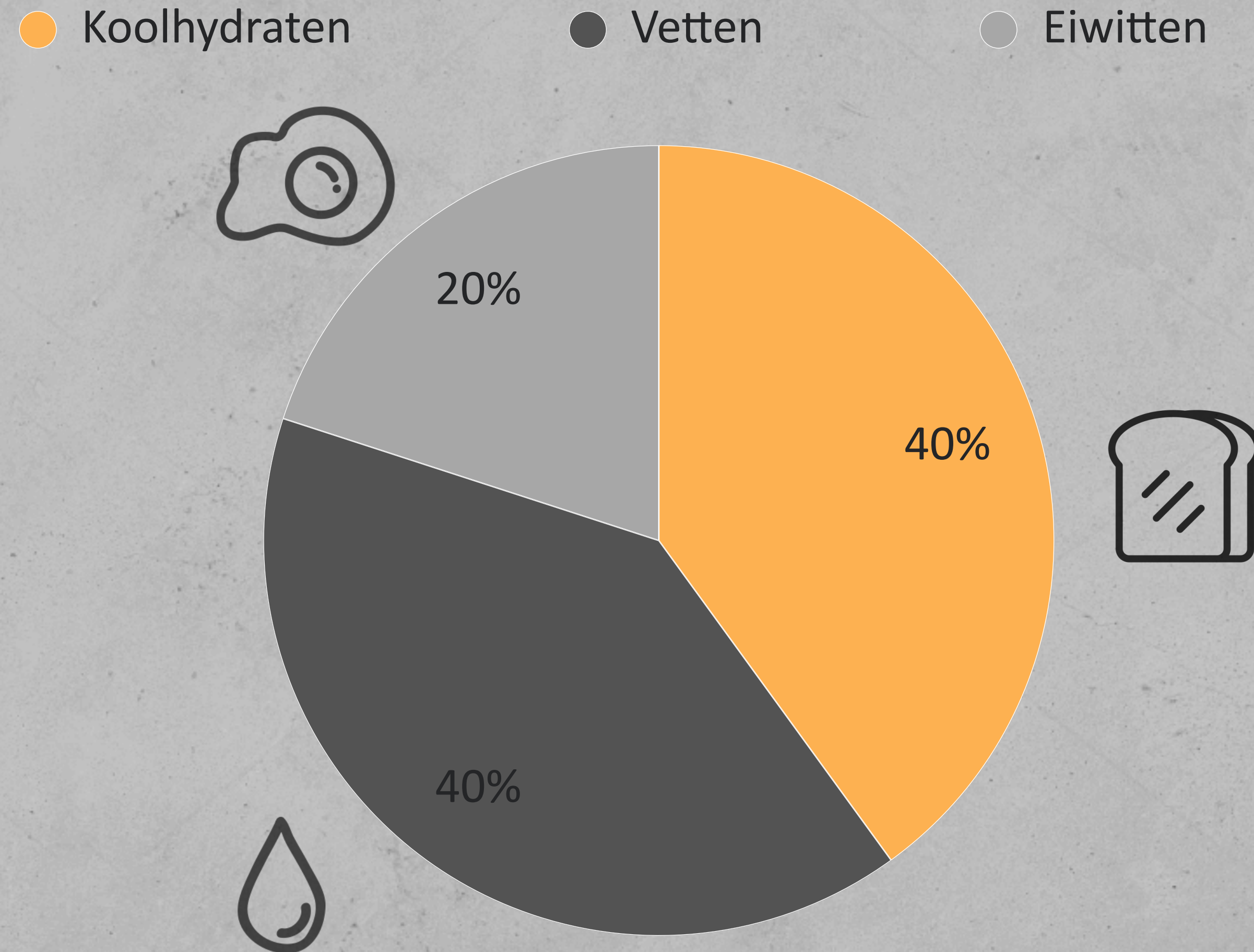
GEZOND



MINDER GEZOND



MACRONUTRIËNTEN BALANS



Voorbeelden van food apps: Virtuagym of Myfitnesspall





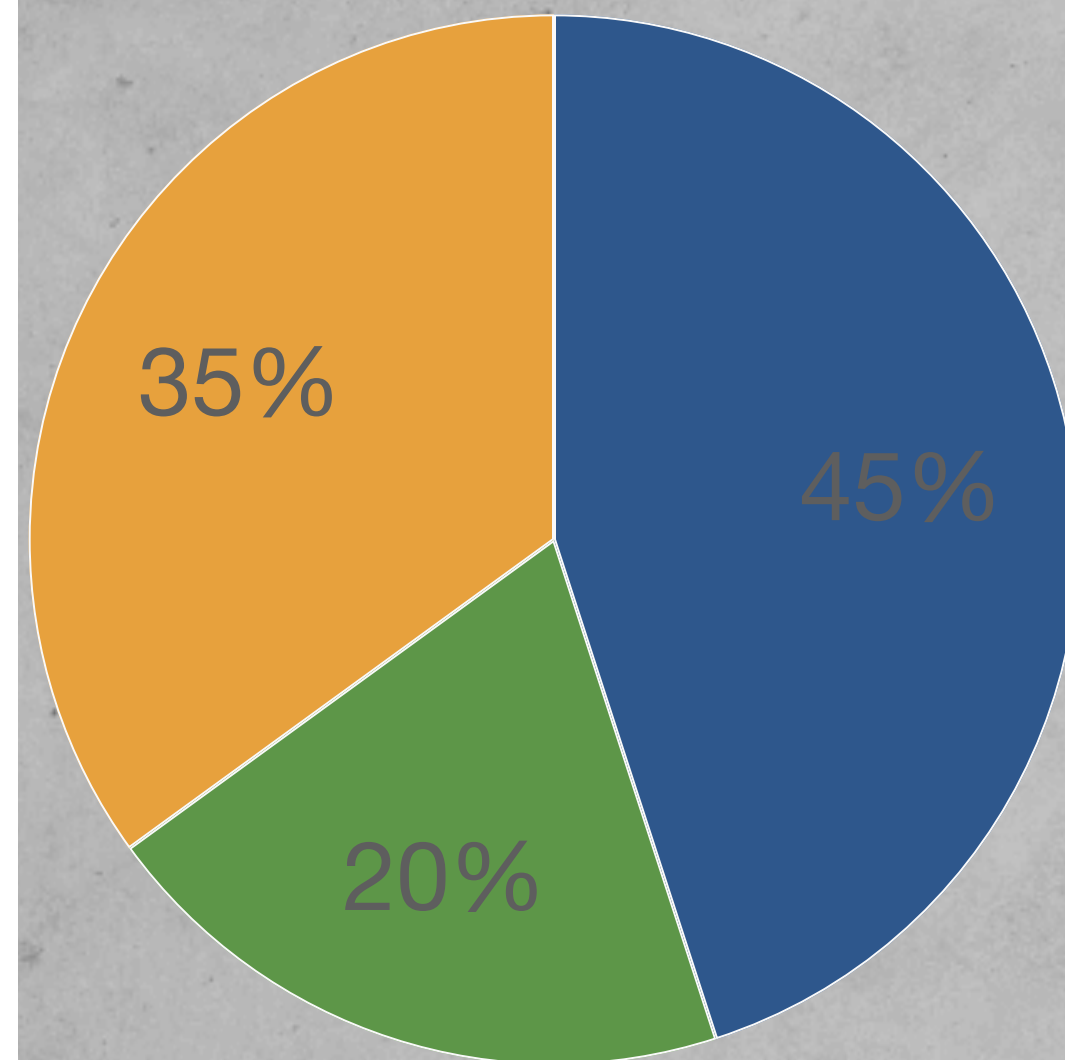
Koolhydraten



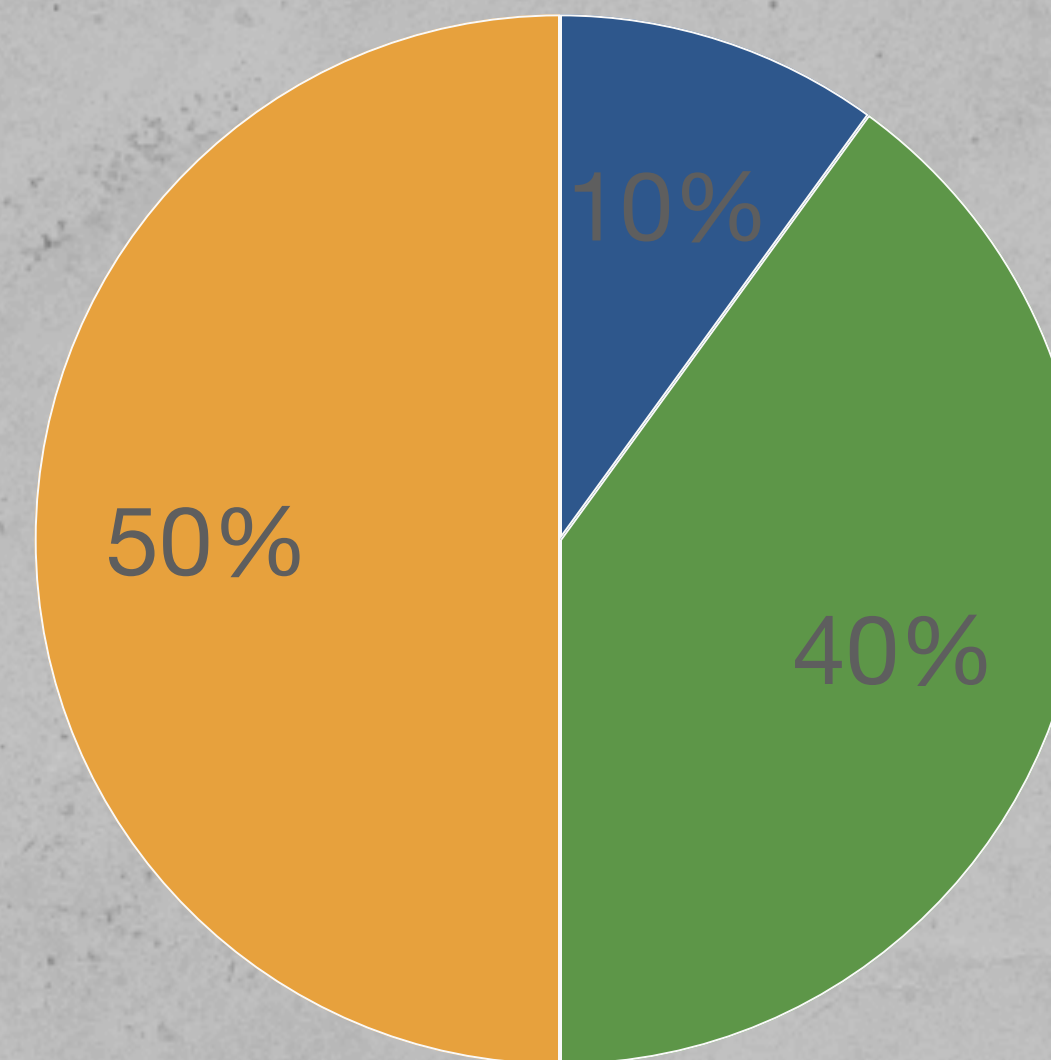
Vetten



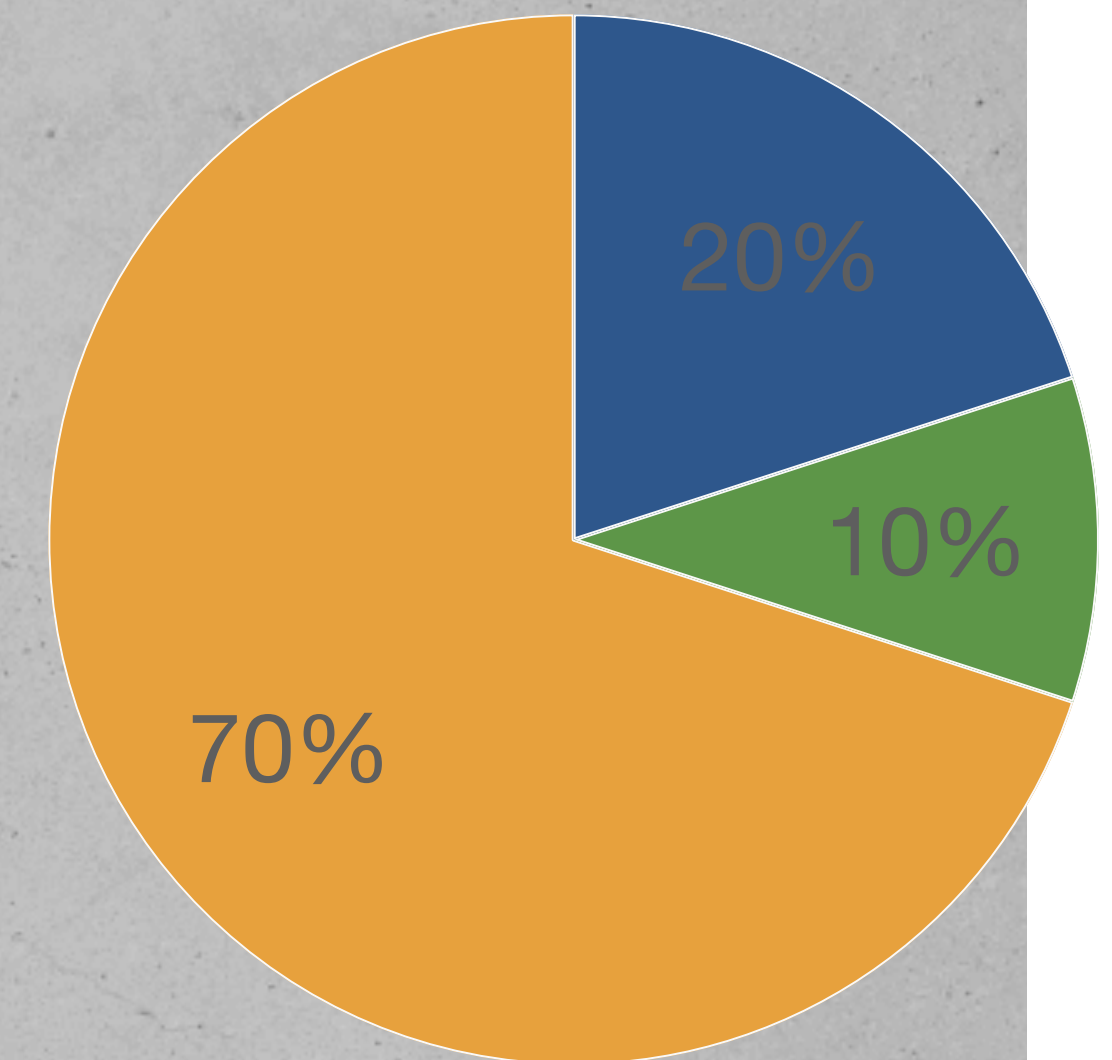
Eiwitten



POLAR TYPE



VARIABLE TYPE



EQUATORIAL TYPE

We zijn allemaal anders, vind uit waar jij onder valt



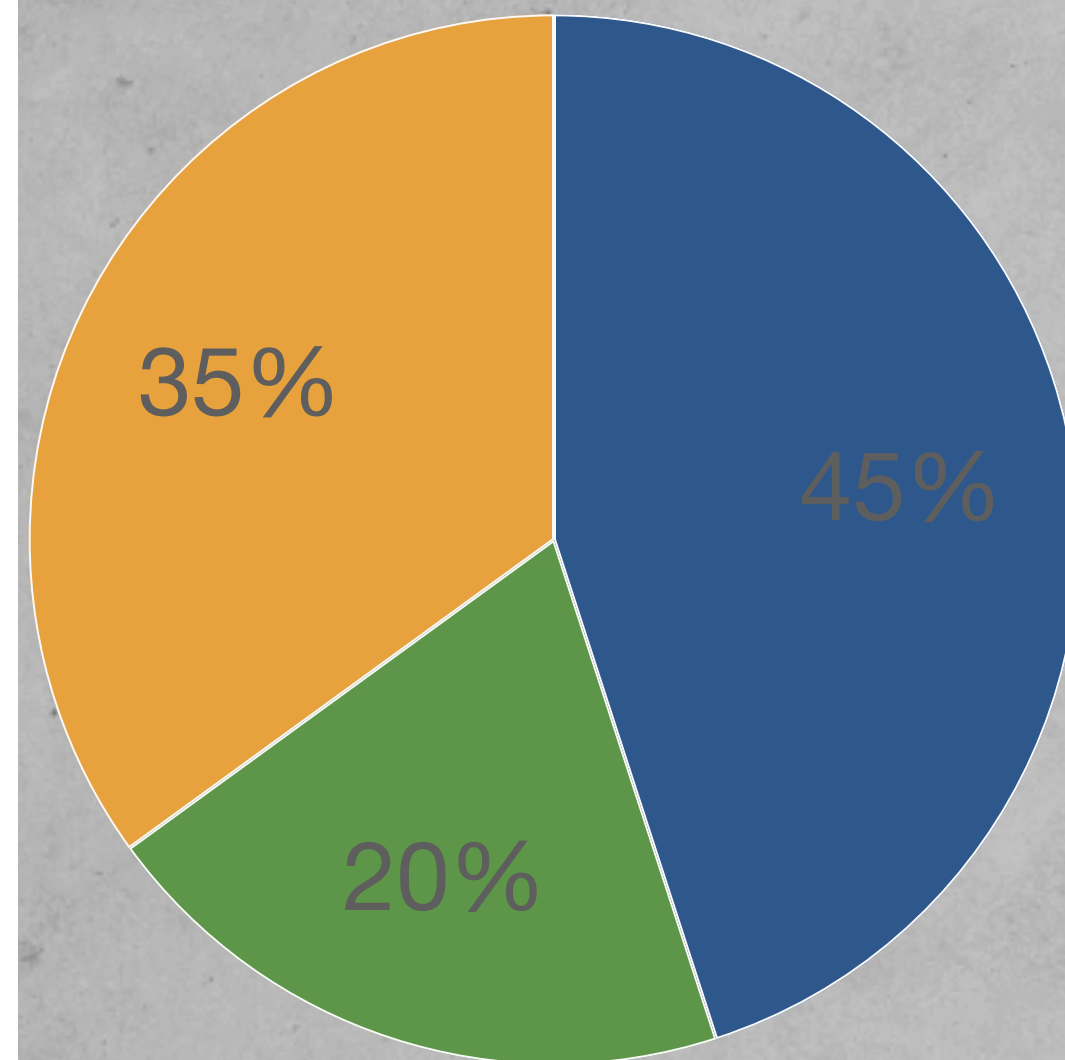
Koolhydraten



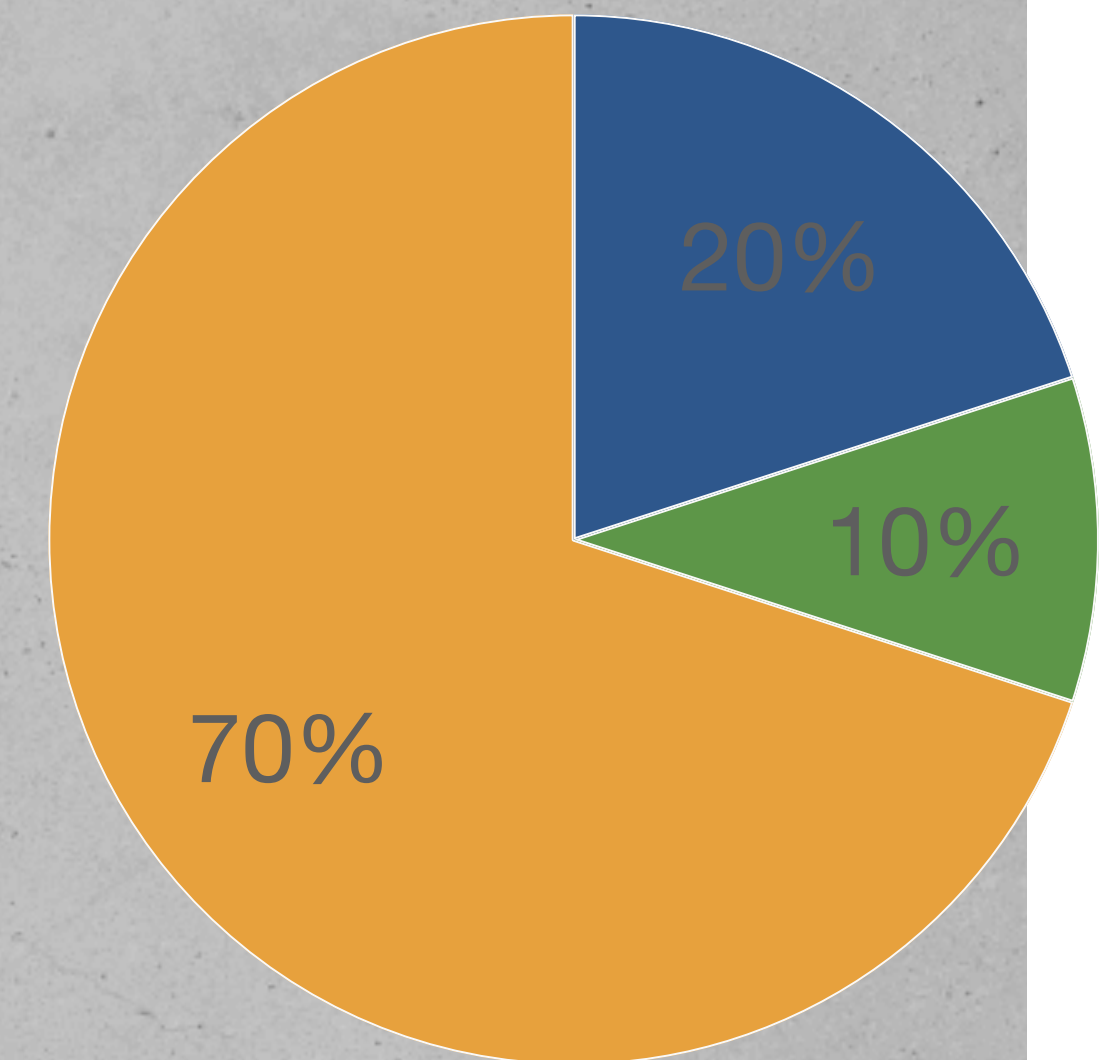
Vetten



Eiwitten



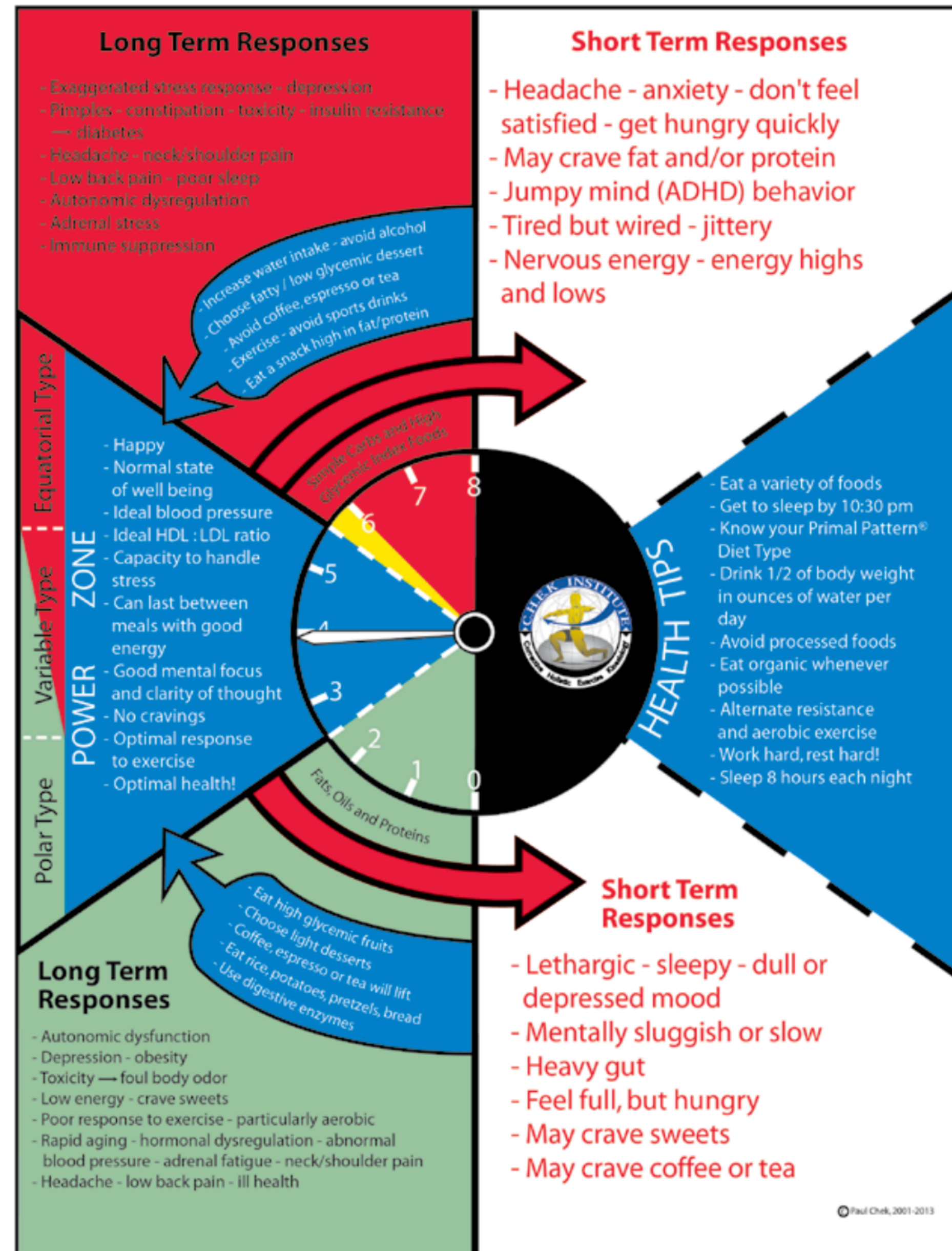
POLAR TYPE



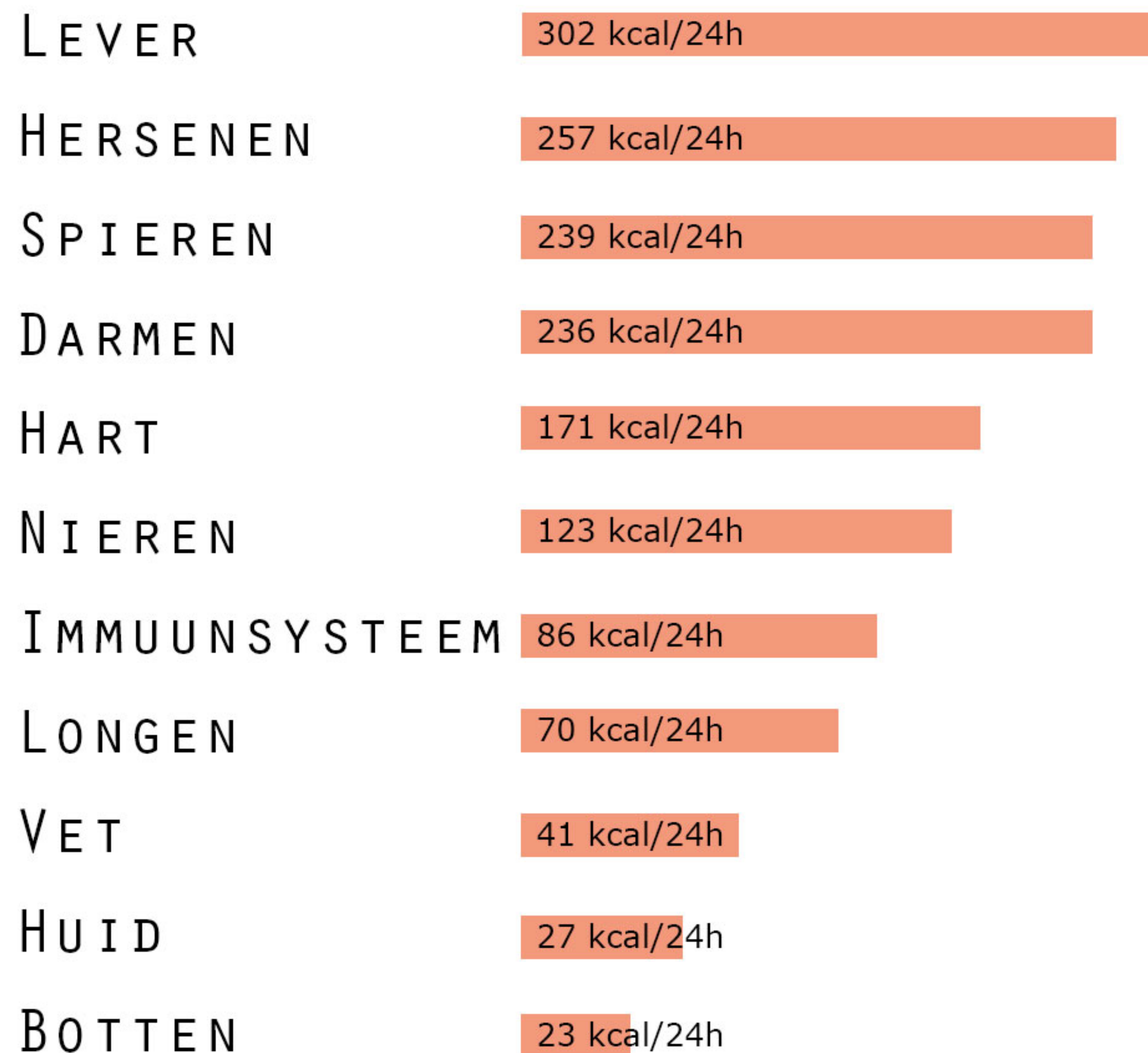
EQUATORIAL TYPE

We zijn allemaal anders, vind uit waar jij onder valt

Responses to too much carbohydrate

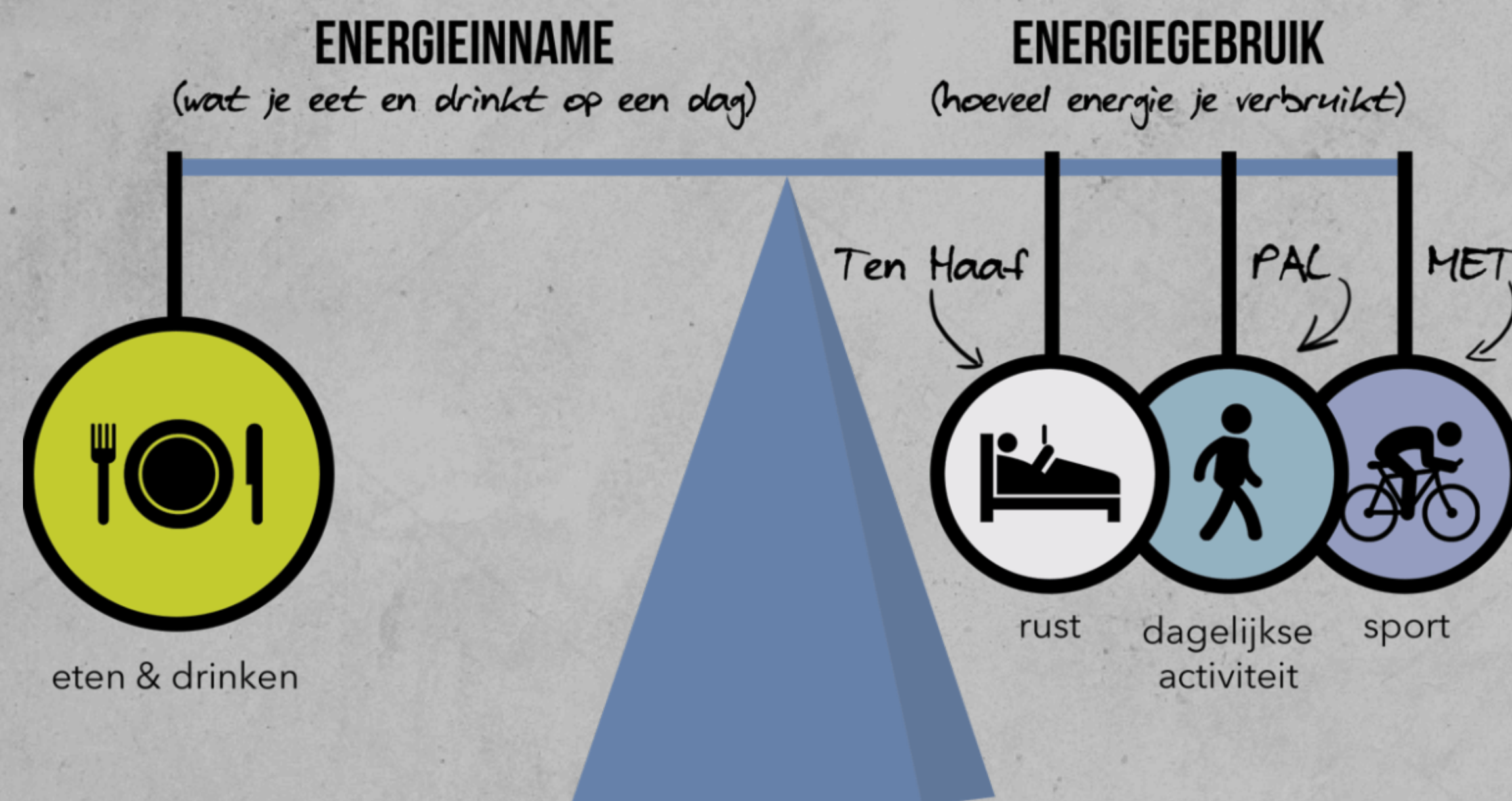


Responses to too much fat / protein



1600 Kilocalorien totaal in rust

Welke hoeveelheid?



MACRONUTRIËNTEN BALANS

500/600 kcal



100 gram

Fruit of groenten

Gemiddeld 2 gram groente per
gram eiwit



Eventueel

Olijfolie, boter, zaden, pitten
avocado, noten

Denk in handjes en eetlepels



20 gram

200 gram

Huttenkäse

150 gram

Ei

40 gram

90 gram

Brood (3 volkoren sneetjes)

60 gram

Havermout

MACRONUTRIËNTEN BALANS

500/600 kcal



100 gram

Groente

Gemiddeld 2 gram groente per
gram eiwit



Eventueel

Olijfolie, boter, zaden, pitten
noten

Denk in handjes en eetlepels



50 gram



250 gram

aardappel

75 gram

rijst, quinoa (ongekookt)

20-30 gram



100 gram

Kip/vis/vlees



100 gram

Linzen (ongekookt)

STRESS

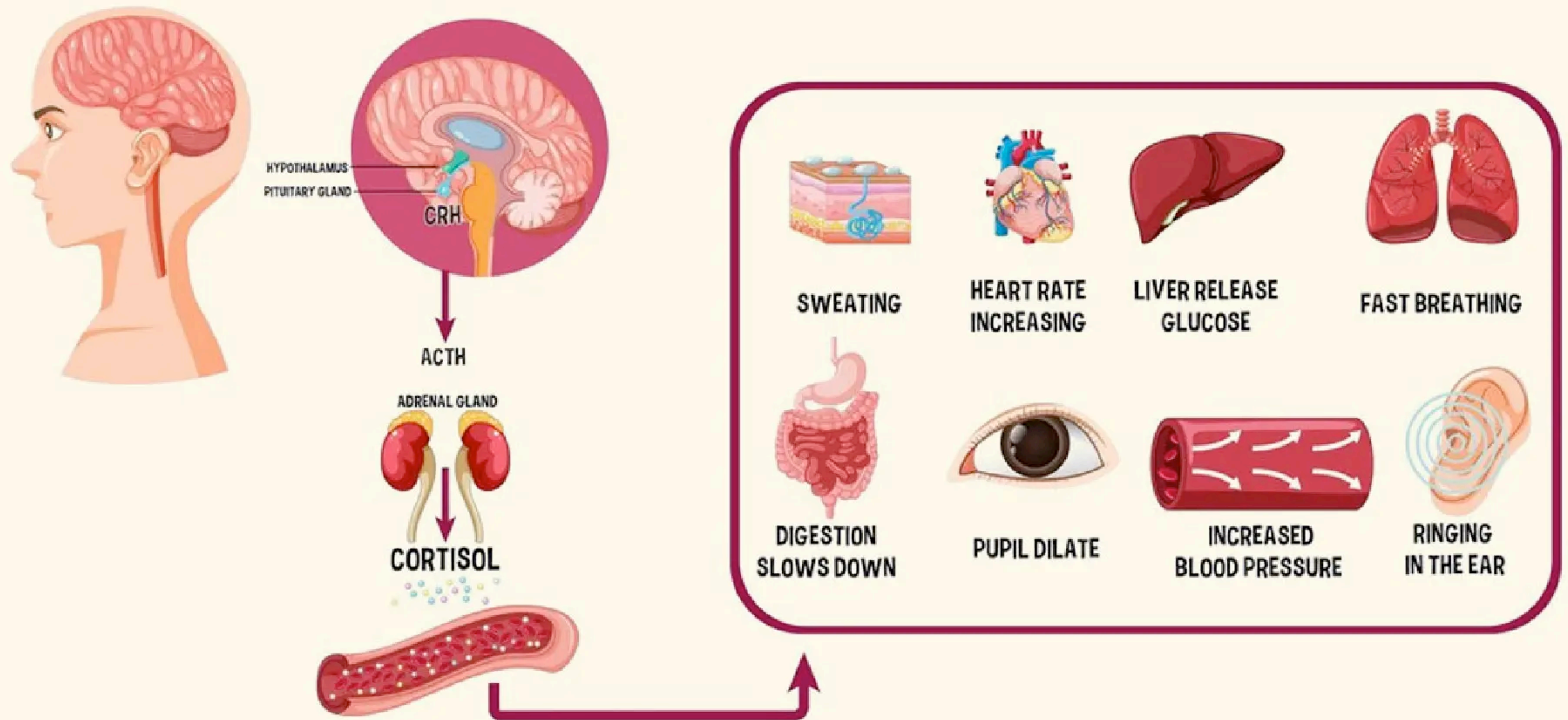
WELK VAN DE VOLGENDE
HORMONEN HEEFT
INVLOED
OP DE BLOEDSUIKER EN IS
VAAK OVERACTIEF IN
ONS DRUKKE LEVEN?

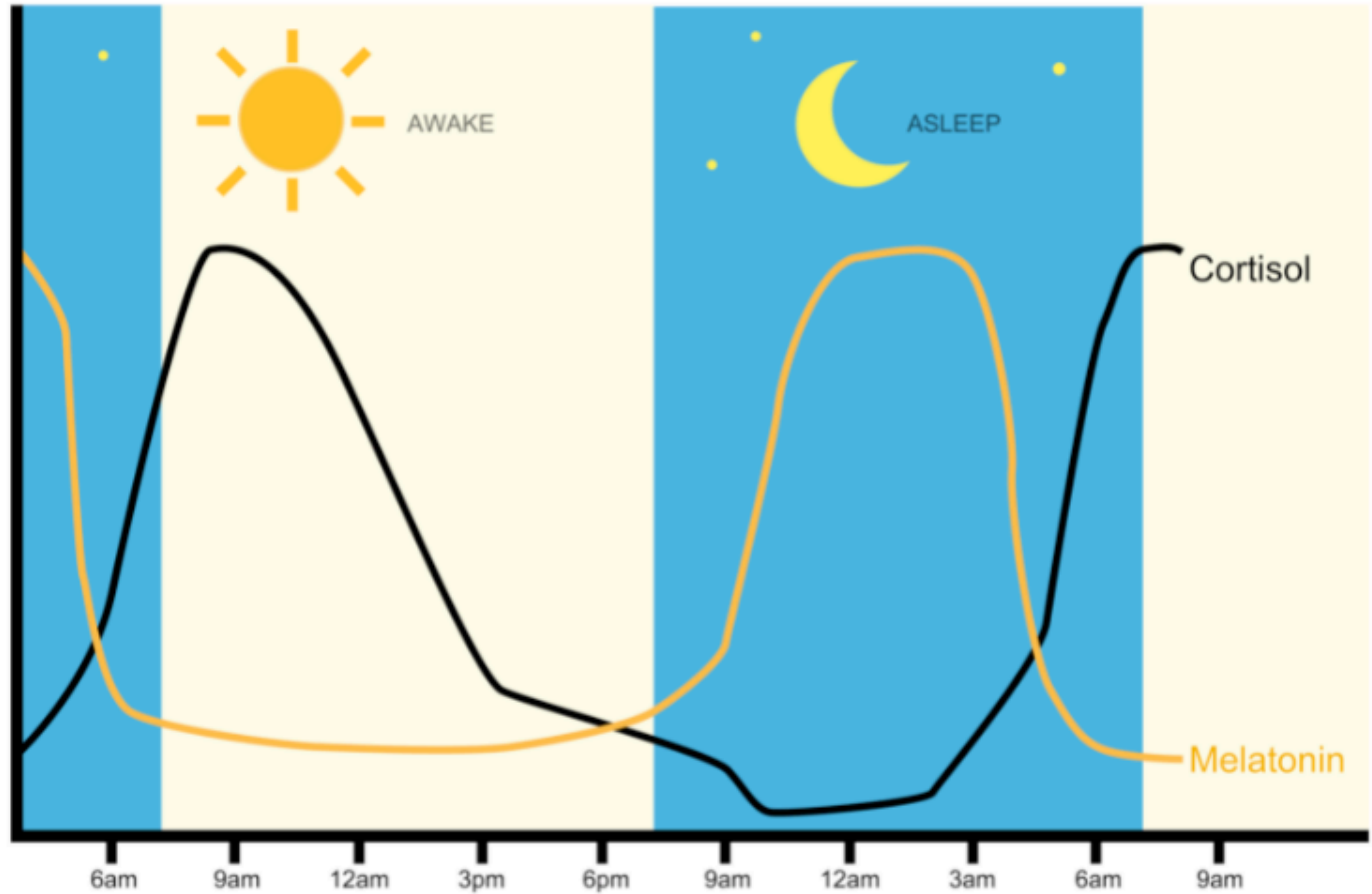


GO TO
menti.com

FILL IN THE CODE
4325 1718

STRESS CORTISOL



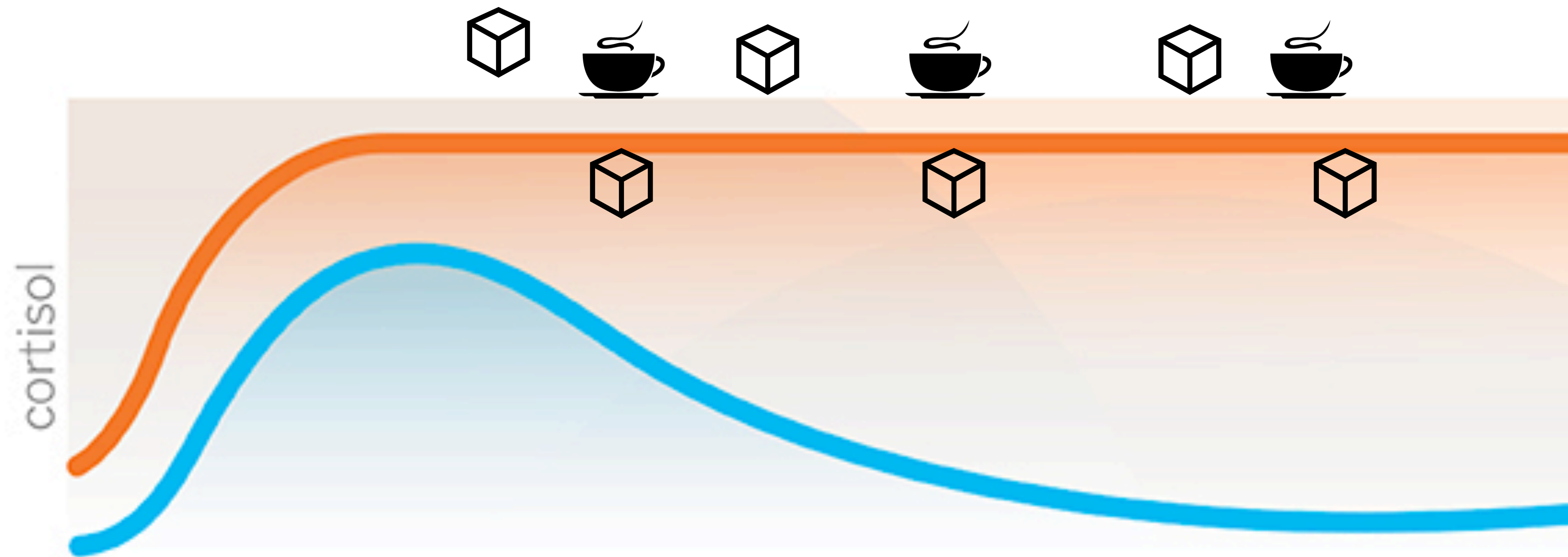


CORTISOL IRREGULAR

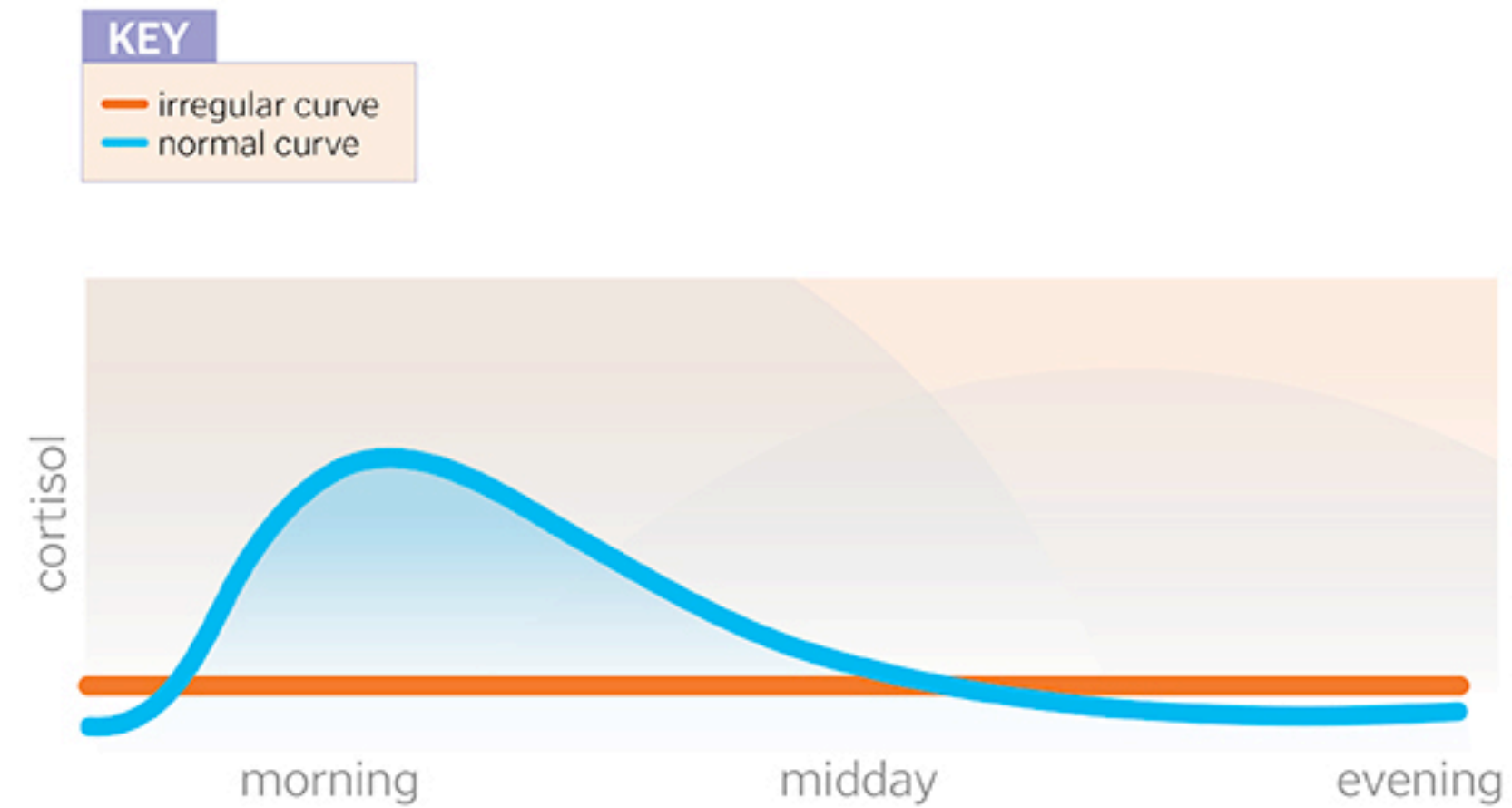
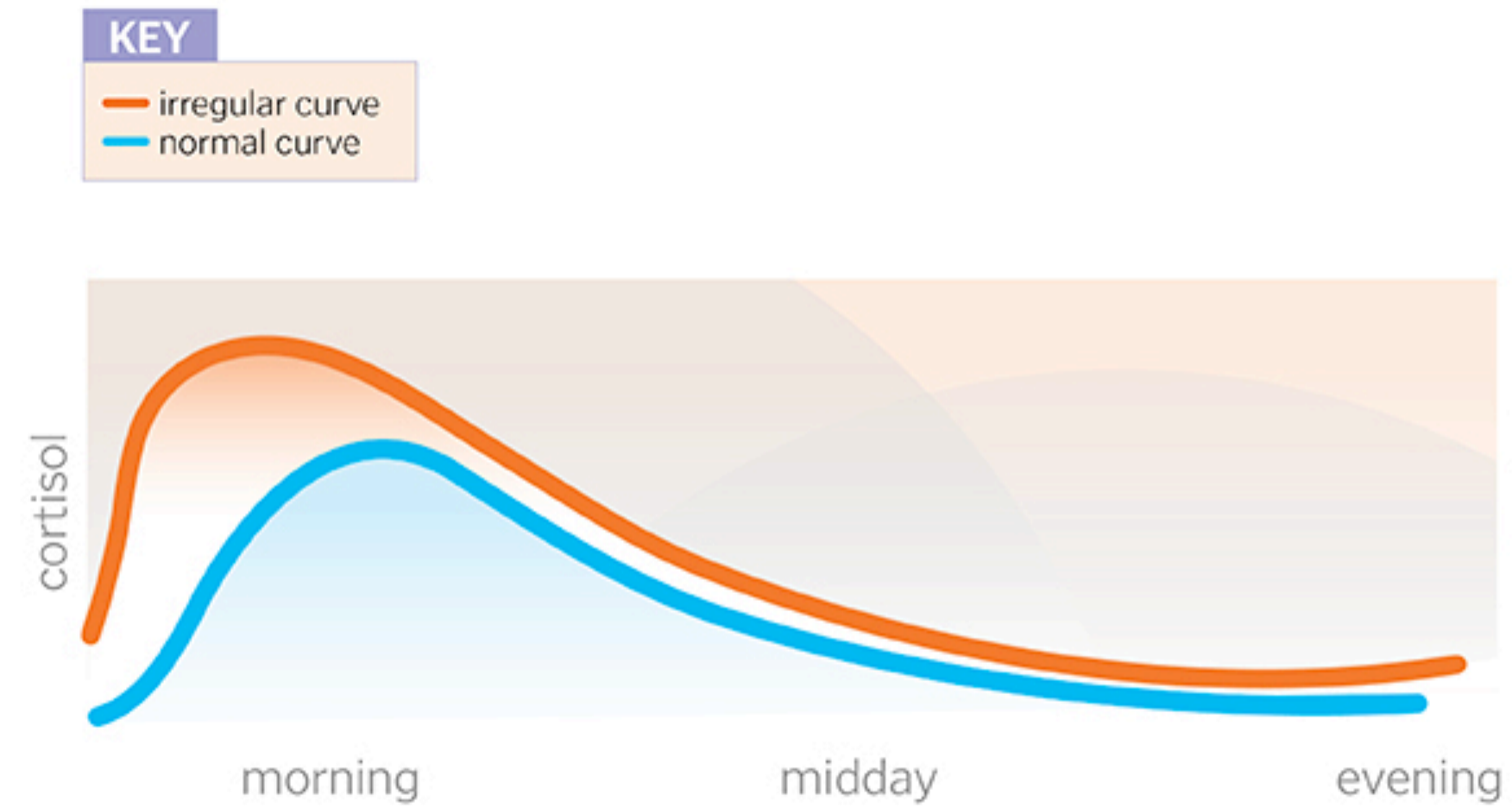
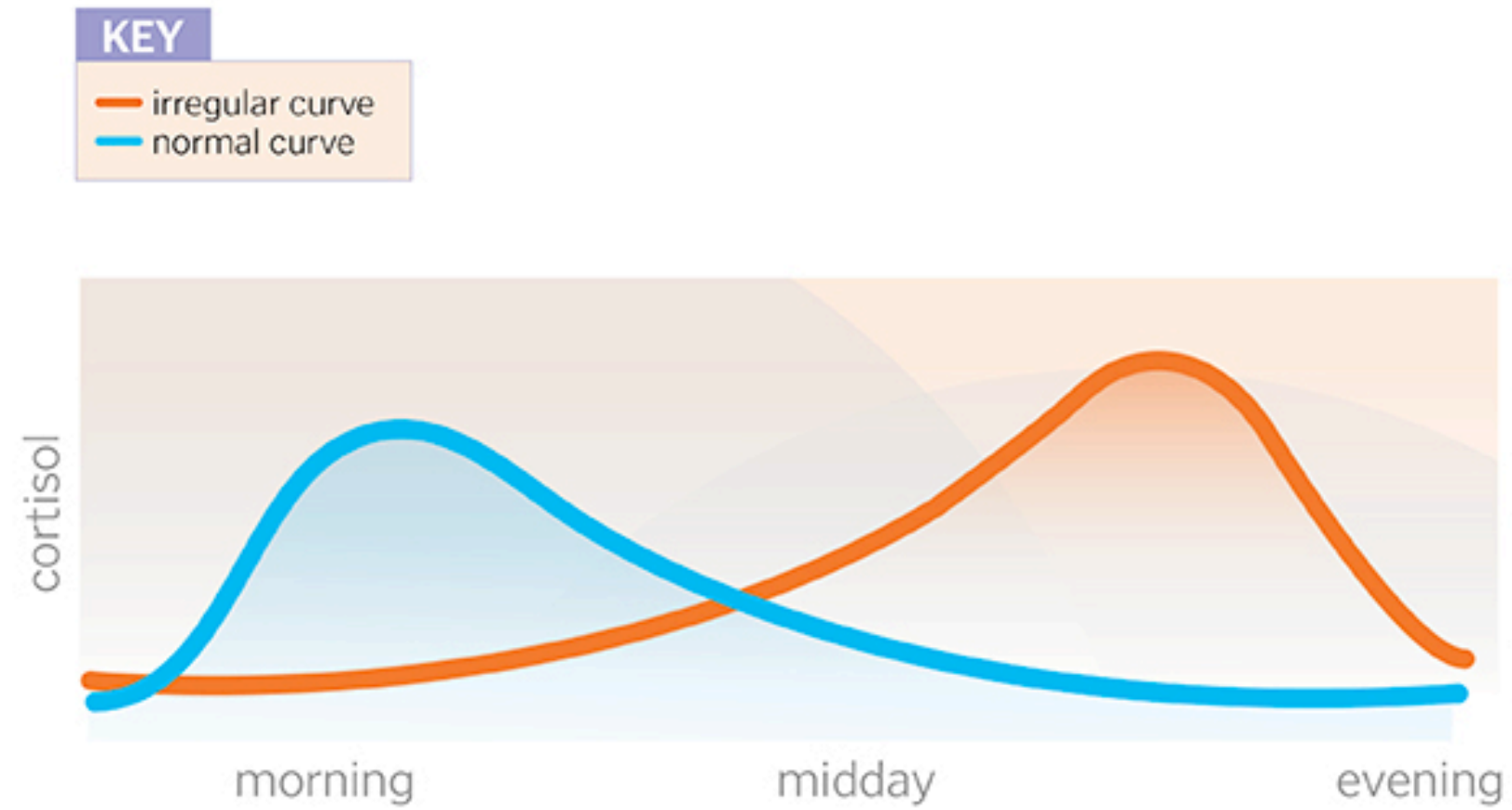
DAGELIJKSE CONSUMPTIES HEBBEN IMPACT



CYP1A2



CORTISOL UIT BALANS



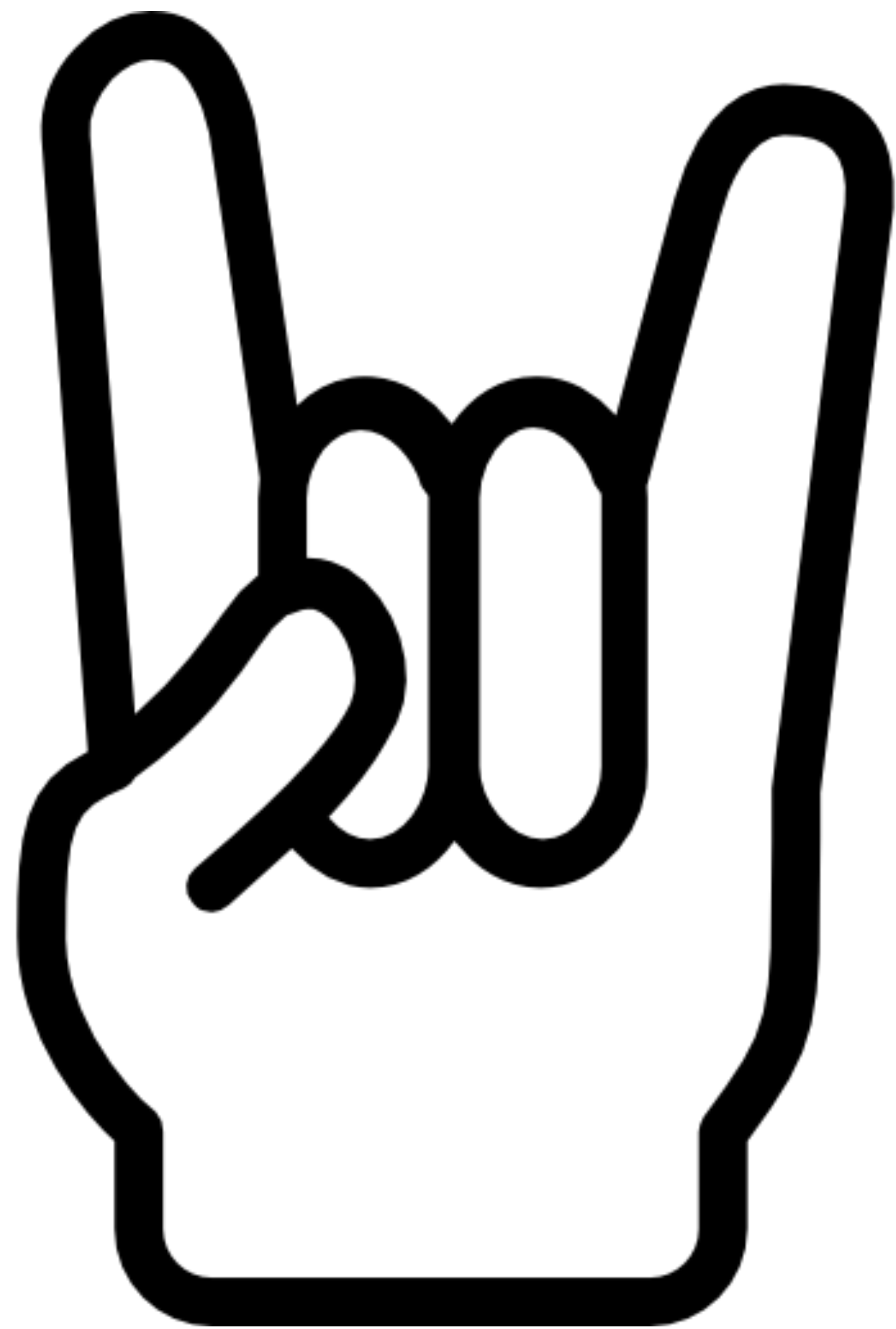


Work in:

Let's breath

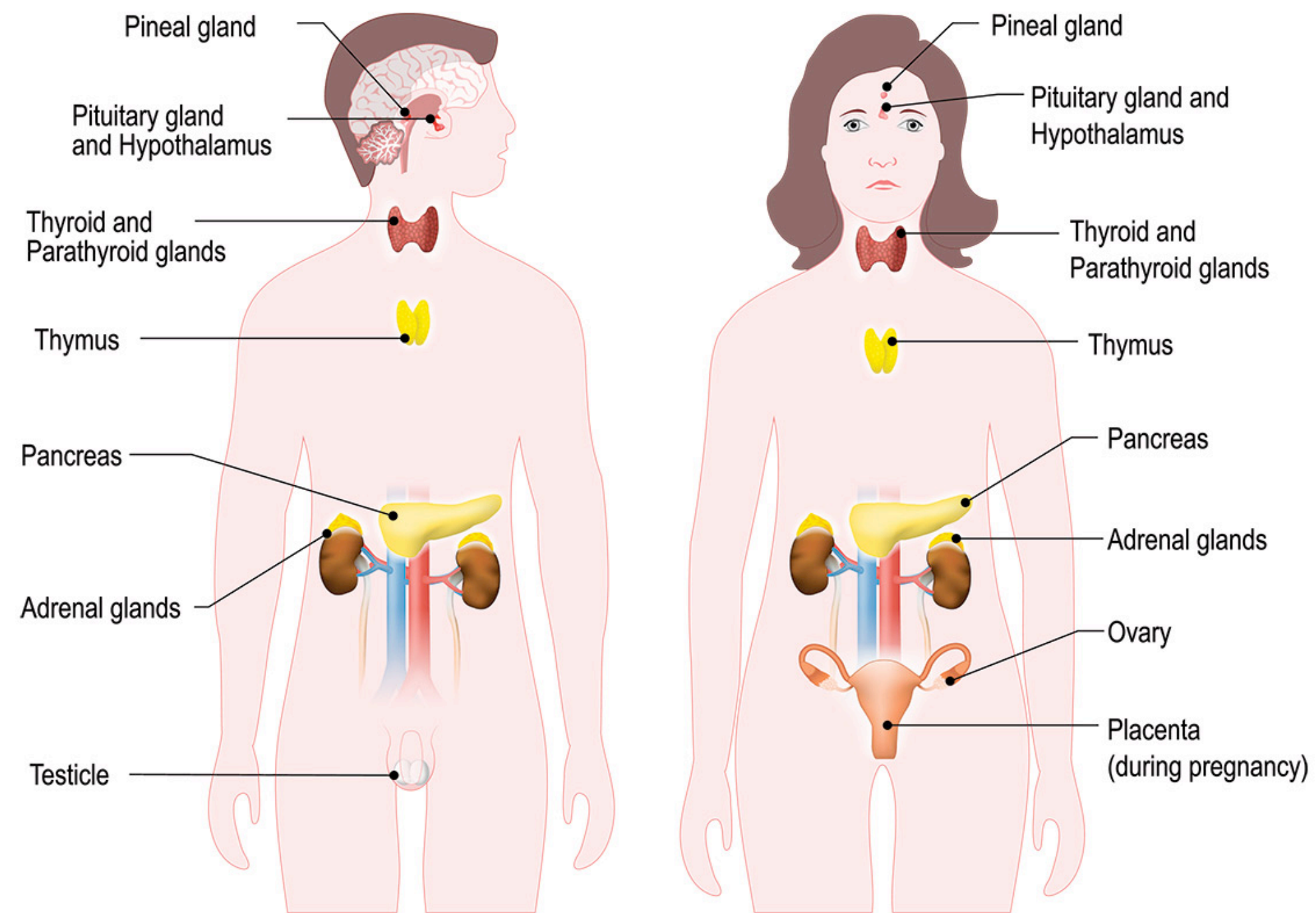
2 minuten

478



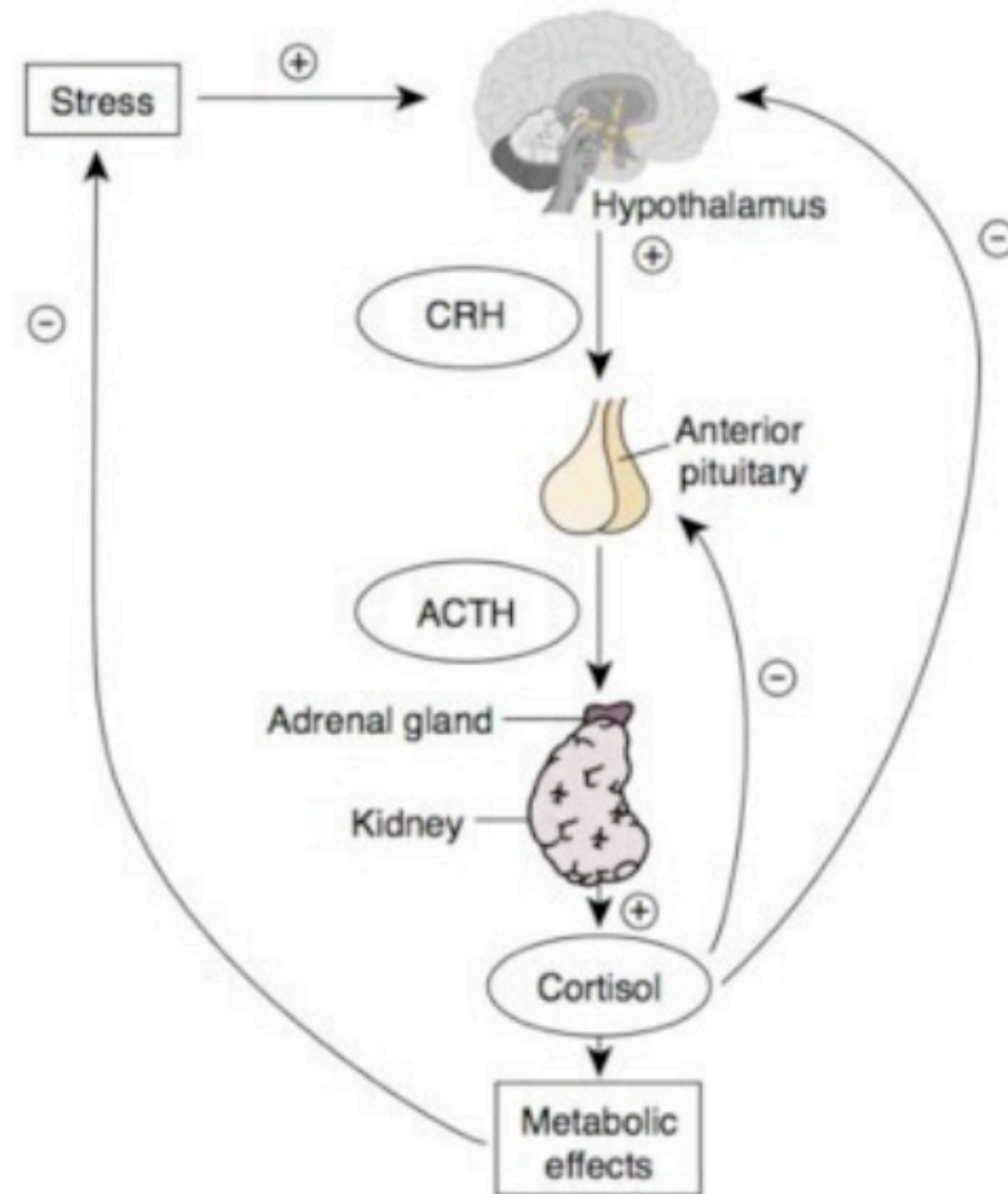
**WAT WERKT VOOR
DE ÉÉN WERKT
NIET VOOR DE
ANDER**

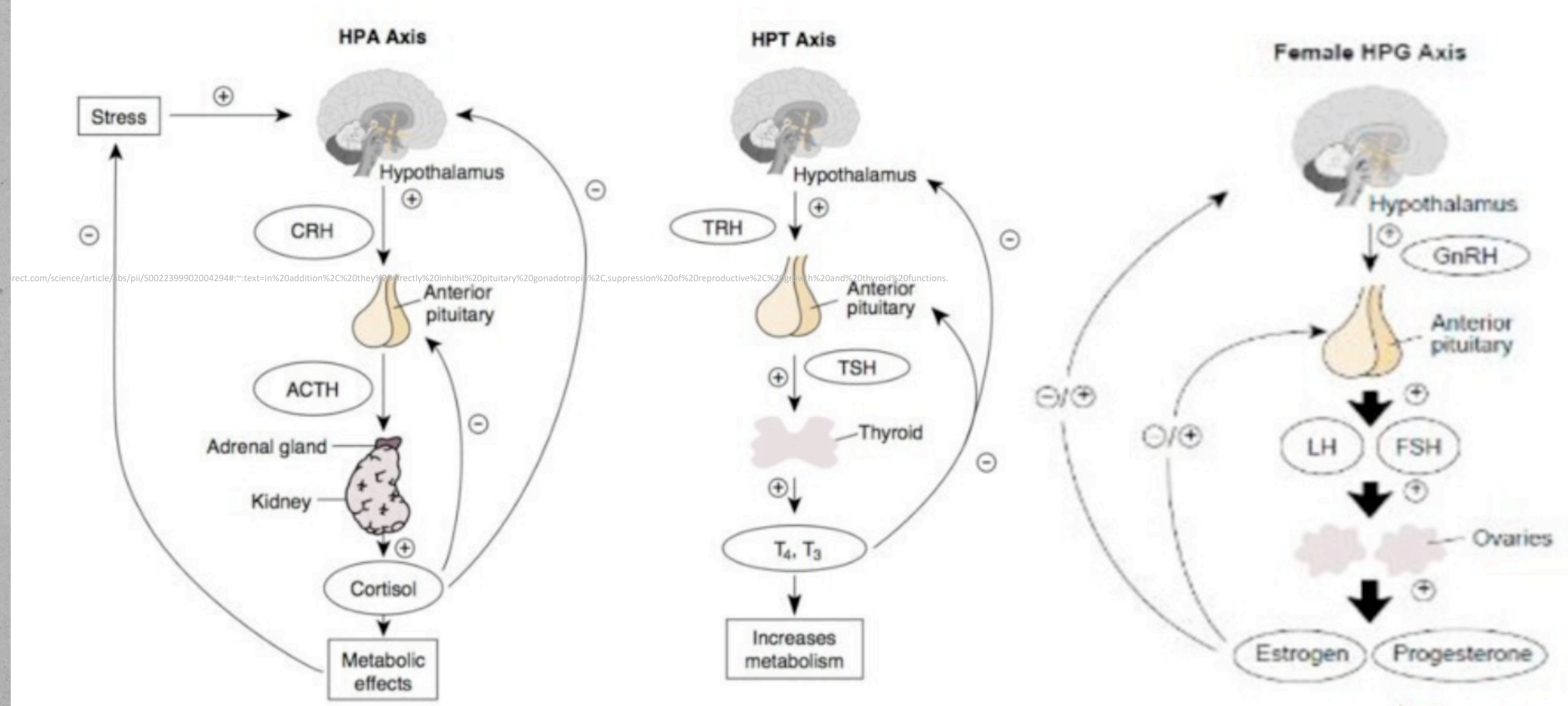
ENDOCRINE SYSTEM

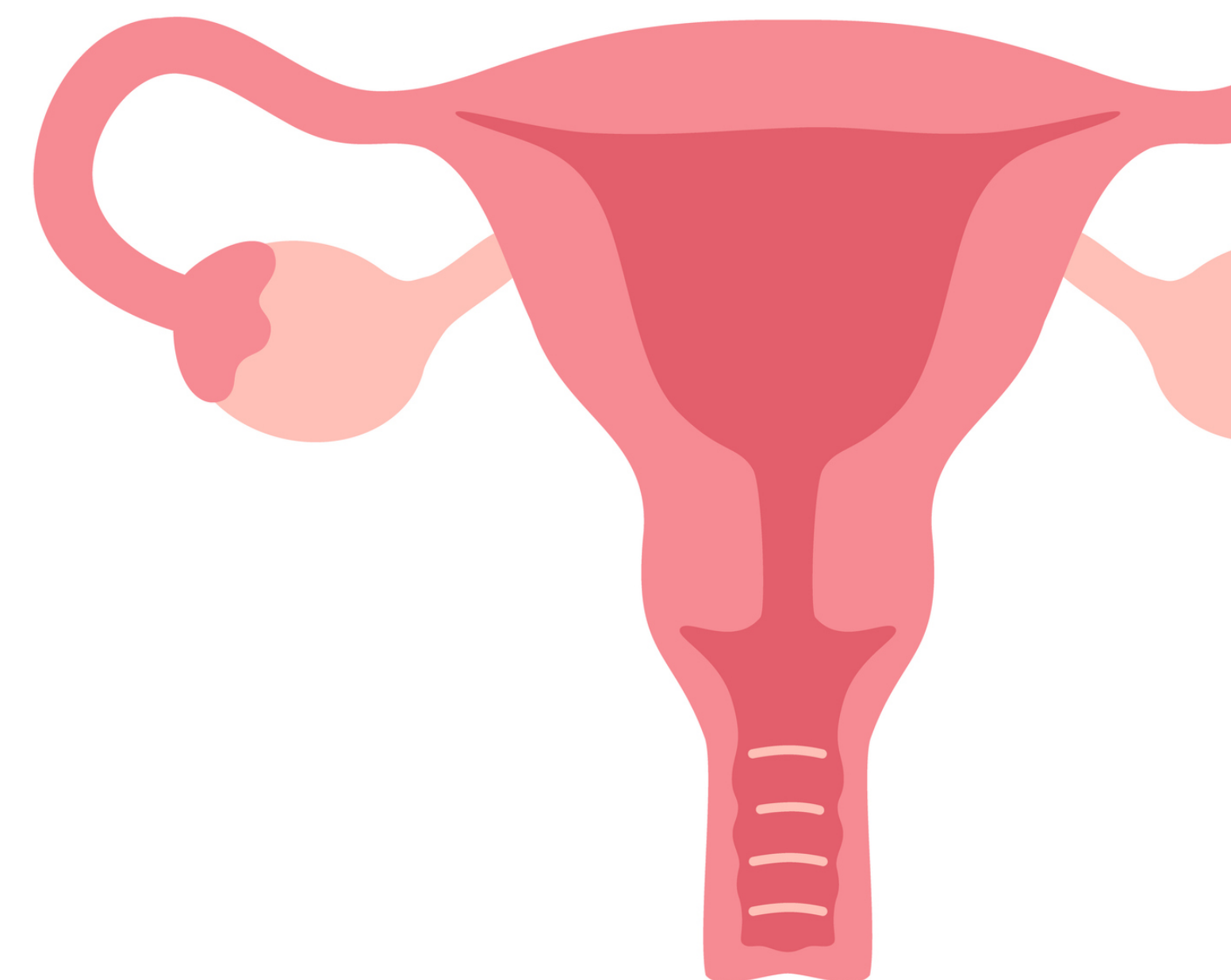
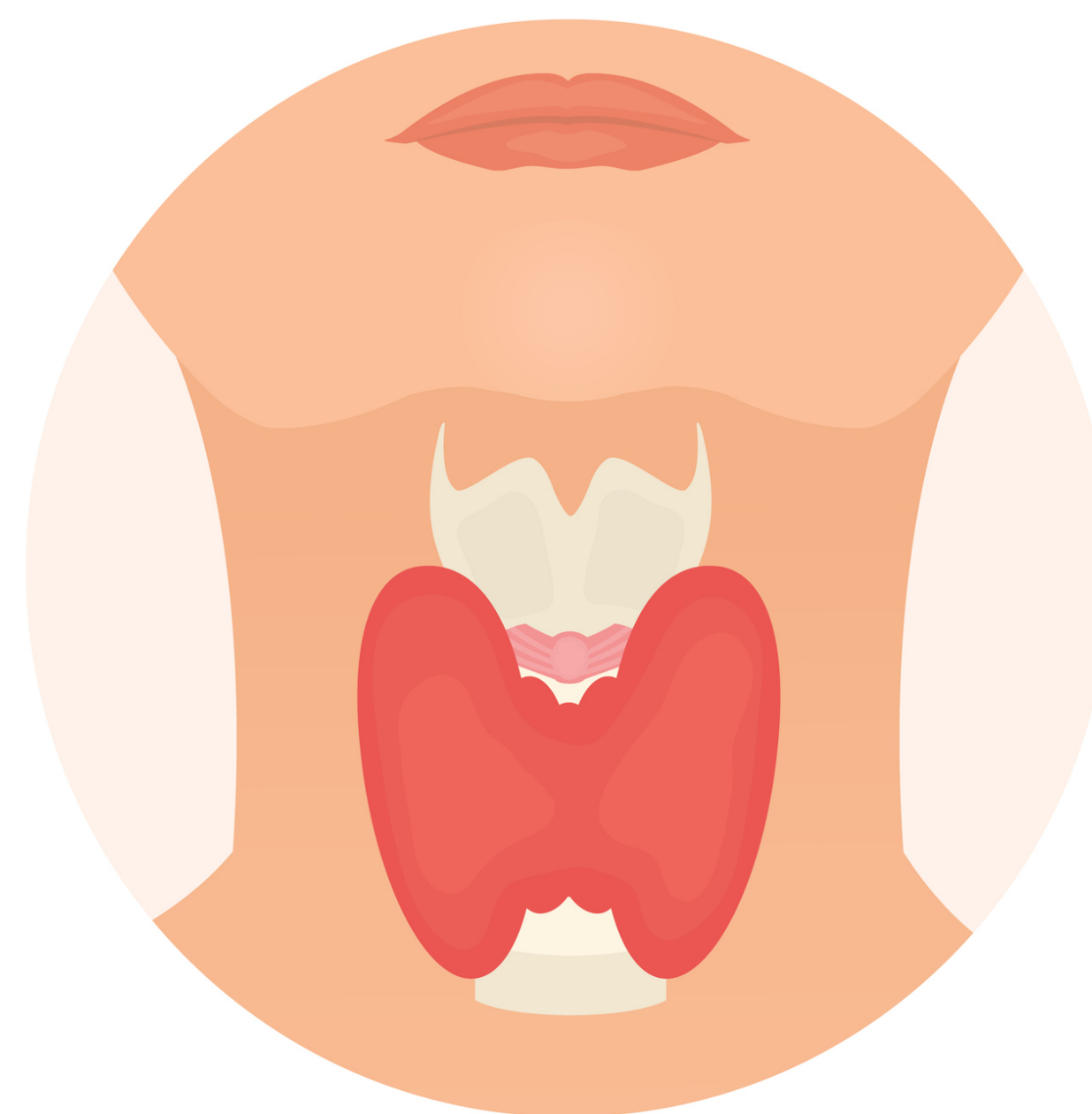
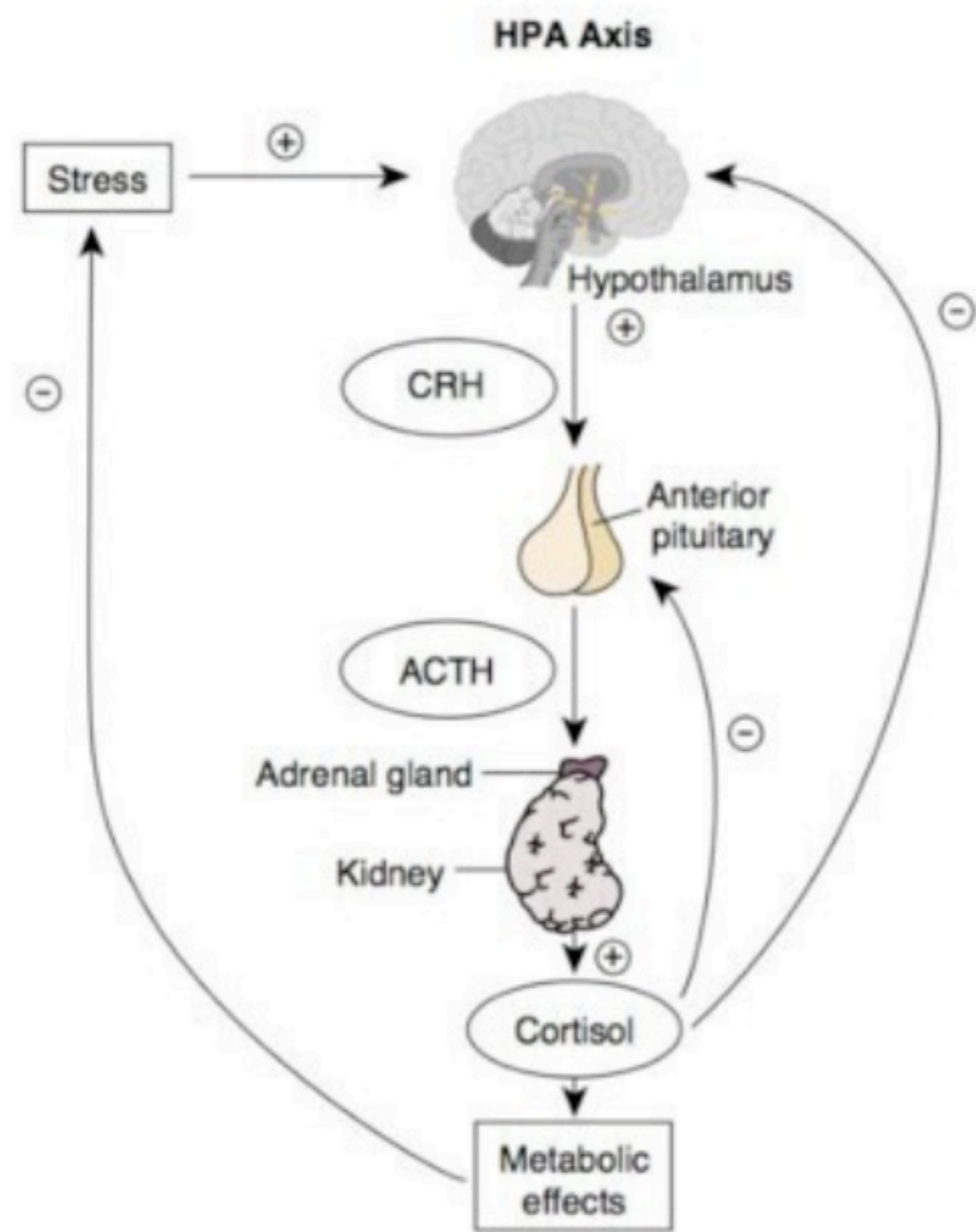


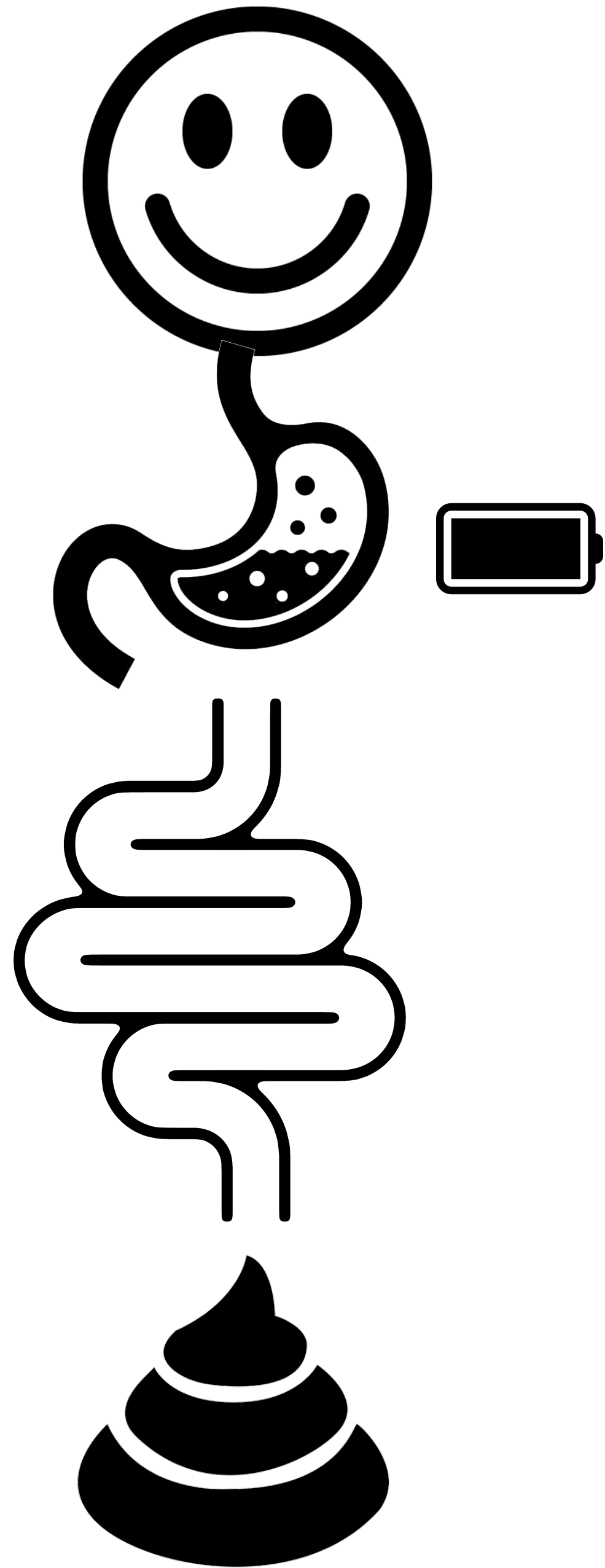
EFFECT VAN STRESS OP HORMONEN

HPA AS



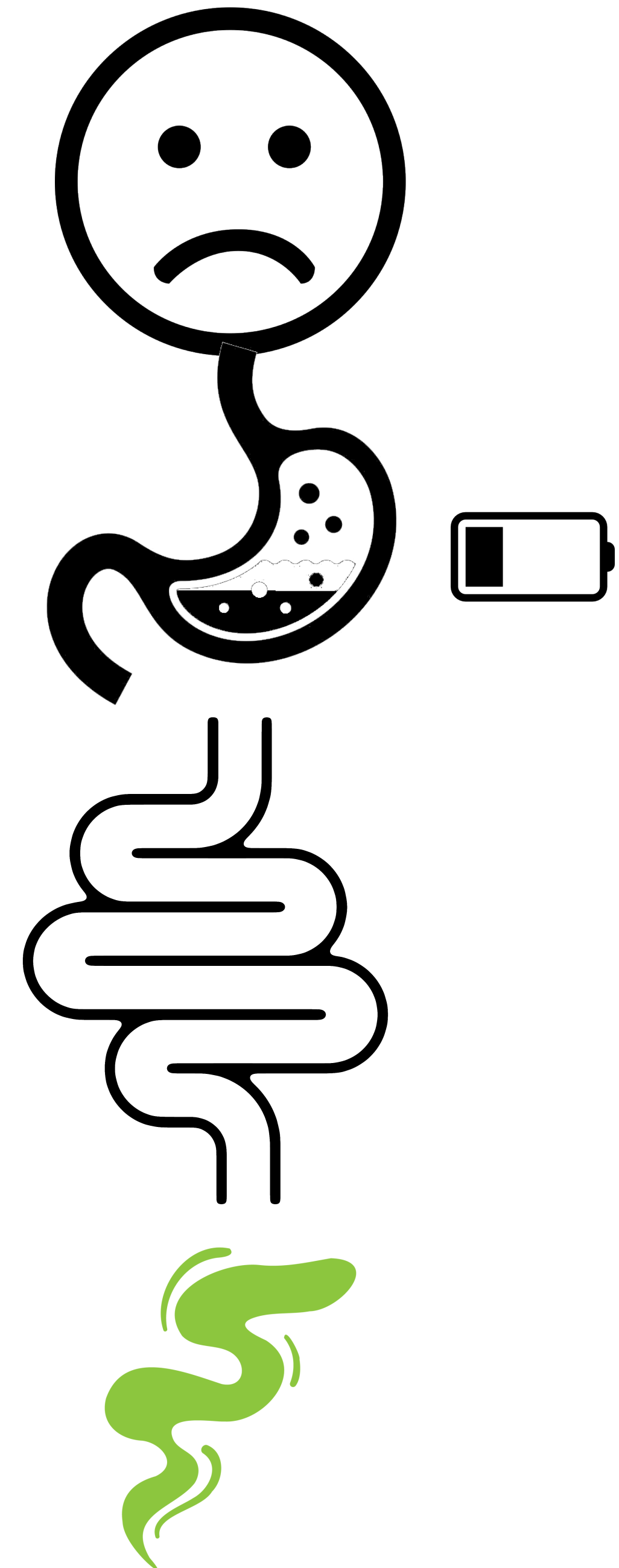




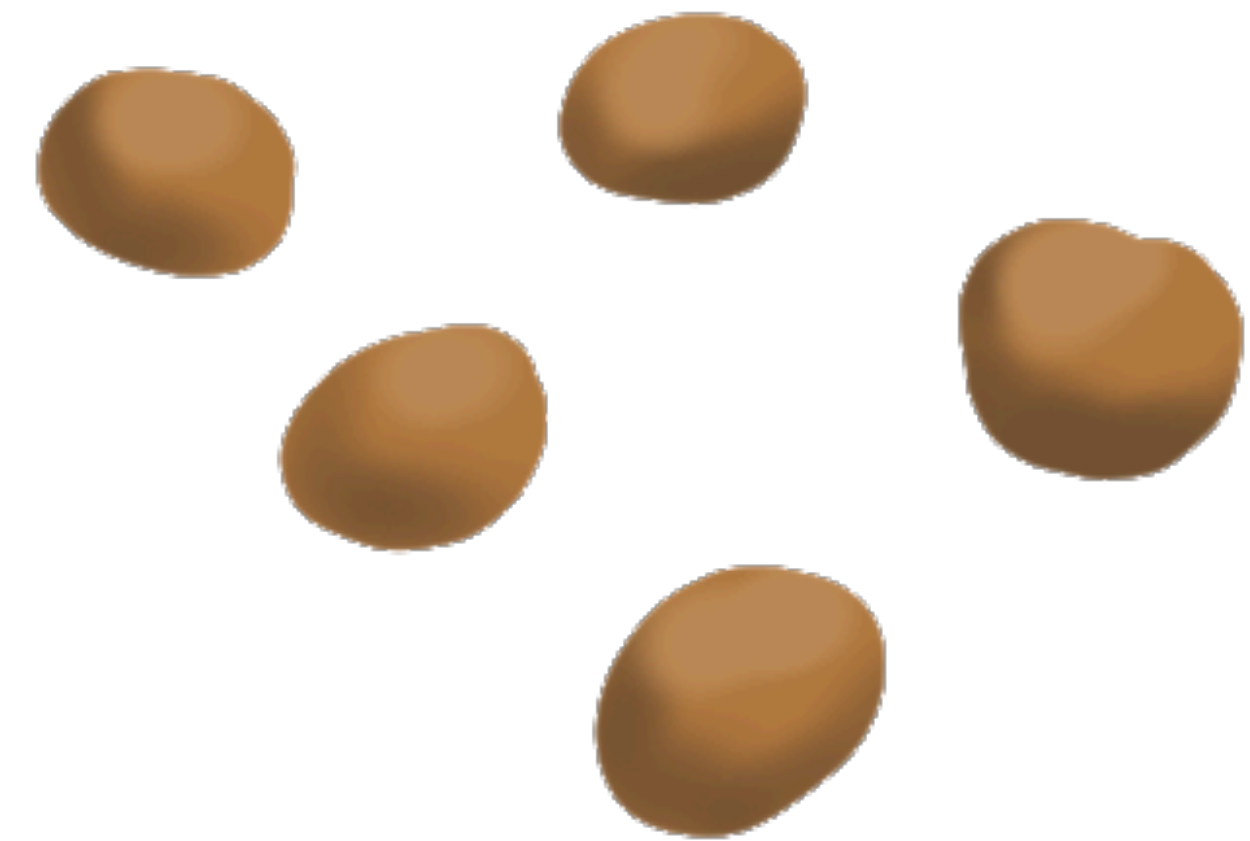
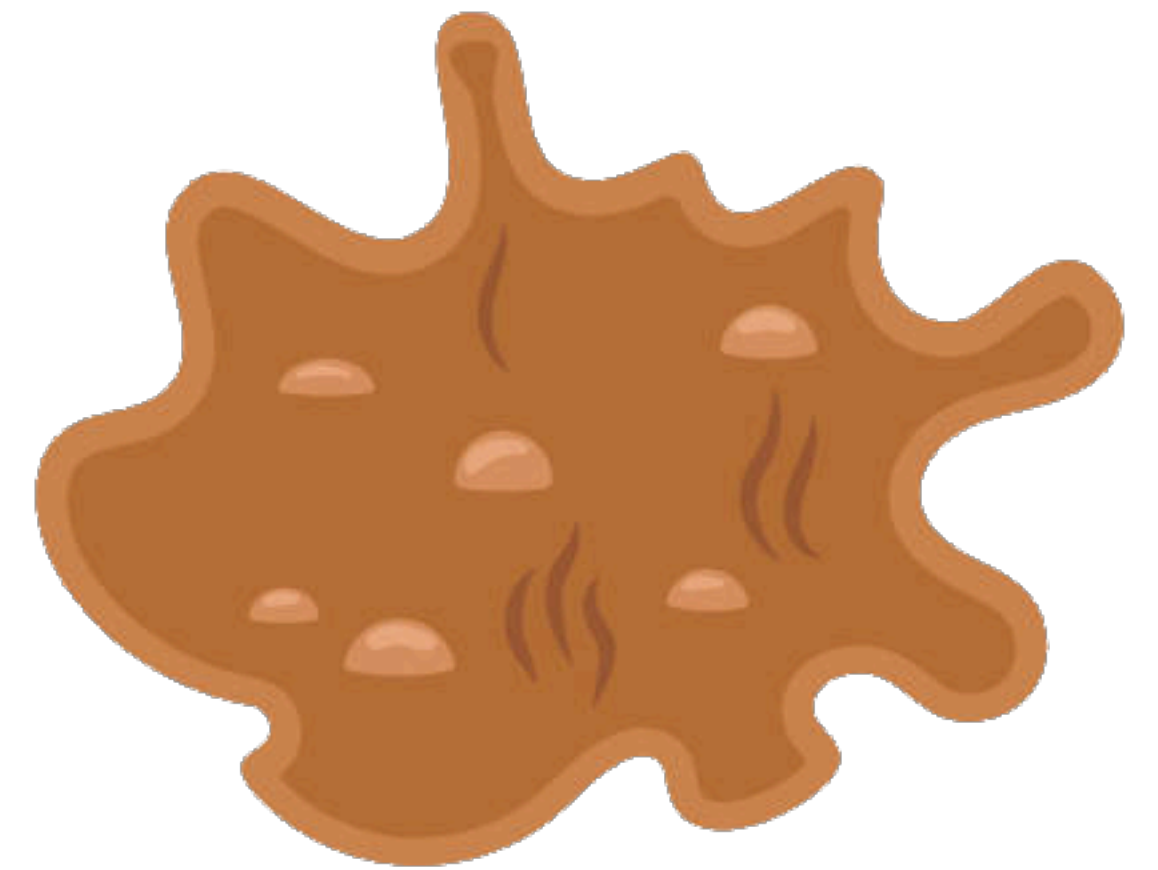
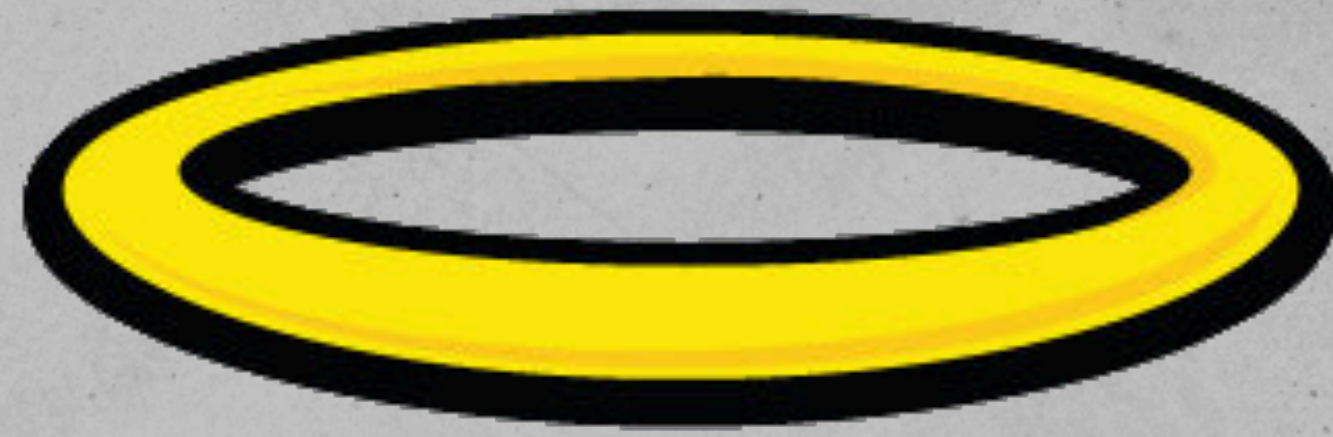


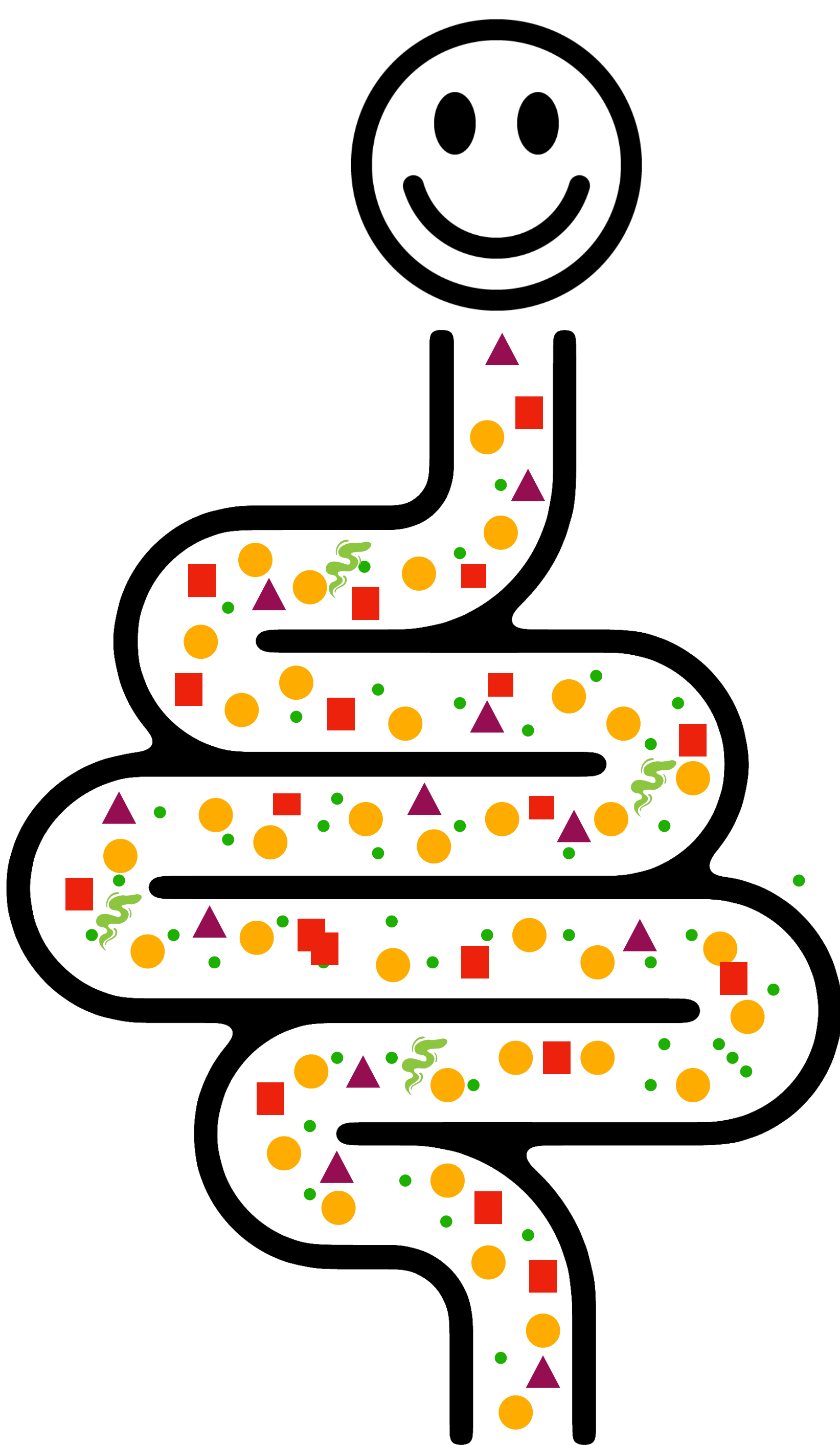
**Je bent niet wat
je eet,
je bent wat je
opneemt**

Eet in rust &
met pauzes

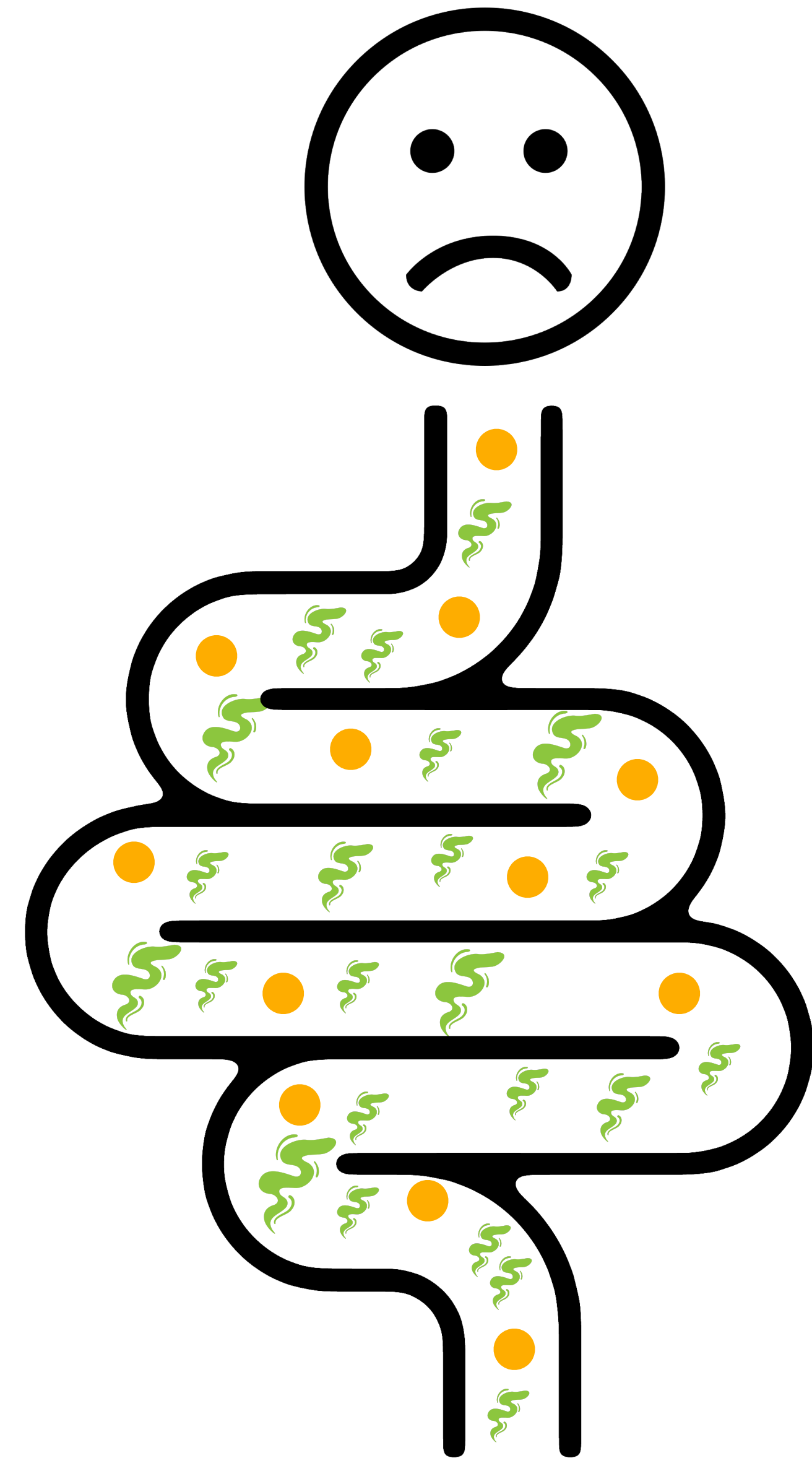


CHECK

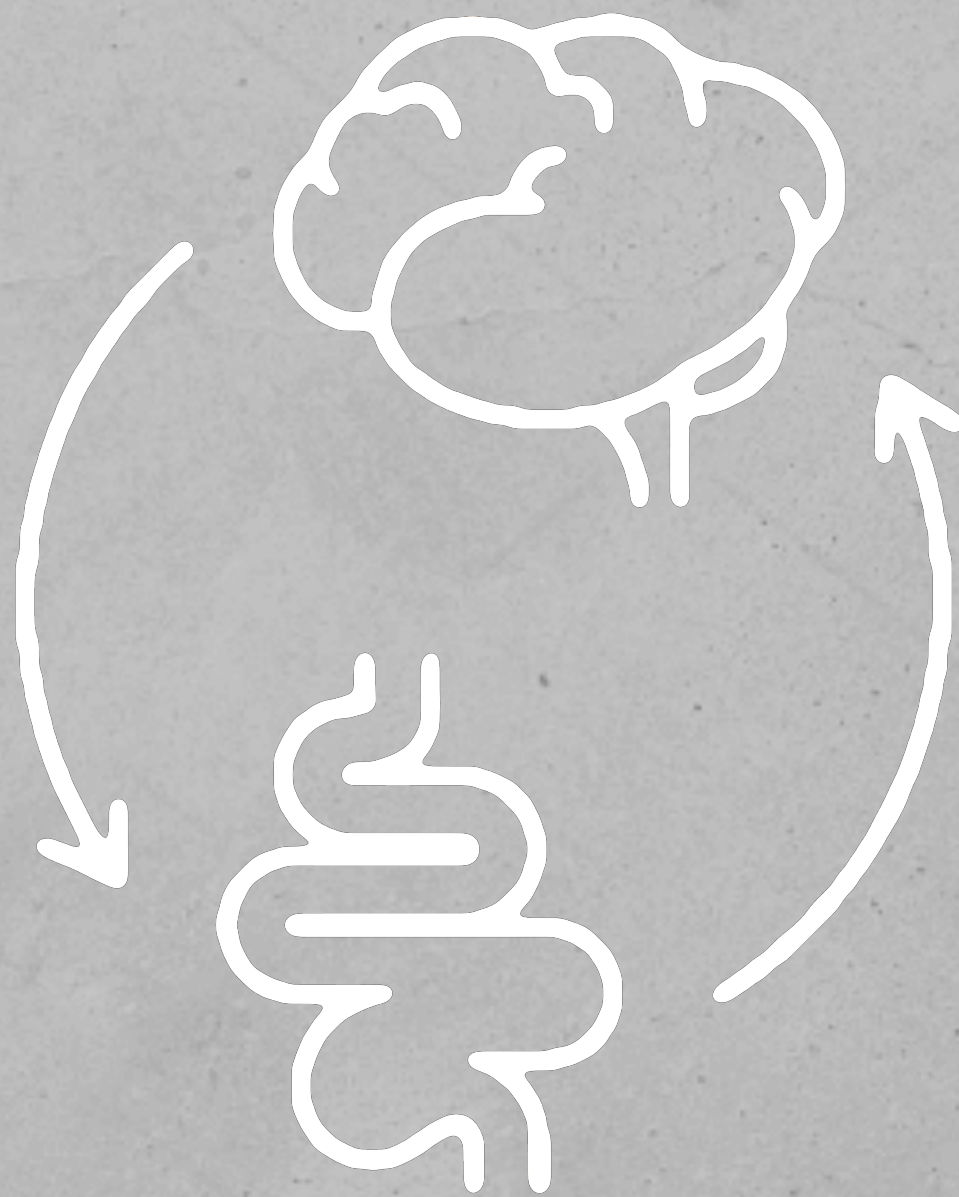




**Houd rekening
met
je
microbioom**



**Welke geluksstofjes
worden er in onze
darmen
geproduceerd?**



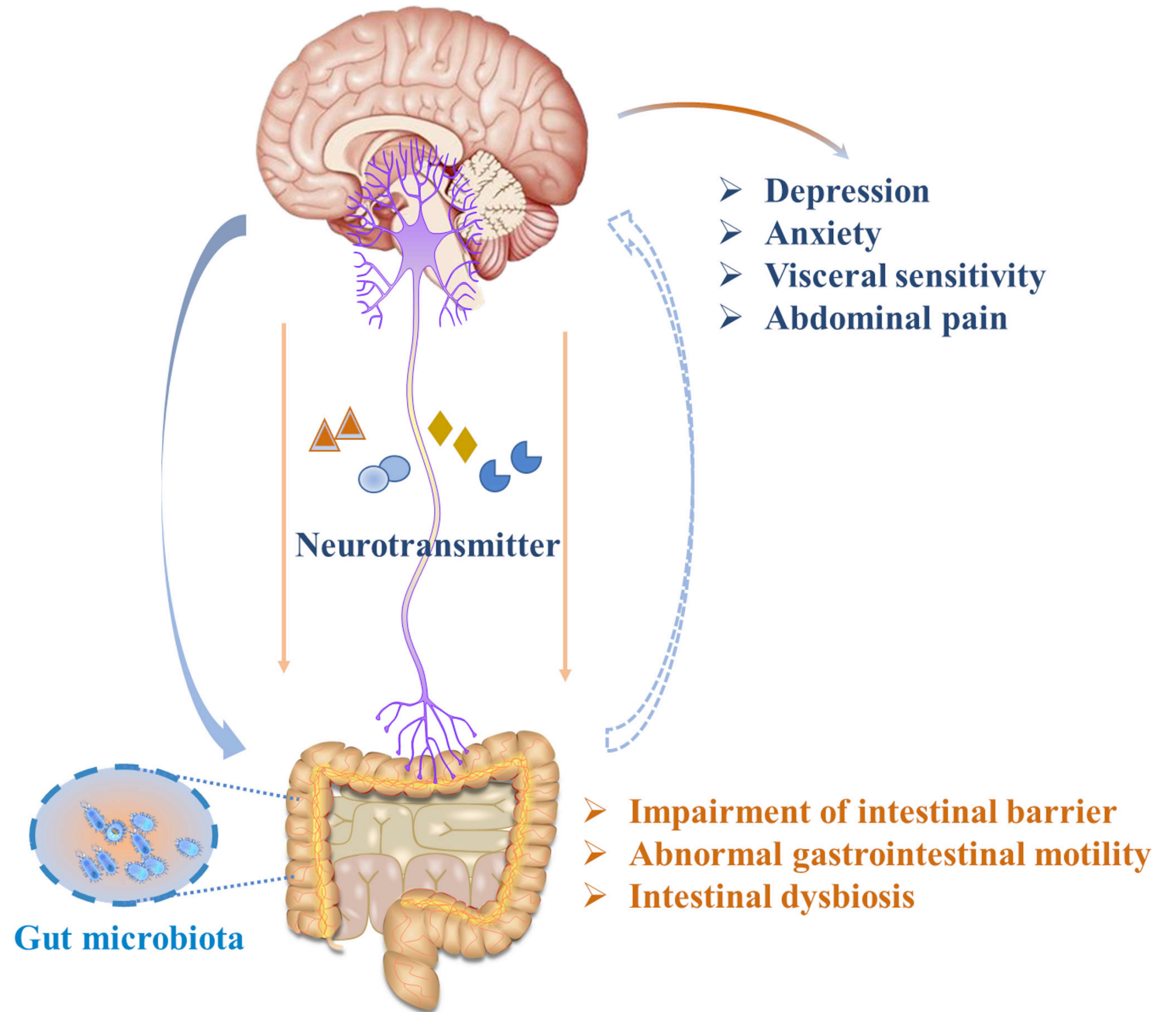
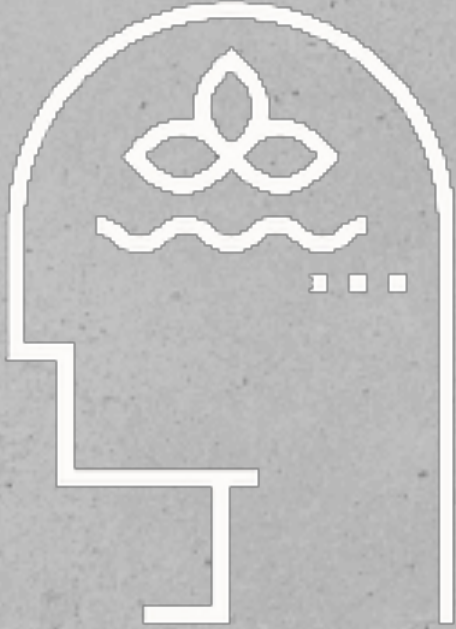
GA NAAR
menti.com

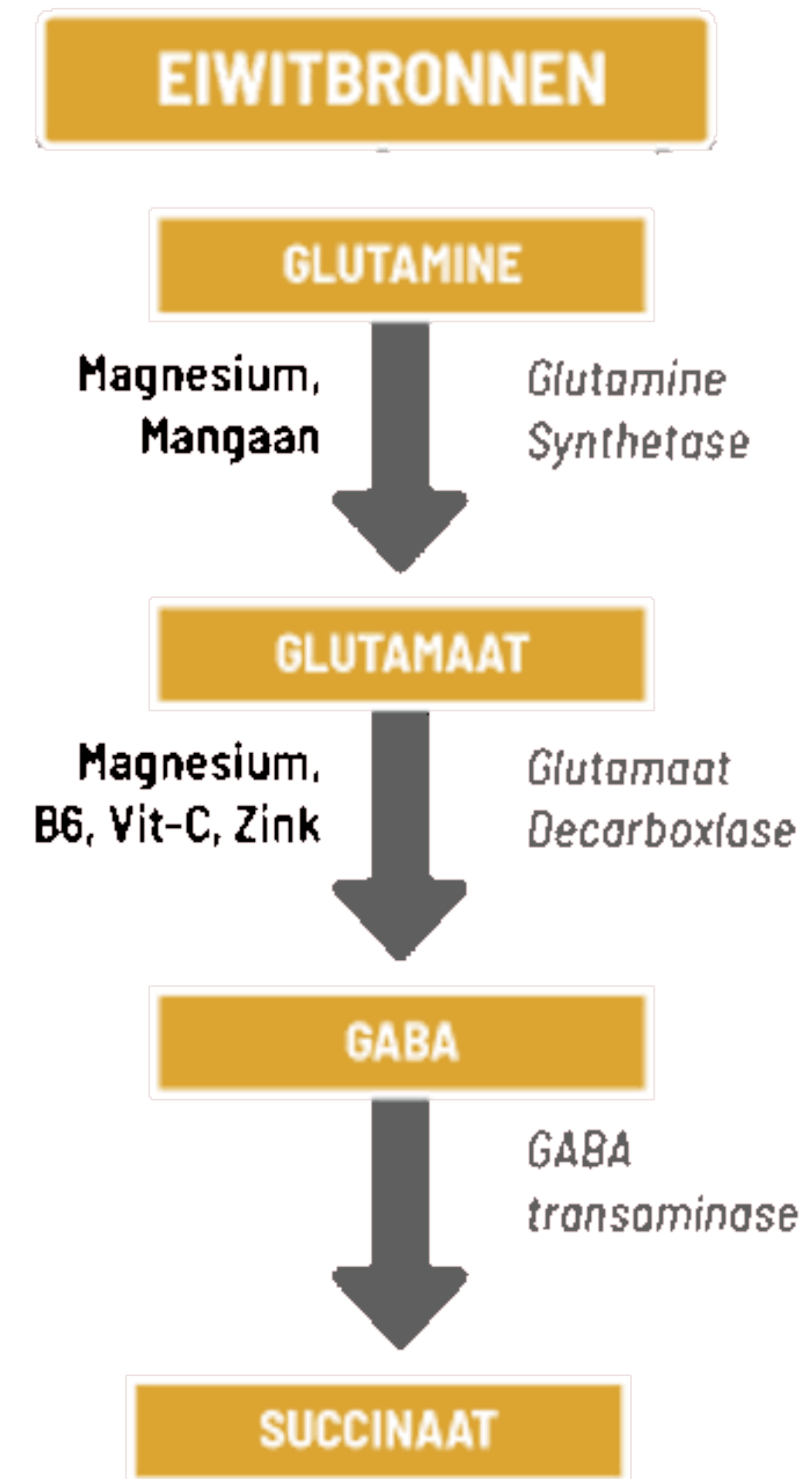
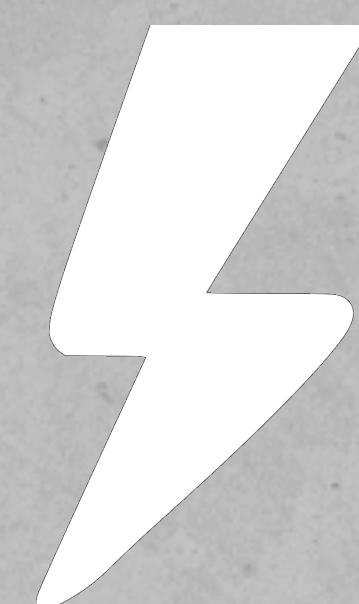
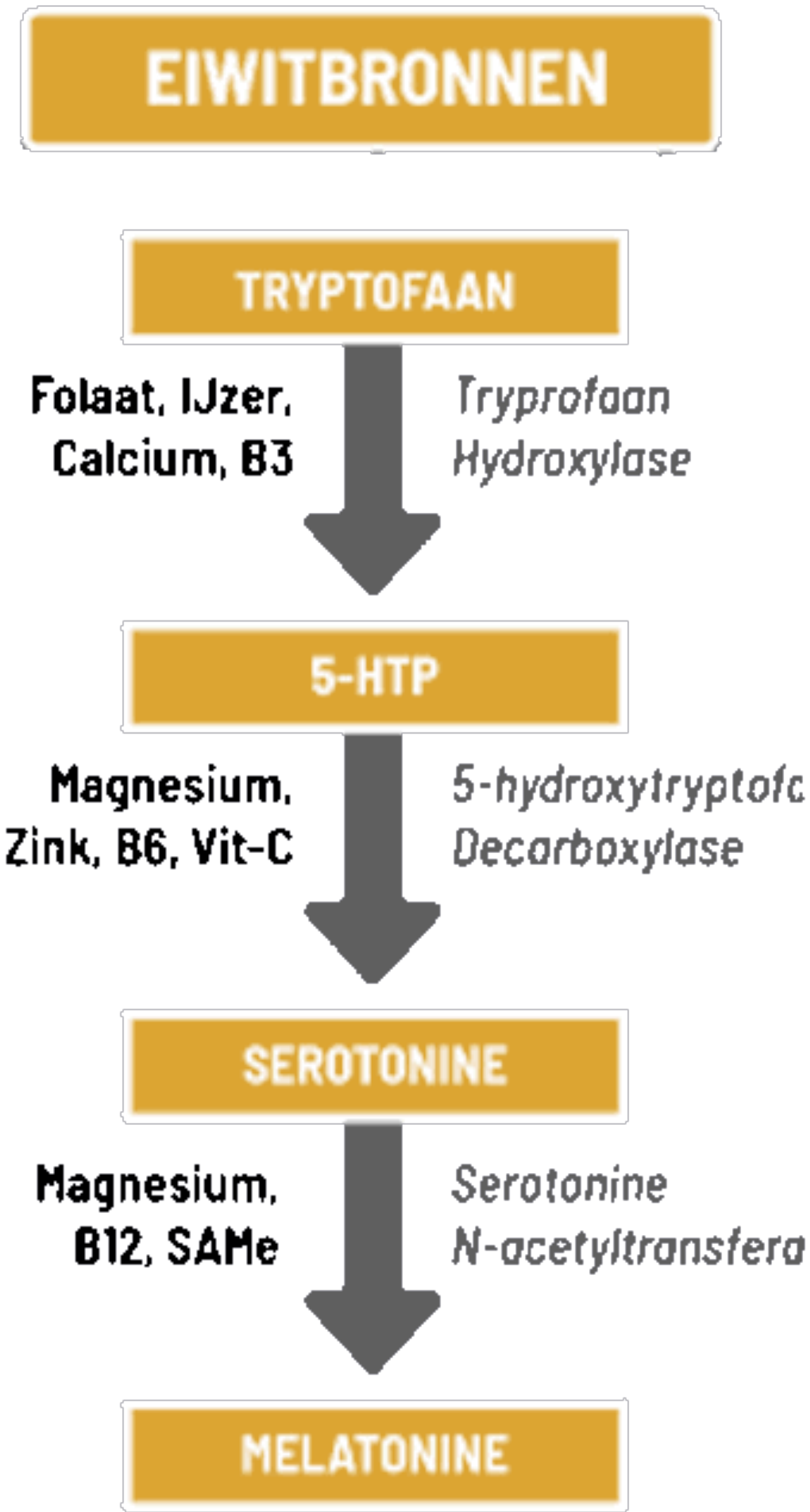
VUL DE CODE IN
6853 8589

Neurotransmitters

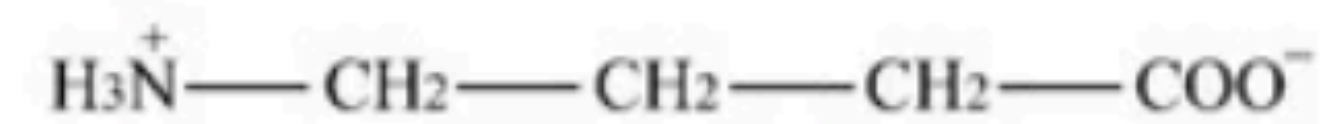
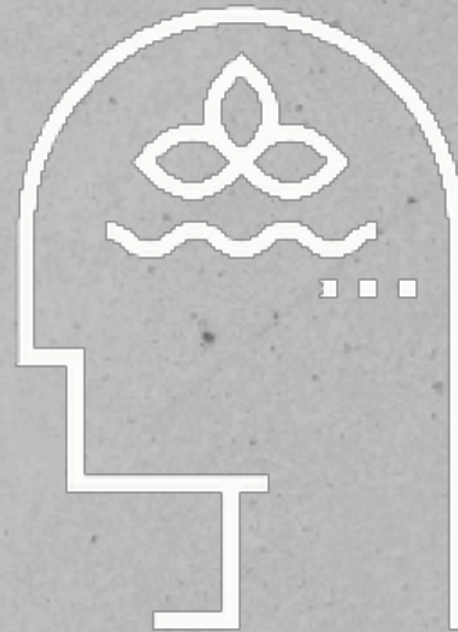


z z z





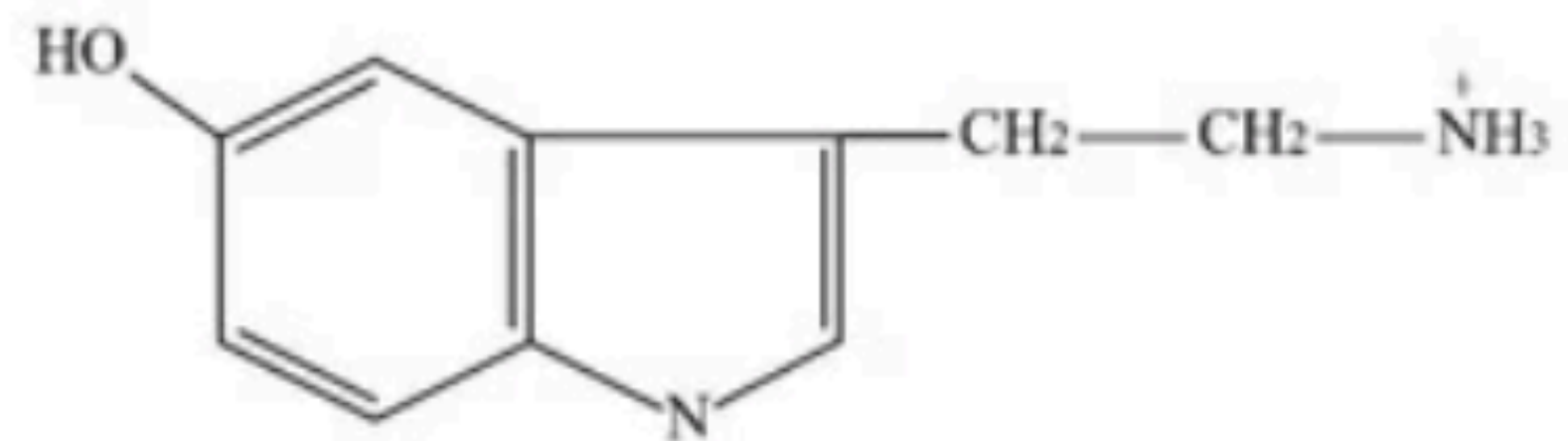
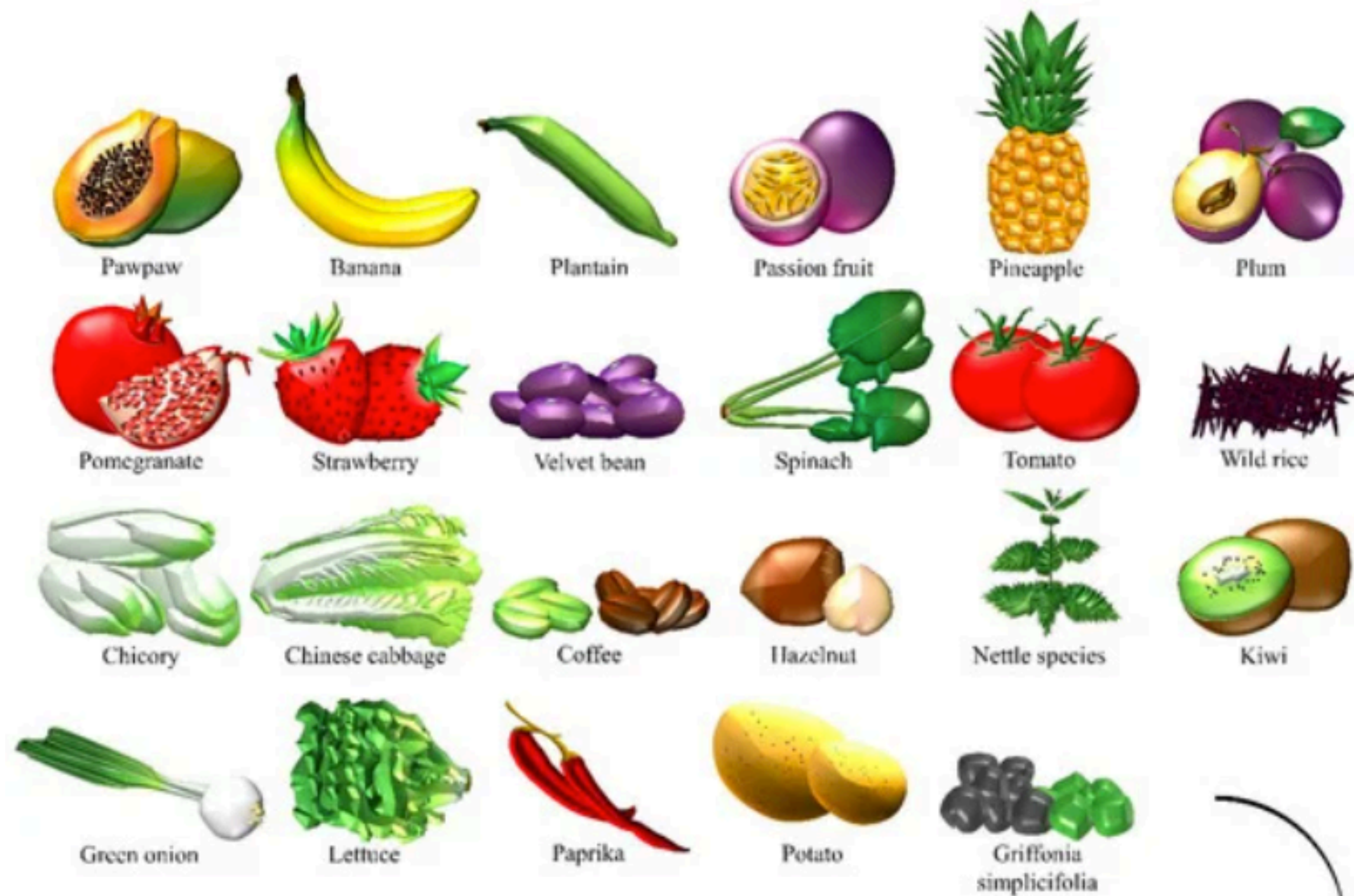
GABA



SEROTONINE



zzz



Nutriënt rijke voeding

die voor jou werkt



Basis Nutriënten

B-complex (let op vormen)

Vitamine D

Omega 3 (let op dosering EPA/DHA en kwaliteit/totox)

Magnesium (let op vorm)

Beauty specifiek (waar zit het in...):

Collageen

Silicium

B3 (nicacine)

B8 (biotine)

Zink

MSM

Vitamine E

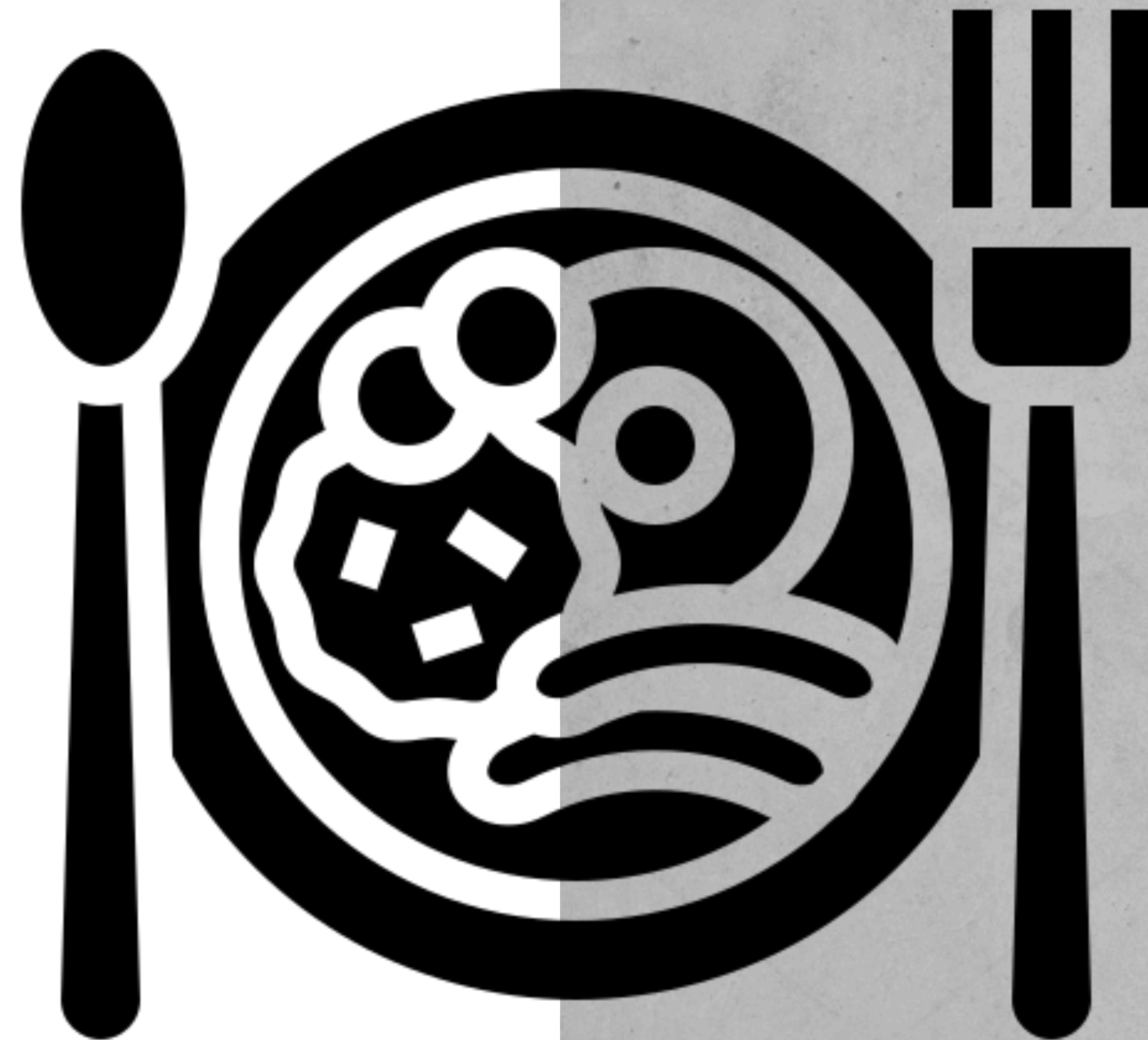
Vitamine A



Vragen?

**Kom na
de sessie
langs**

THE END



Boekentips

