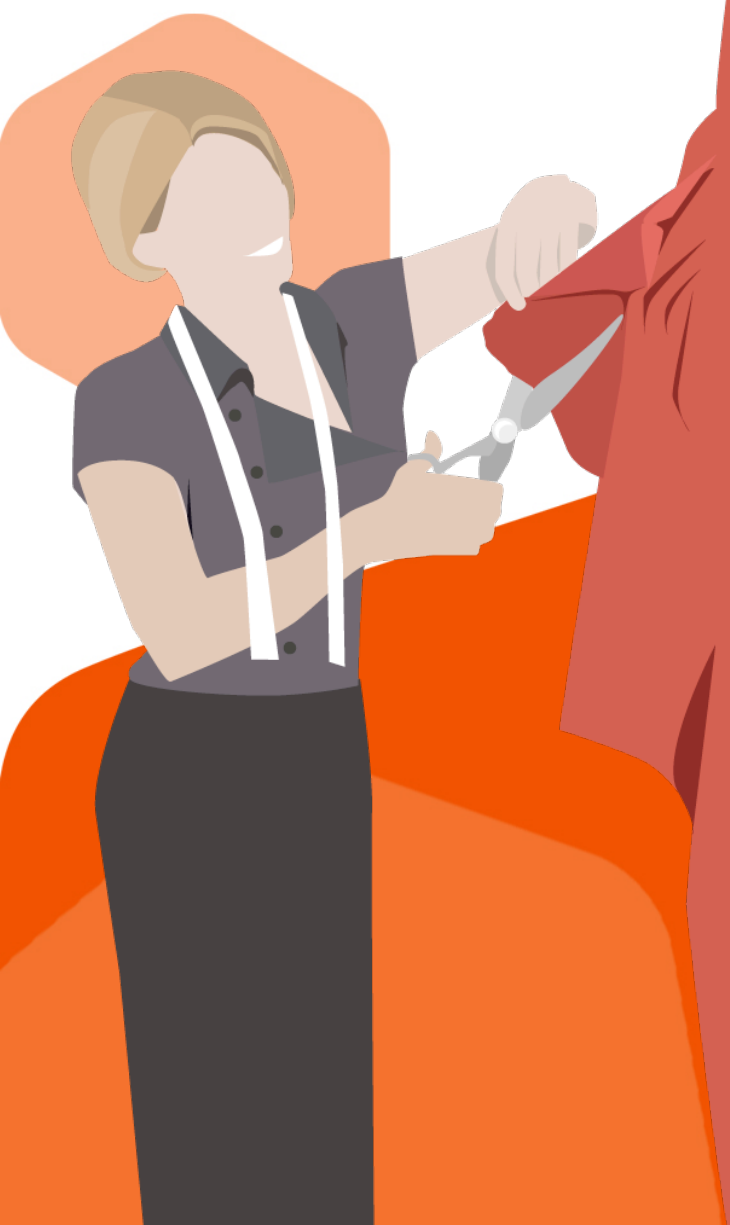


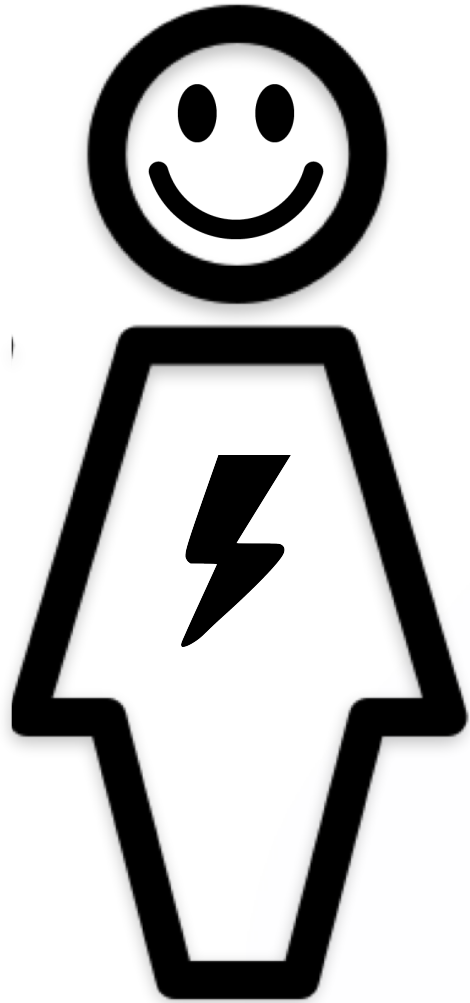


DE KRACHT VAN VOEDING

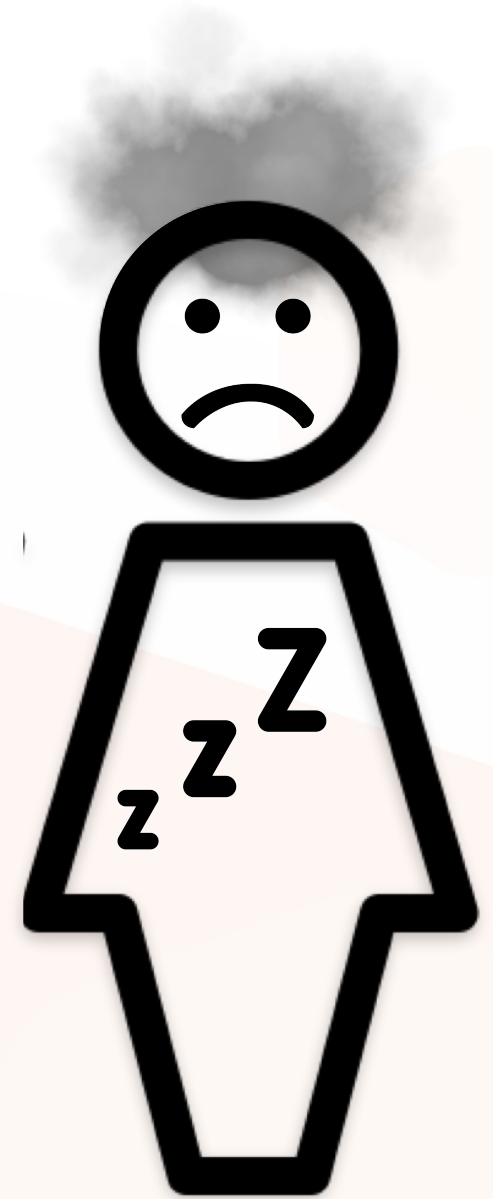
HOE ONZE DAGELIJKSE CONSUMPTIES ONZE
ENERGIE EN STRESS BEÏNVLOEDEN

HC Health | 2025





HOE VERKRIJGEN WE ENERGIE, FOCUS EN EEN GEZOND BMI VANUIT ONZE VOEDING





Florian Alders

Therapeut volgens de Klinische
Psycho Neuro Immunology (KPNI),
Medische basiskennis,
Docent Ortho Health Foundation
Personal trainer & Corporate training
programmas.



ScienceDirect



- FLOW ENERGIE -

Wie?





Source: Headspace.com



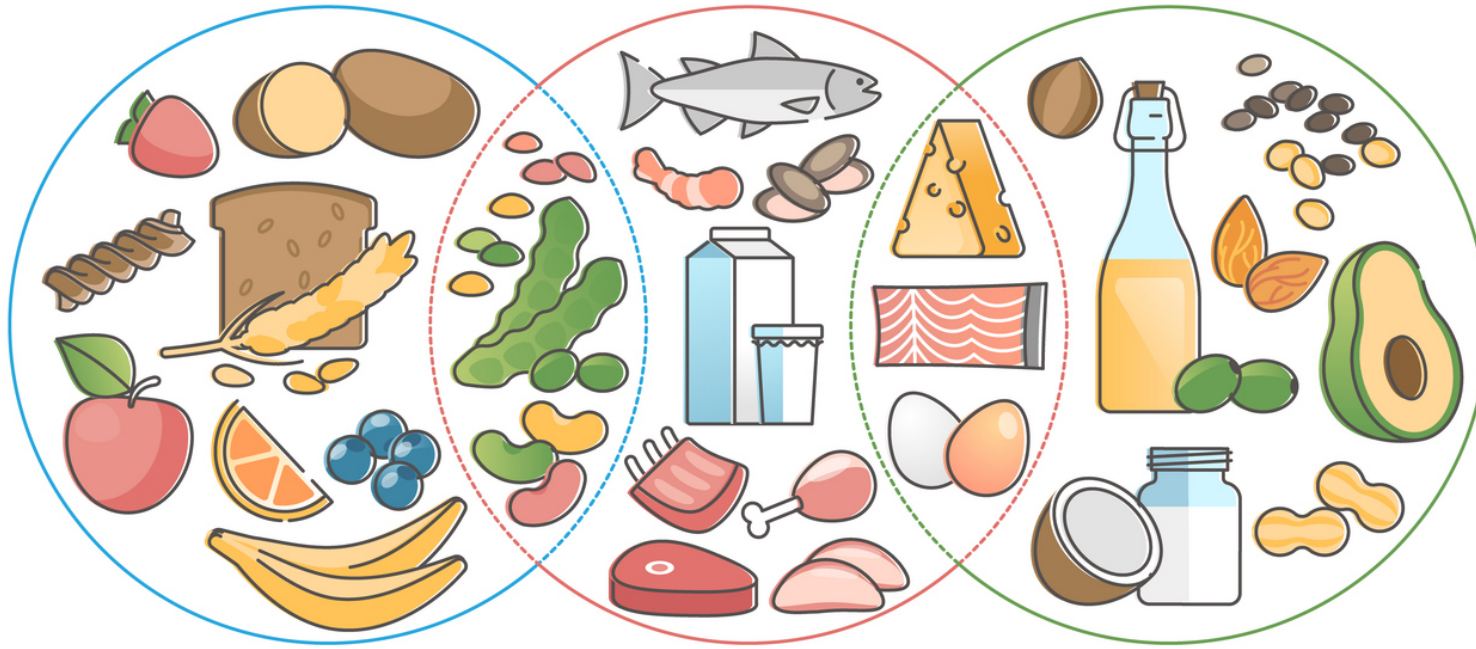
Source: Headspace.com



Voeding

EIWIT

BOUWSTENEN
4 KCAL PER GRAM



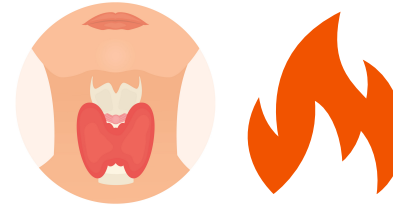
KOOLHYDRATEN

SNELLE ENERGIE
4 KCAL PER GRAM

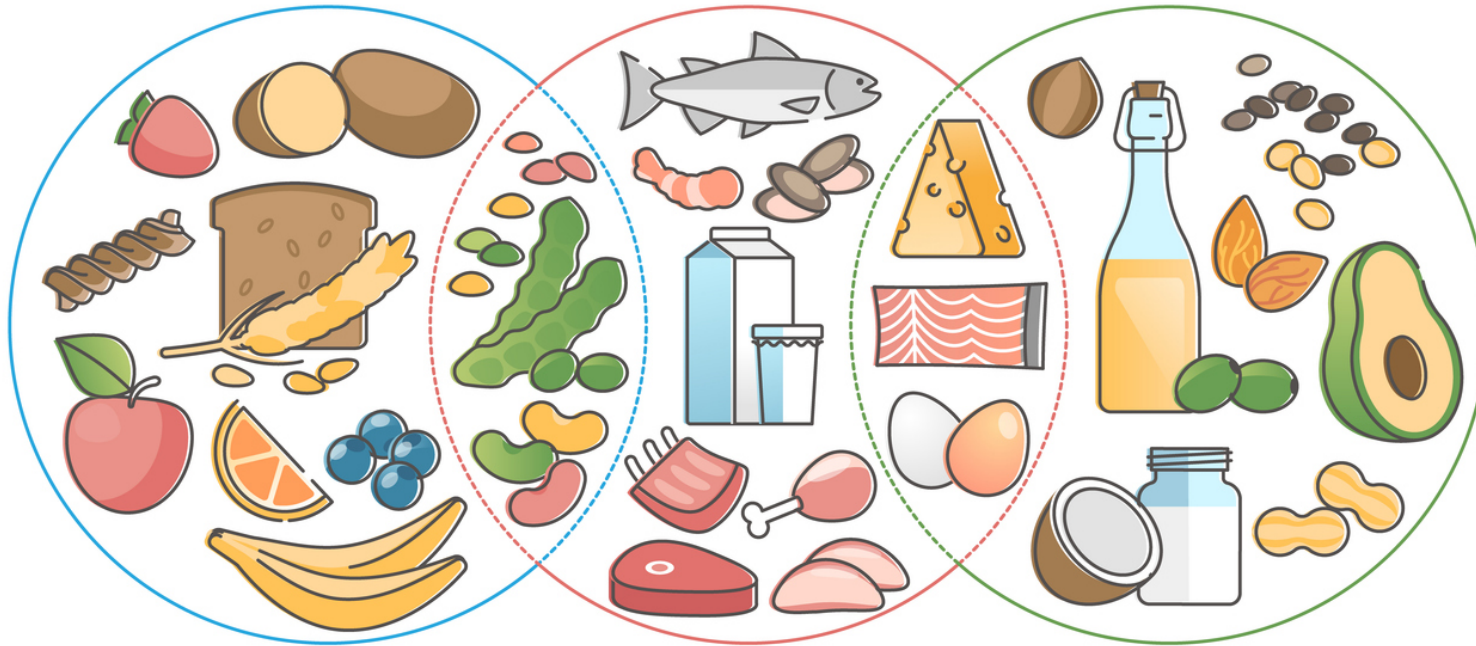
VETTEN

DUURZAME ENERGIE +
BOUWSTENEN
9 KCAL PER GRAM

EIWIT (TEF)



BOUWSTENEN
4 KCAL PER GRAM

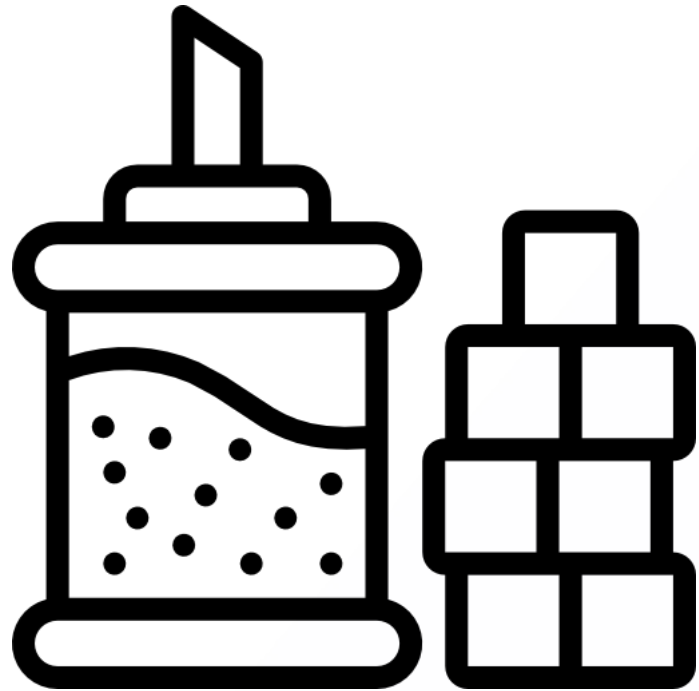


KOOLHYDRATEN

SNELLE ENERGIE
4 KCAL PER GRAM

VETTEN

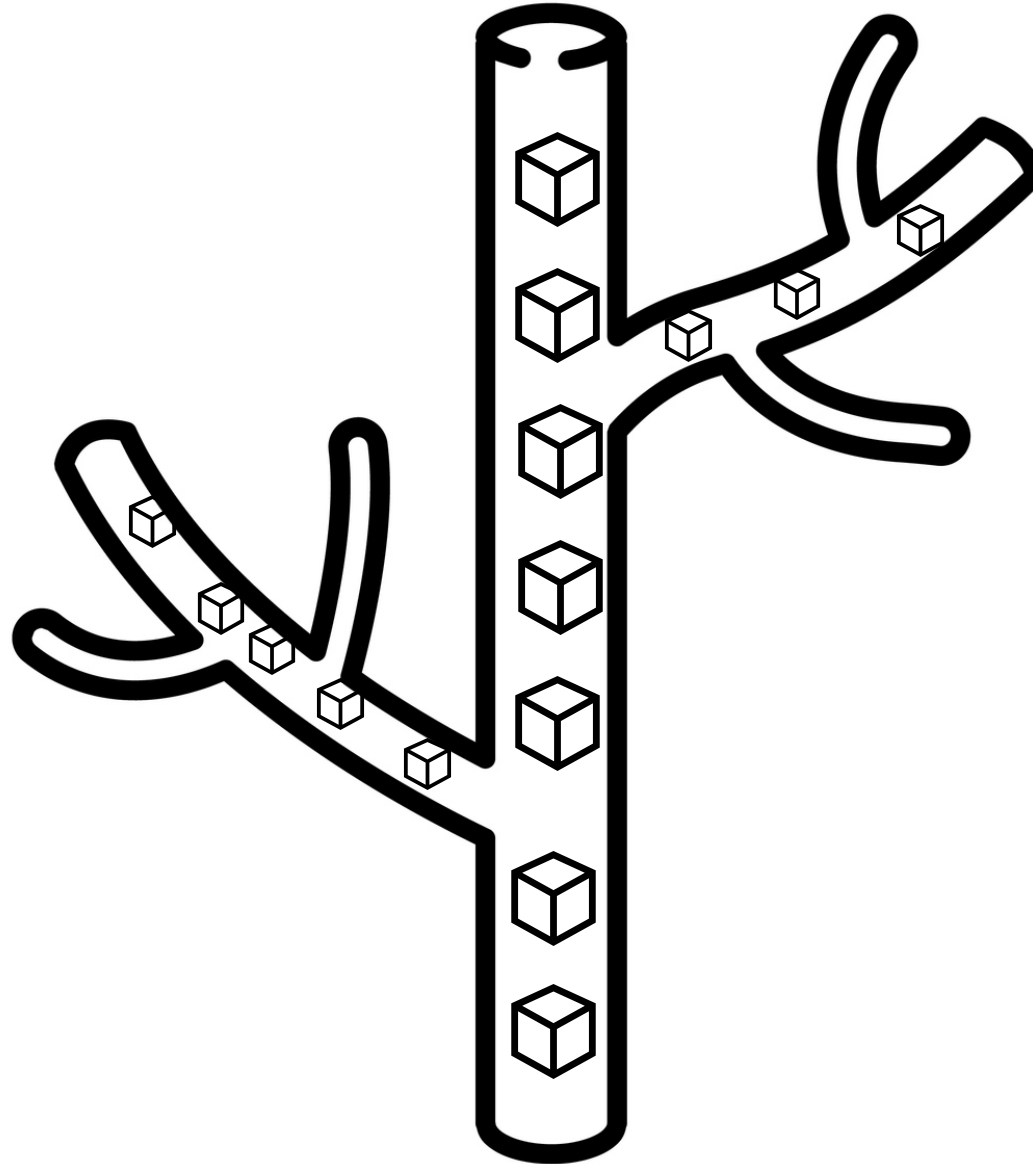
DUURZAME ENERGIE +
BOUWSTENEN
9 KCAL PER GRAM



KOOLHYDRATEN/ SUIKER



SUIKERS
VOOR
ENERGIE



Source: <https://sugarscience.ucsf.edu/sugar-metabolism.html#.ZDRCDi1m-YU>



SUIKERS
OPGESLAGEN
ALS VET *



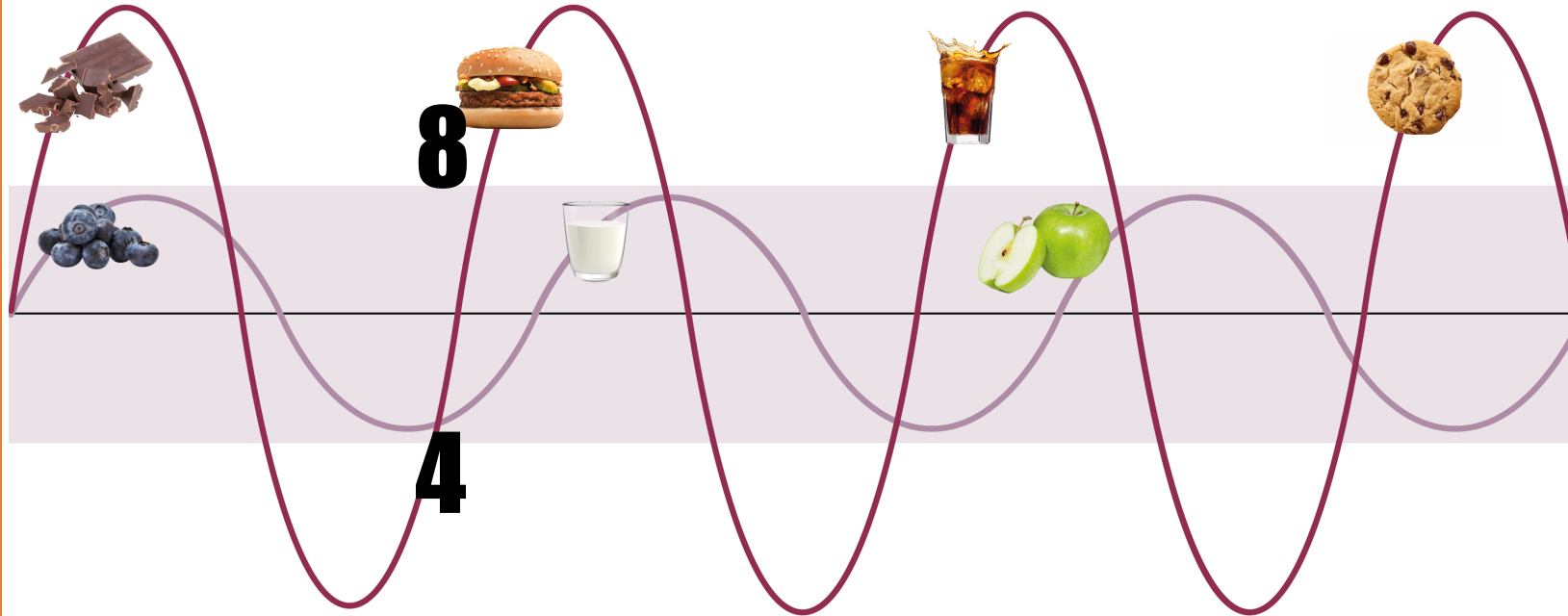
HYPER

(Hyperglycaemia)



HYPO

(Hypoglycaemia)



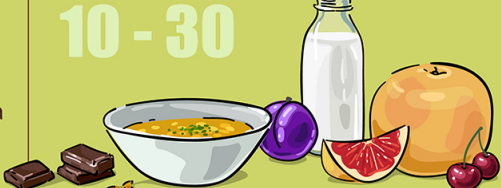
WAT STABILISEERT DE BLOEDSUIKER?



GO TO
menti.com

FILL IN THE CODE
4325 1718

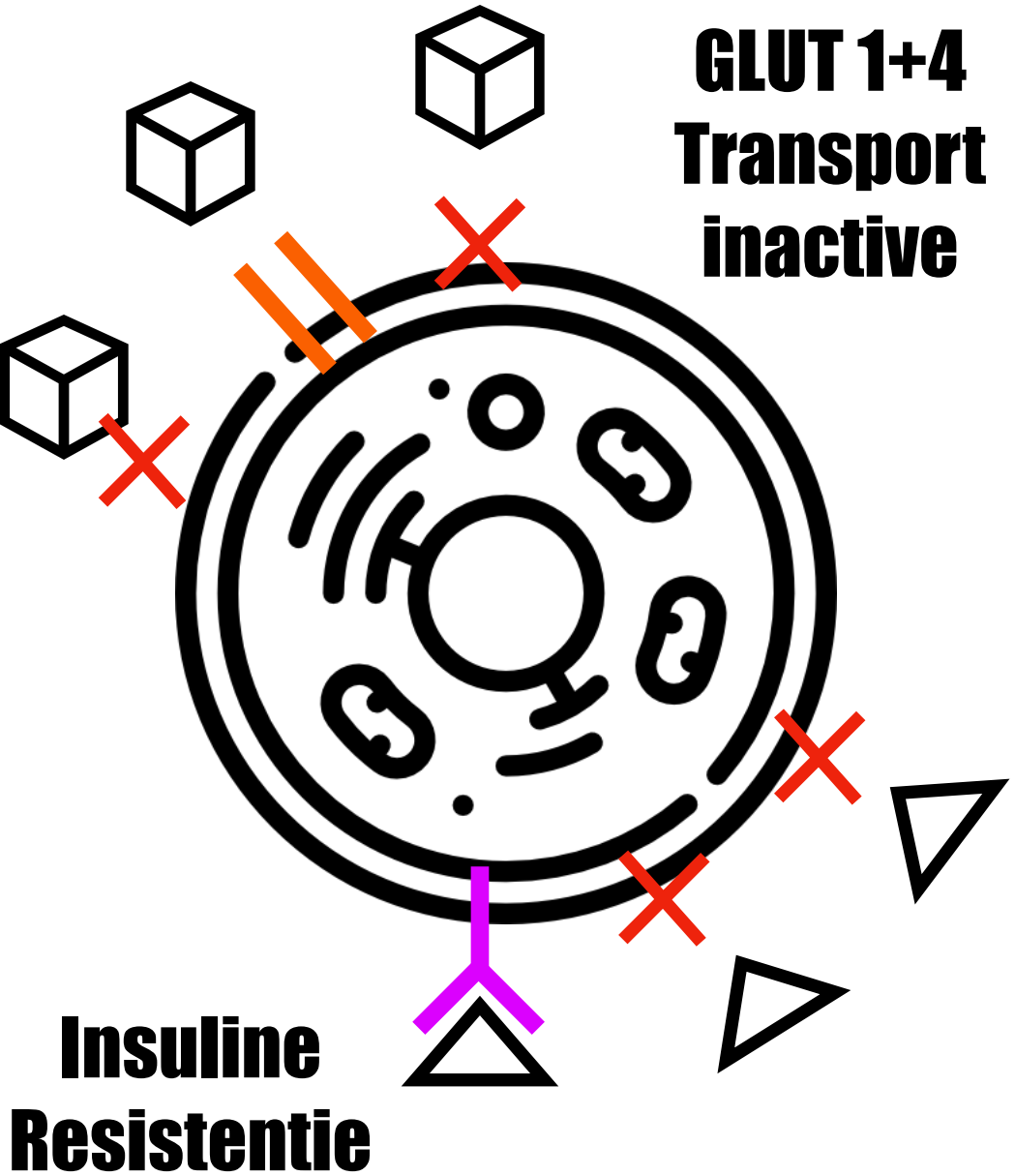
Glycemic Index

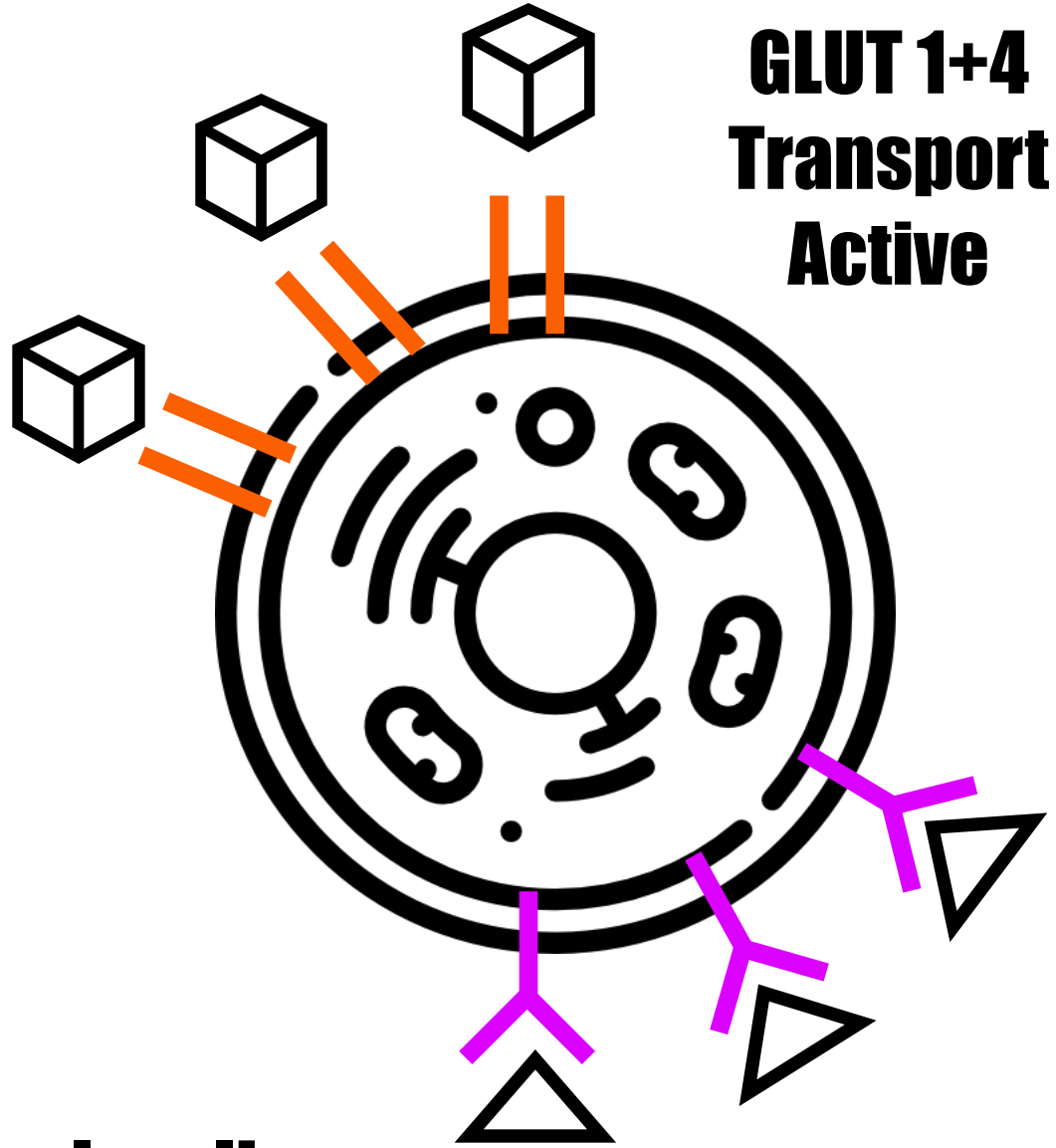
• white wheat bread, donuts, baguette, crackers, waffles • white rice, boiled potatoes and mash, french fries • watermelon • cornflakes	70 - 100 
• rye & wholegrain bread • muesli, corn, couscous, brown rice, spaghetti, popcorn, yams • ice cream, sweet yogurt • banana, grapes, kiwi	50 - 70 
• coarse 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





**GLUT 1+4
Transport
Active**

**Insuline
Gevoeligheid**



**Beweging voor
suiker
management**



KORTE EFFECTIEVE BEWEGING

2 MINUTEN



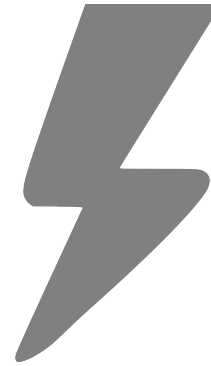


Optimaliseer eiwit inname

**Mik op 0,83 tot 2
gram eiwit per kg
of optimaal
lichaamsgewicht**

(Voor gewichtsverlies mik op 1,4-1,6)

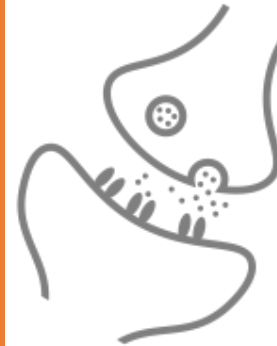
<https://www.voedingscentrum.nl>



1 ei - 6 gram

Eiwit per 100 gram:

Kip - 25 gram



Rode linzen - 20 gram

Kikkererwt - 10 gram

Gehakt - 25 gram



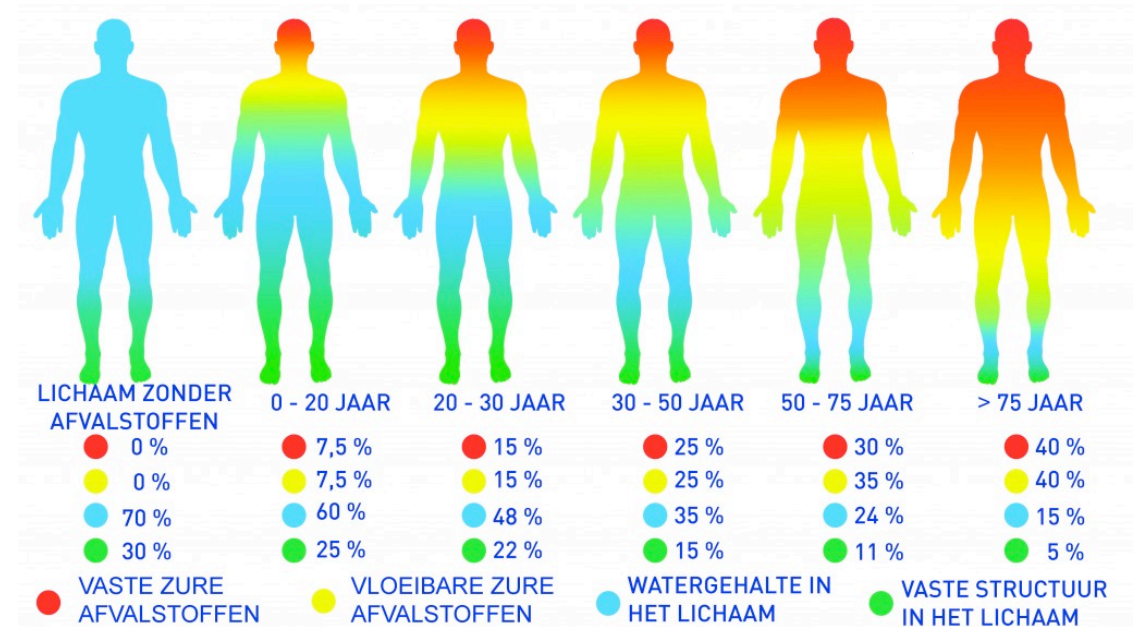
Tempeh - 12 gram

Haver - 13 gram

Eiwit shake - 20-30 gram

Per gram
gegeten eiwit

Minimaal 2 gram
groente om een
optimale
zuurgraad te
behouden



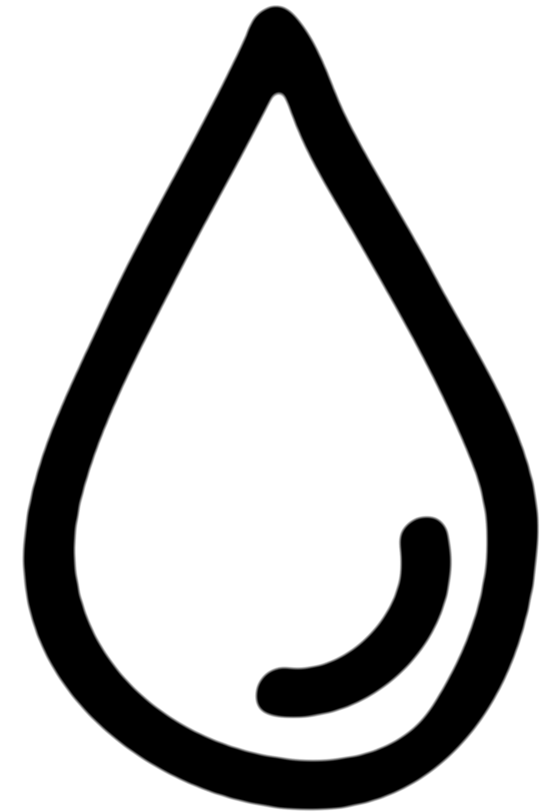
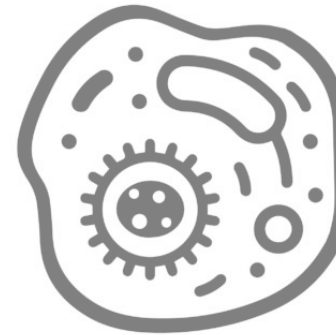
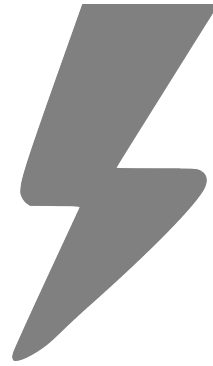
En vergeet de vetten niet

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

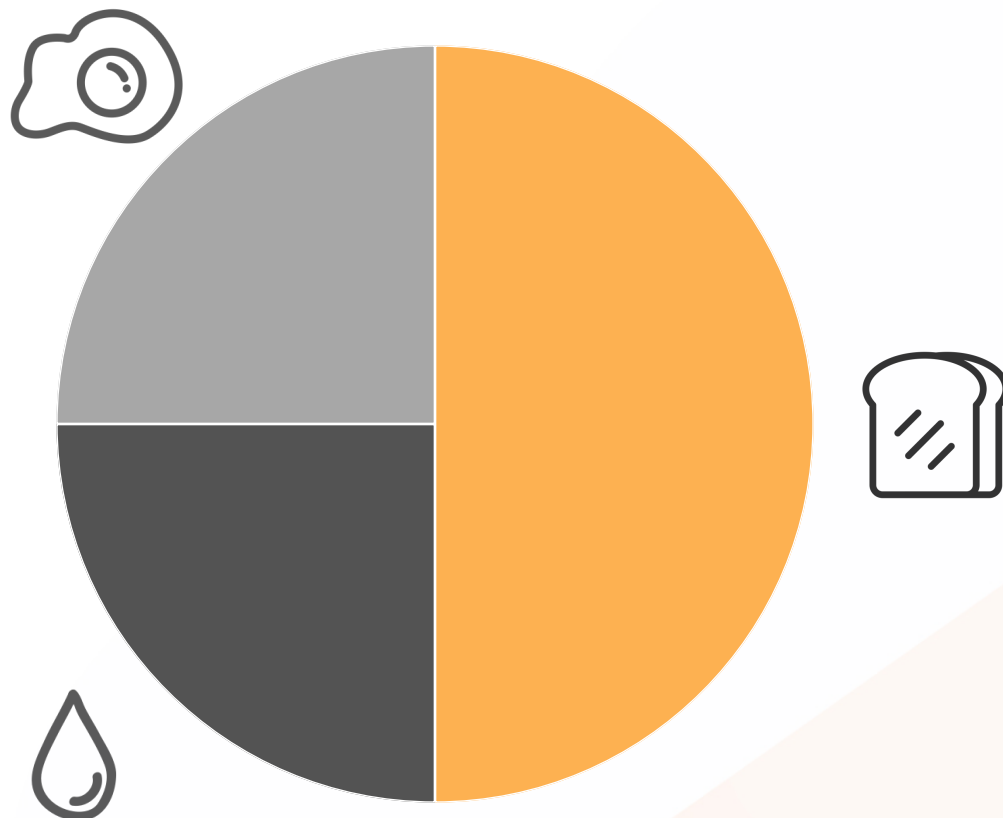
(Ook vaak eiwitbronnen)

Denk in lepels/handjes

(Kies vooral omega 3 en omega 9 vetten)



● Koolhydraten ● Vetten ● Eiwitten



Popular food apps: Virtuagym of Myfitnesspal



Voedingsapps

Advies:

Gebruik het eens 3 dagen en zie
Om het geen obsessie te laten
Worden

Populaire apps: Virtuagym of Myfitnesspall





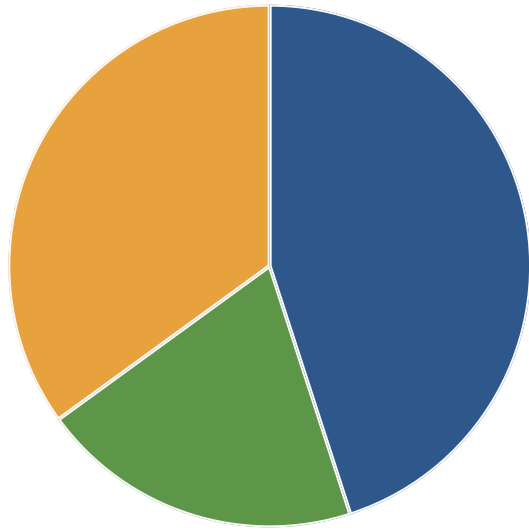
Koolhydraten



Vetten



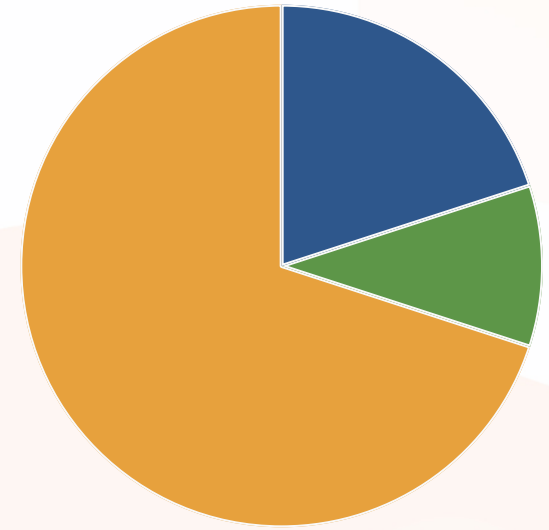
Eiwitten



POLAR TYPE



VARIABLE TYPE



EQUATORIAL TYPE

We zijn allemaal anders, vind uit waar jij onder valt

MACRONUTRIENT BALANCE

350 / 500 KCAL



100 gram

Fruit or vegetables

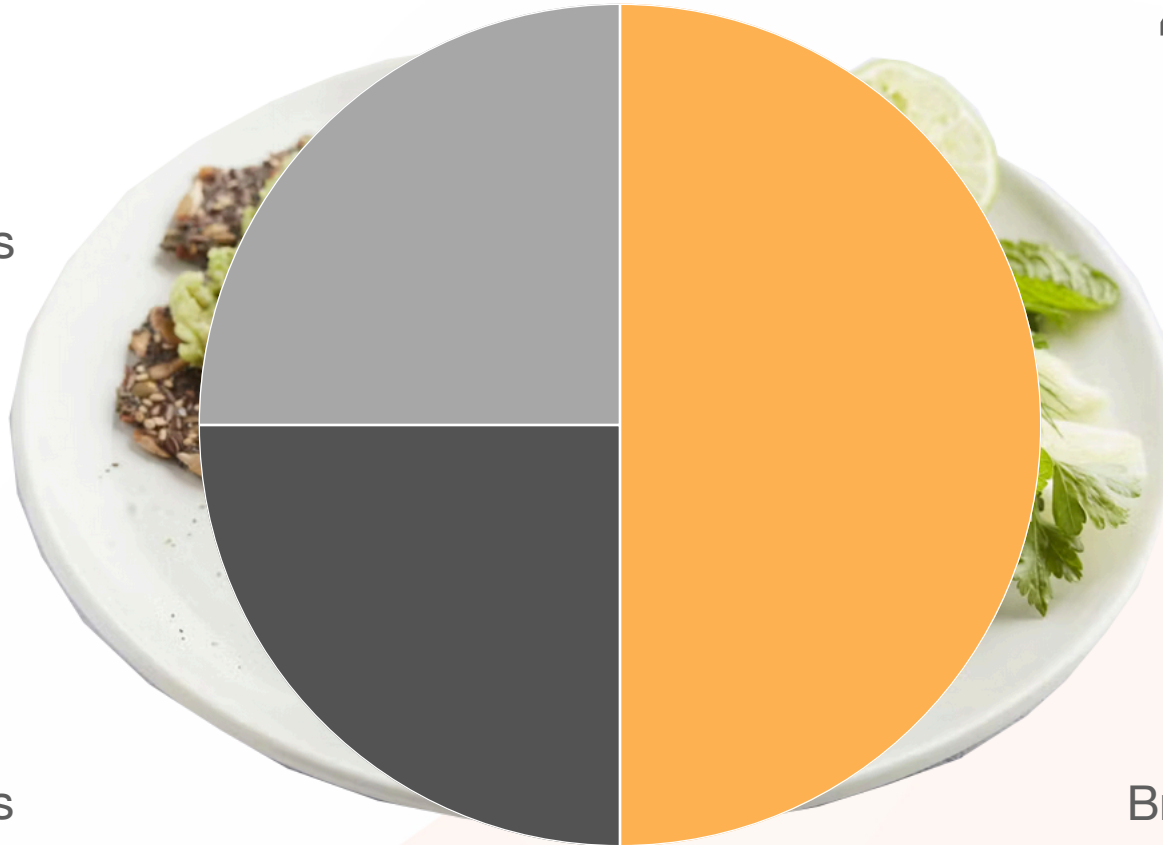
On average 2 gram vegetables
per gram of protein



Optional

Oliveoil, butter, seeds
avocado, nuts

Think in hands and spoons
Protein is also found in here



20 gram



120 gram

Cottage cheese

80 gram



Egg

40 gram



90 gram

Bread (3 whole wheat slices)

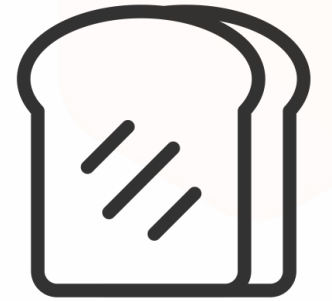
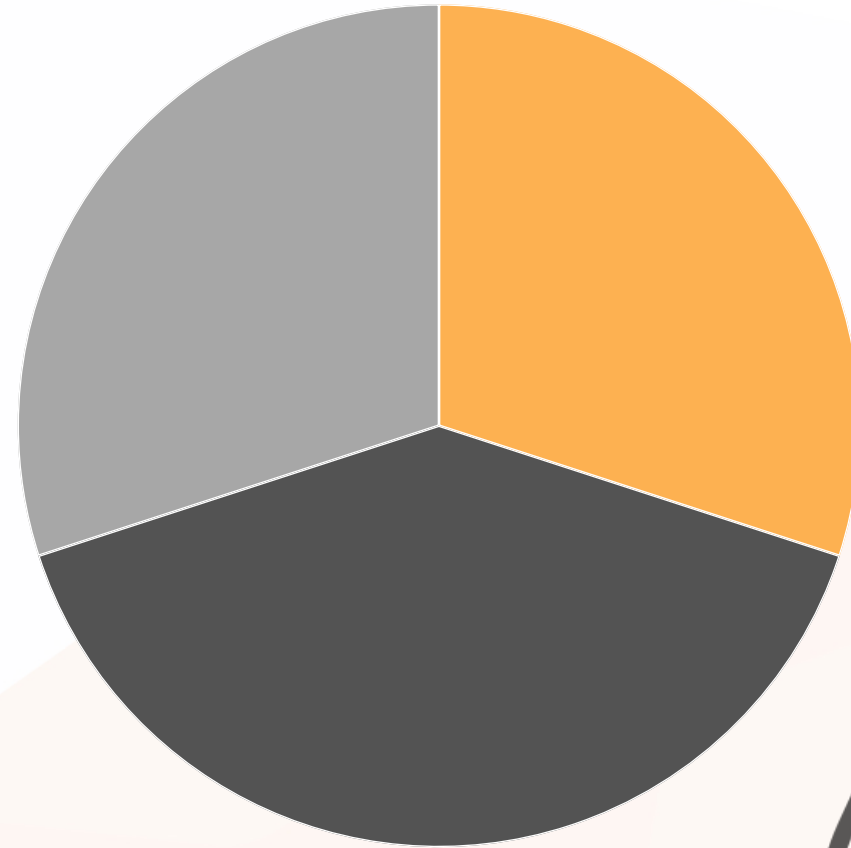
60 gram

Oats

● Carbohydrates

● Fats

● Protein

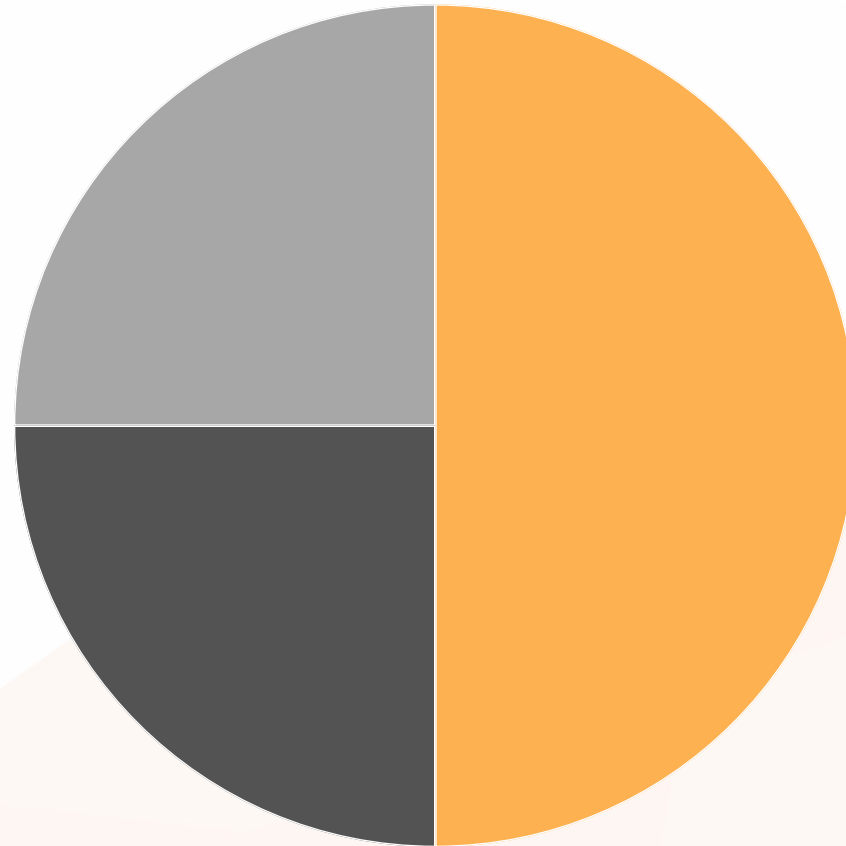


RELAX MODUS

● Carbohydrates

● Fats

● Protein



SNELLE ENERGIE

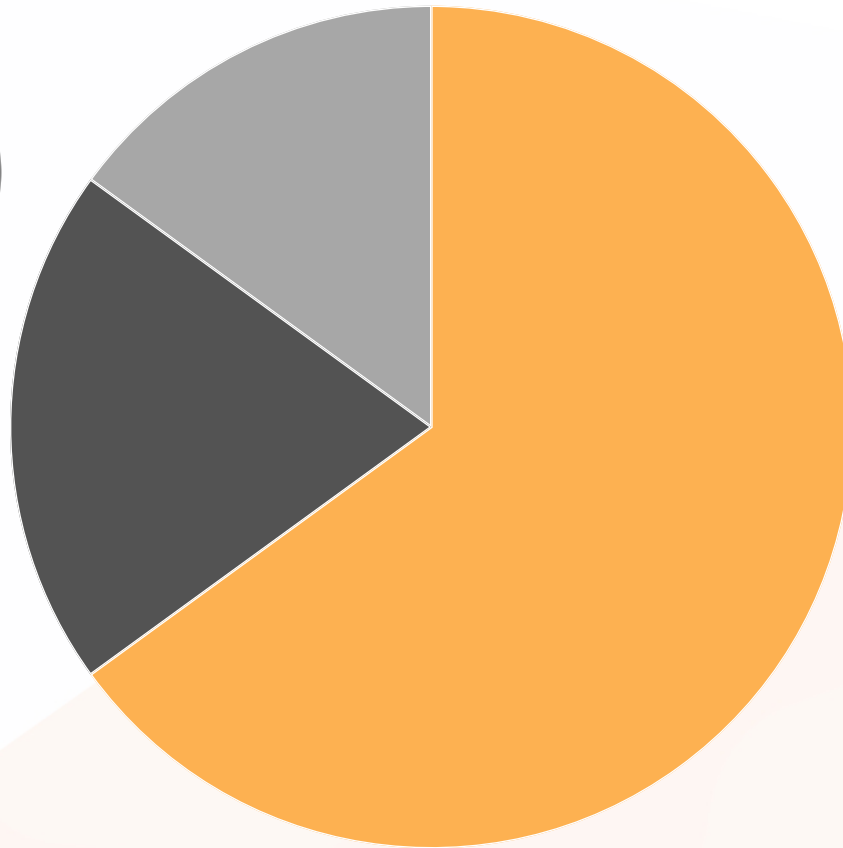


DUURSPORT*

● Carbohydrates

● Fats

● Protein



MACRONUTRIENT BALANCE

350 / 500 KCAL



100 gram

Fruit or vegetables

On average 2 gram vegetables
per gram of protein



Optional

Oliveoil, butter, seeds
avocado, nuts

Think in hands and spoons
Protein is also found in here



20 gram 

120 gram

Cottage cheese

80 gram 
Egg

40 gram 

90 gram

Bread (3 whole wheat slices)

60 gram

Oats

MACRONUTRIENT BALANCE

350 / 500 KCAL



100 gram

Vegetables

On average 2 grams of vegetables for every gram of protein for optimal PH



Optional

Olive-oil, butter, seeds, nuts
Think in spoons & hands



50 gram



250 gram

Potato

75 gram

Rice, quinoa (uncooked)

20-30 gram



100 gram

Chicken/fish/meat

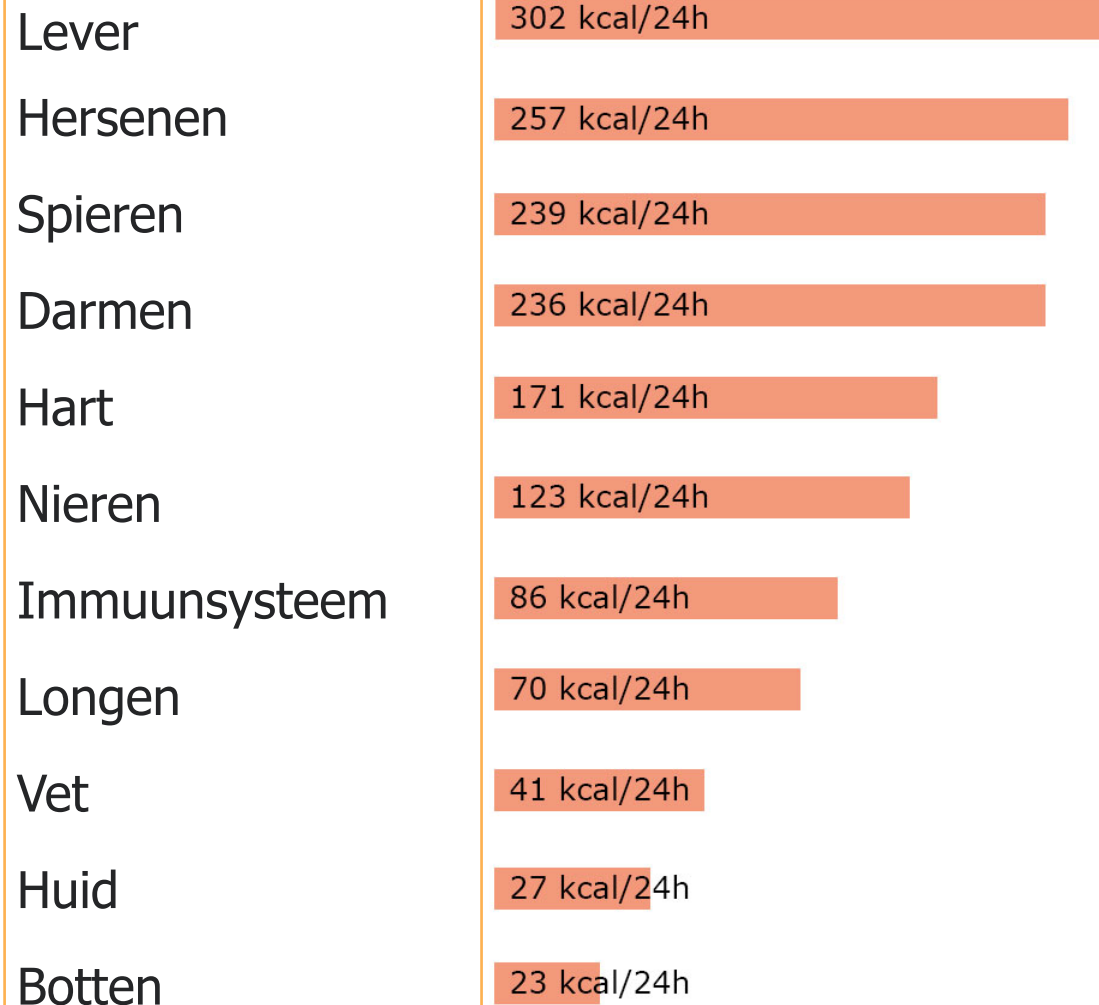


100 gram

Lentils/beans (uncooked)

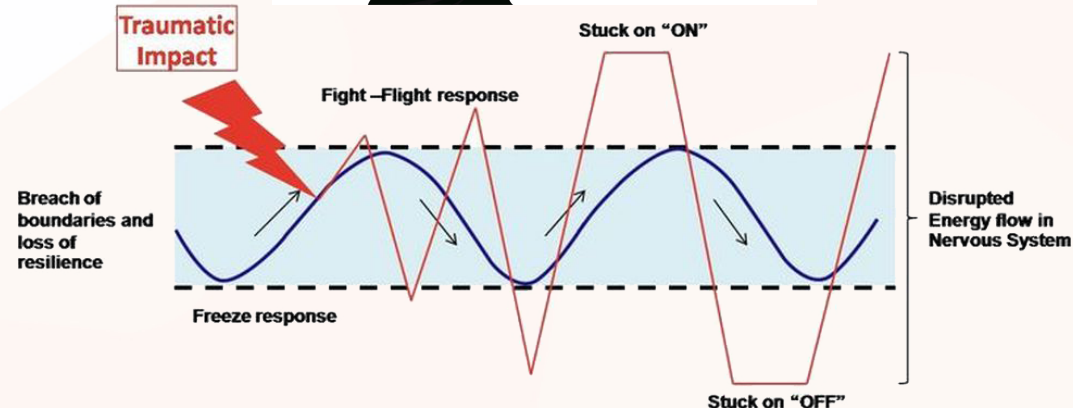


**DE MENTALE &
HORMONALE
IMPACT
VAN VOEDING**



1600 calorieën in rust gemiddeld*

Te veel / te weinig = STRESS



STRESS

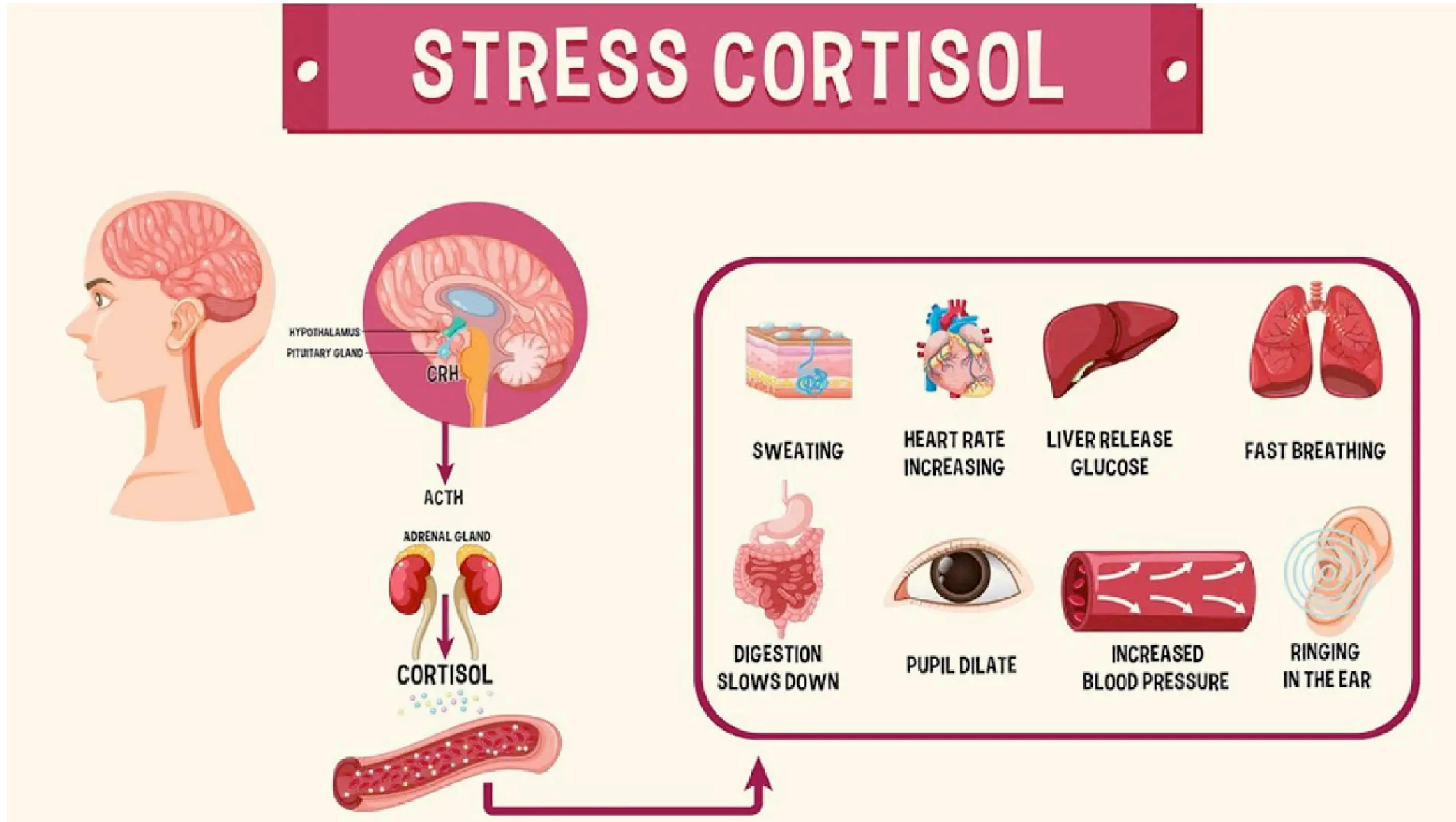
WELK VAN DE VOLGENDE
HORMONEN HEEFT
INVLOED
OP DE BLOEDSUIKER EN IS
VAAK OVERACTIEF IN
ONS DRUKKE LEVEN?



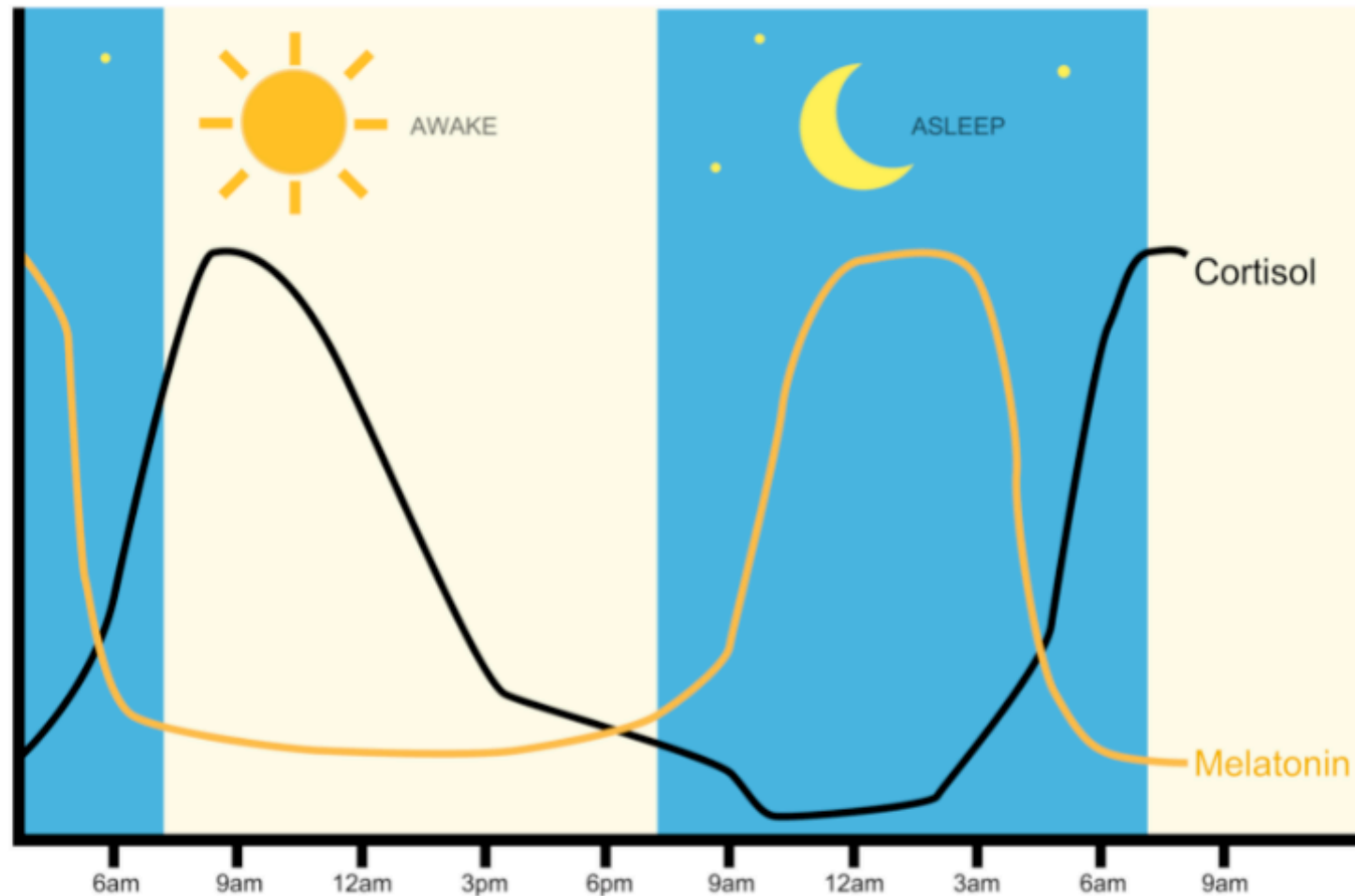
GO TO
menti.com

FILL IN THE CODE
4325 1718

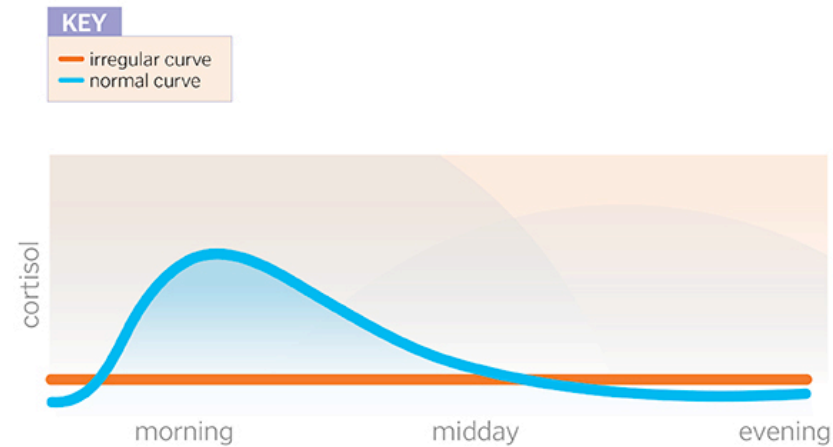
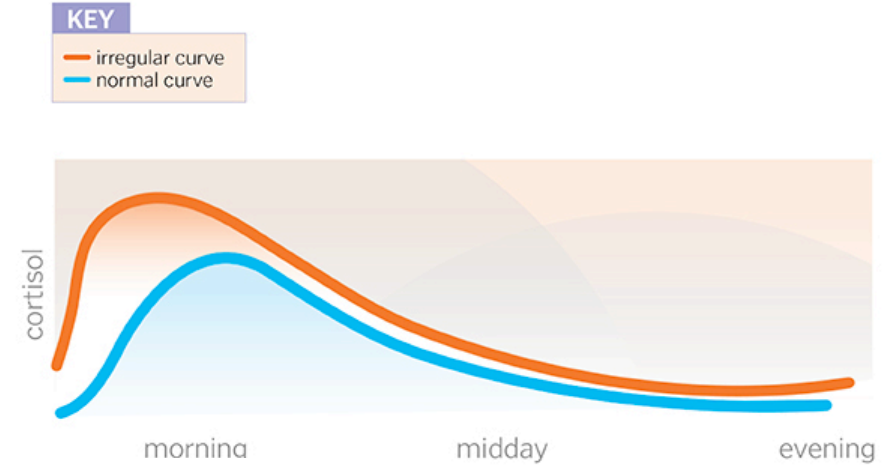
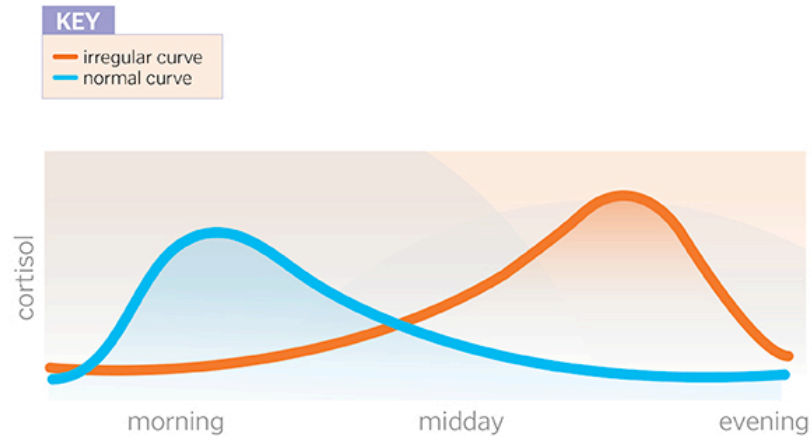
CORTISOL



SLAAP / WAAK RITME

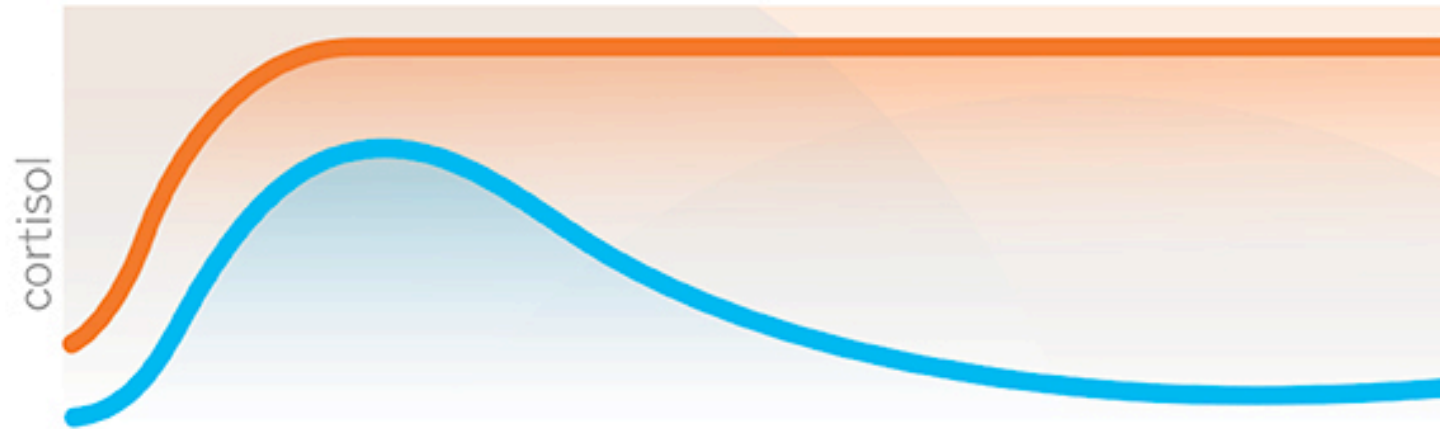
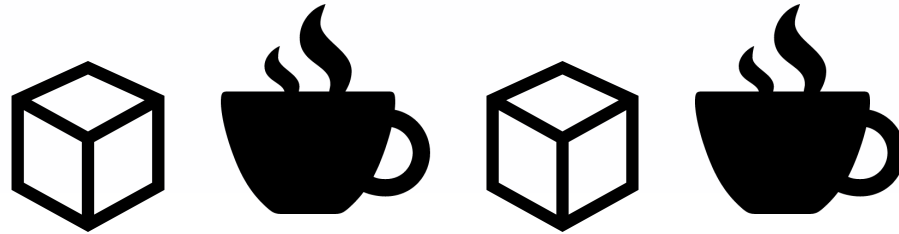


CORTISOL UIT BALANS



CORTISOL DISBALANS

MOGELIJK DEELS DOOR SUIKER + TE VEEL CAFEÏNE





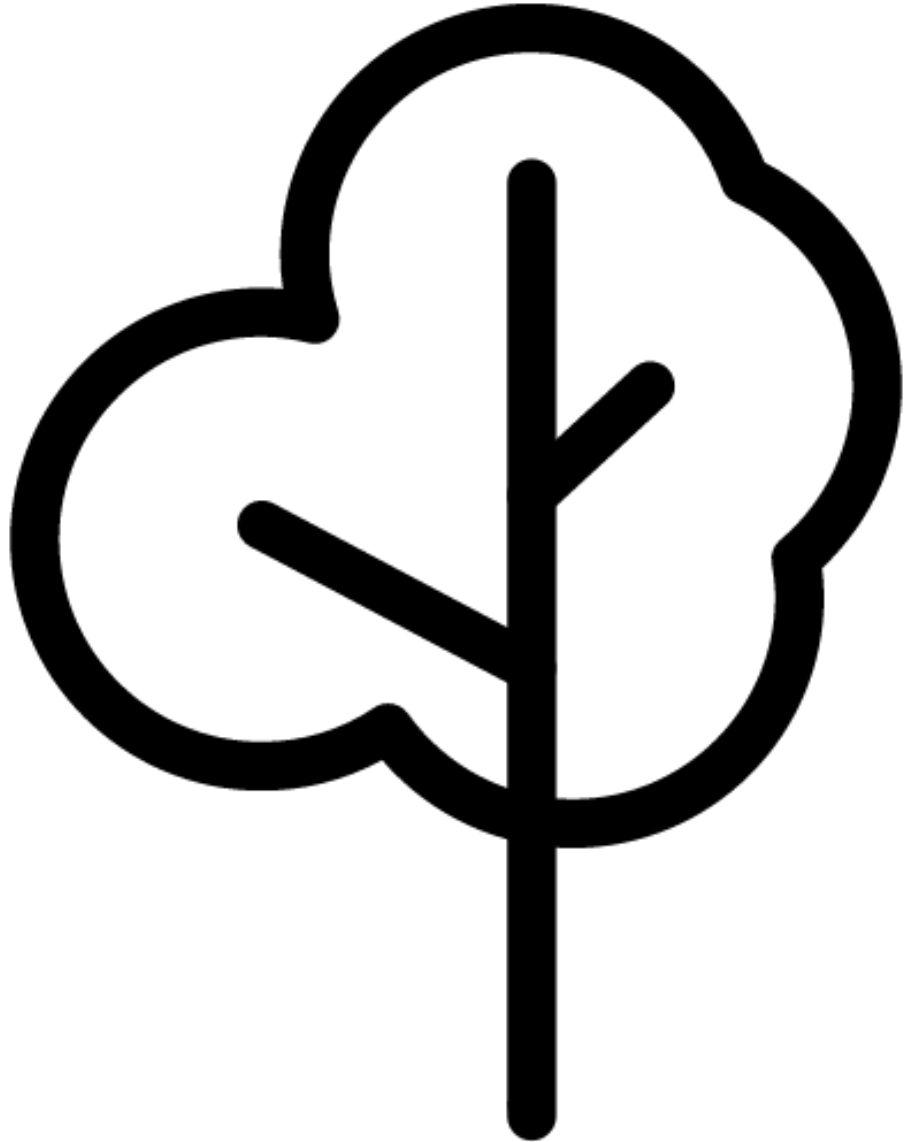
**WAT WERKT VOOR
DE ÉÉN WERKT
NIET VOOR DE
ANDER**



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



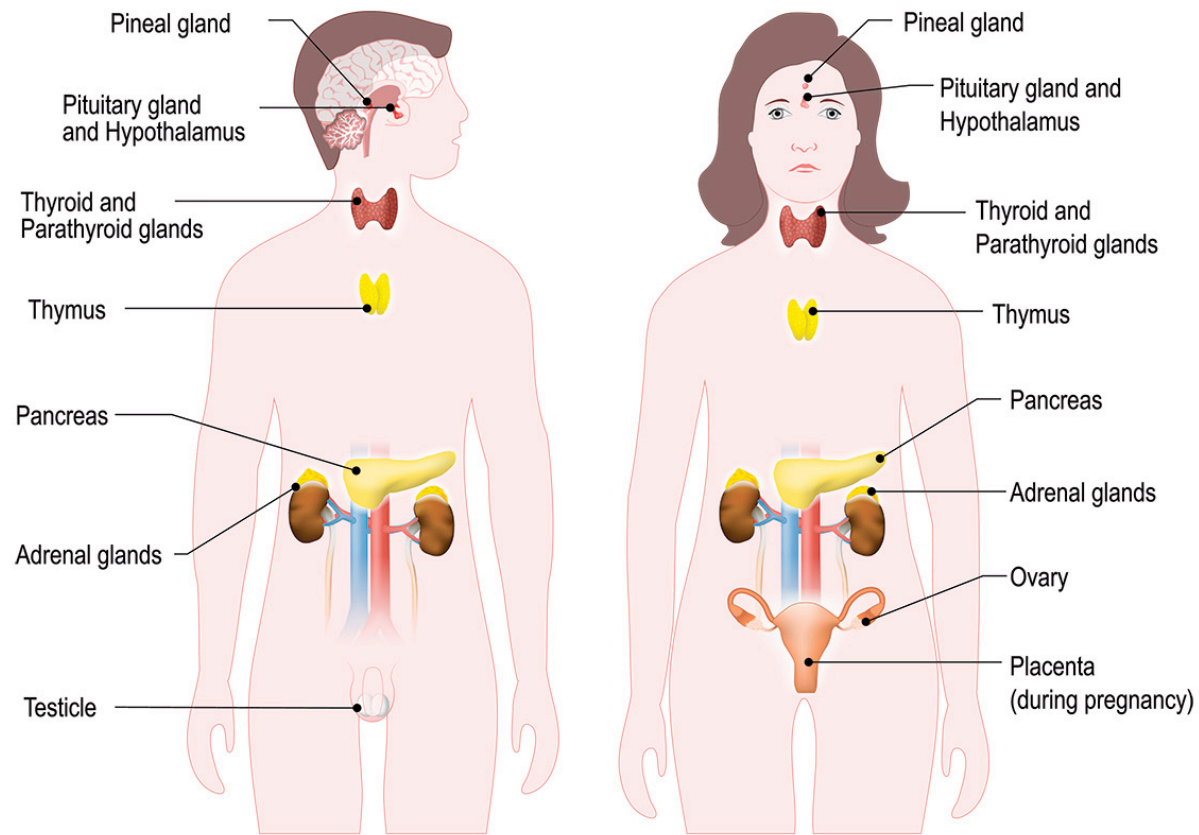
**WAT WERKT VOOR
DE ÉÉN WERKT
NIET VOOR DE
ANDER**



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

EFFECT VAN STRESS OP HORMONEN

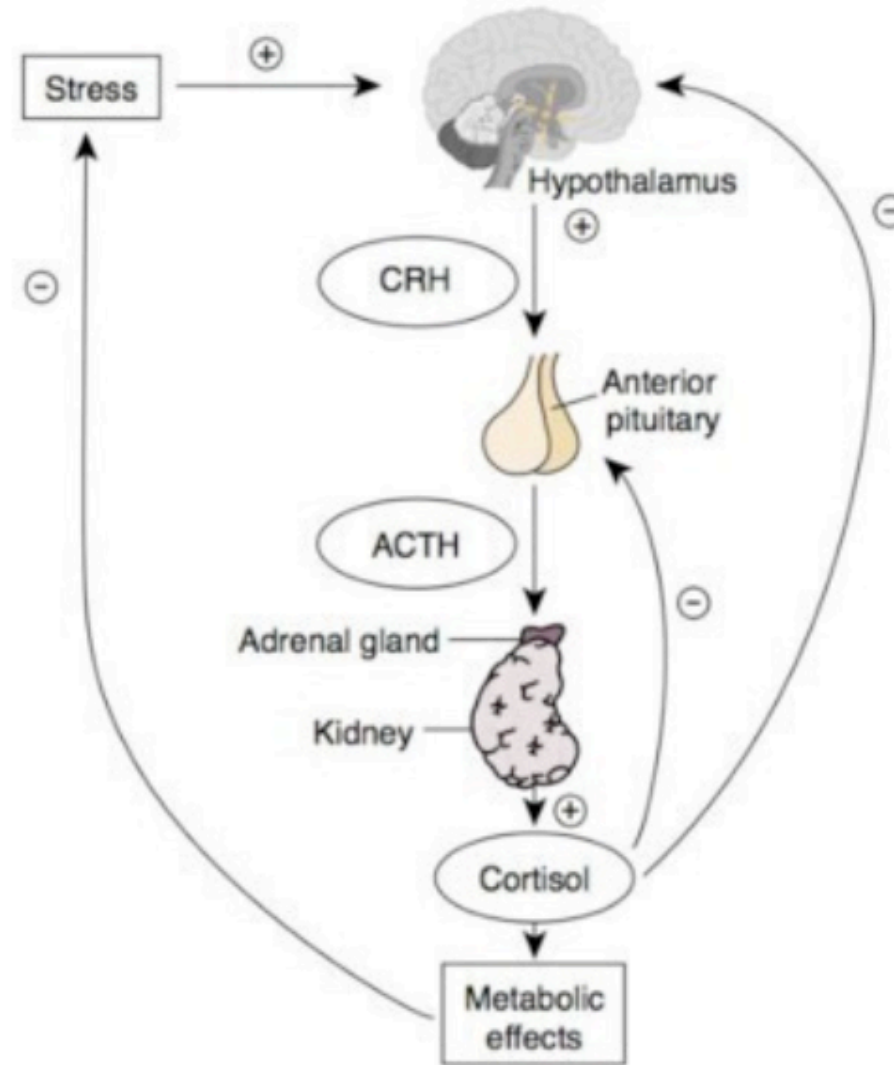
ENDOCRINE SYSTEM

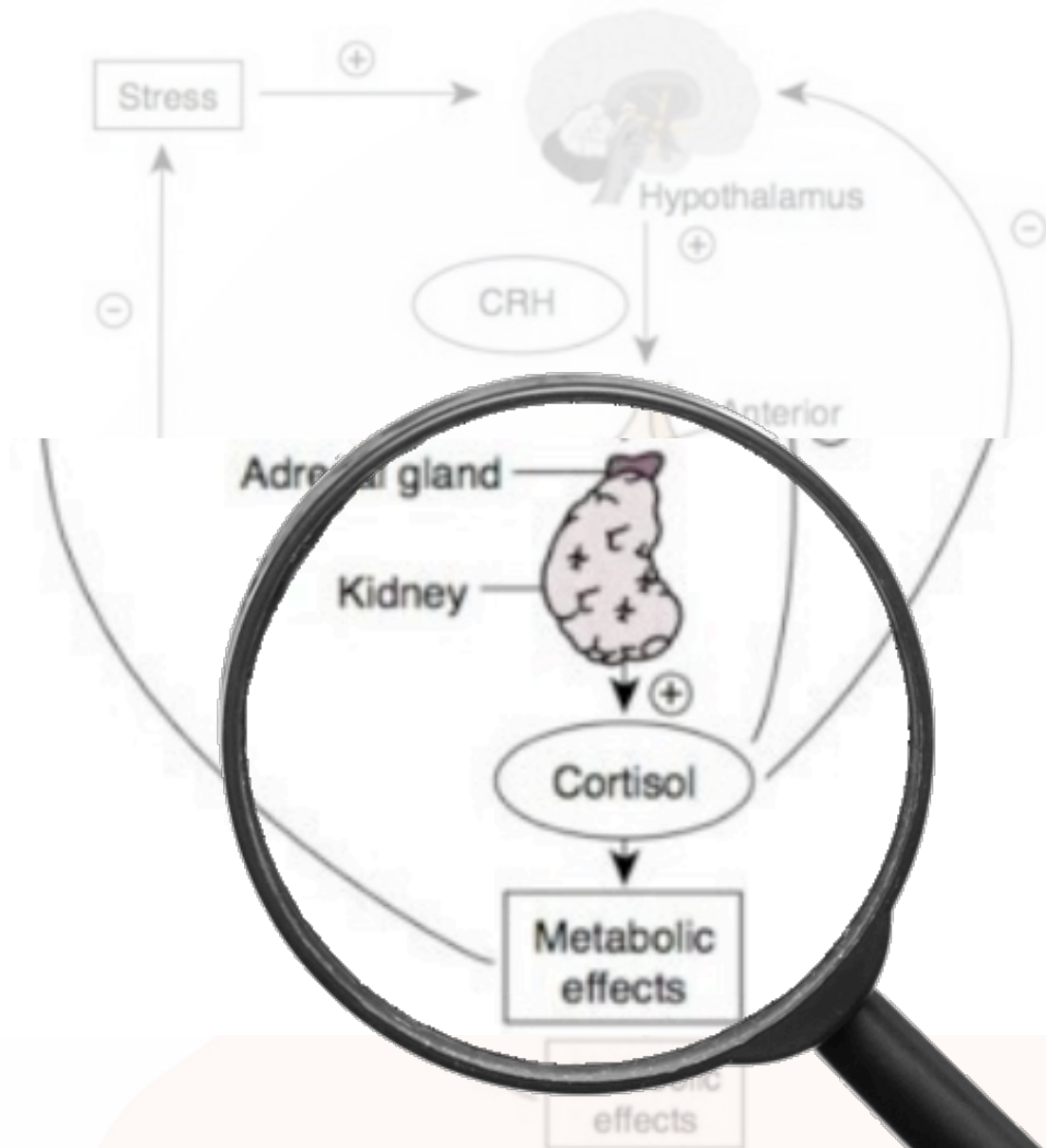


TESTOSTERON

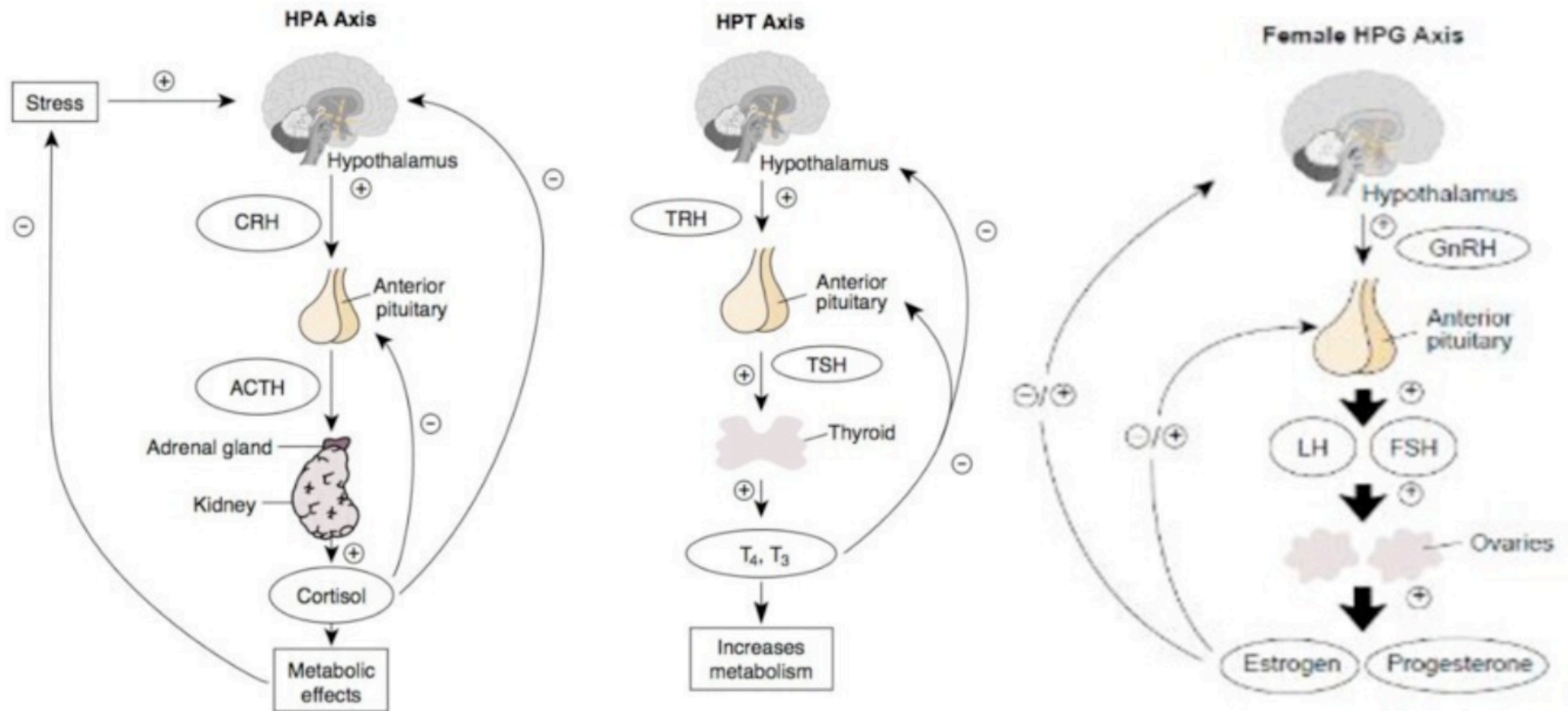
OESTROGEEN

HPA AS

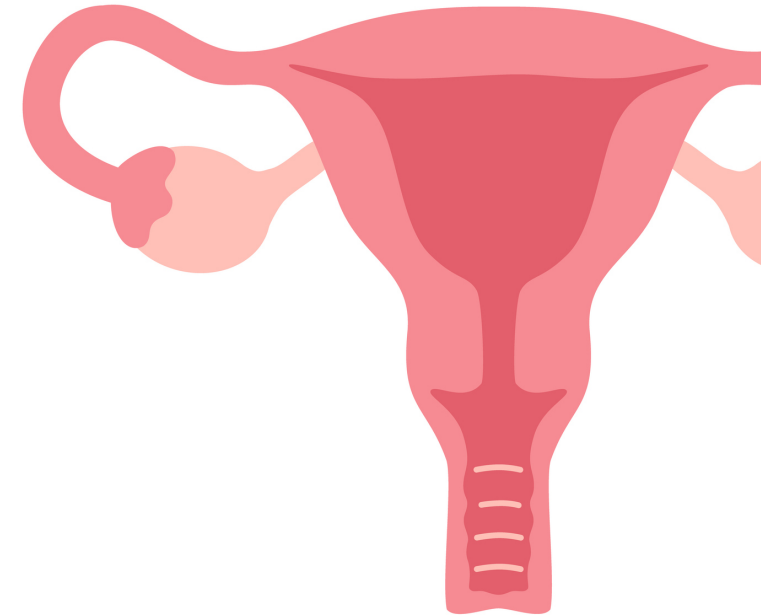
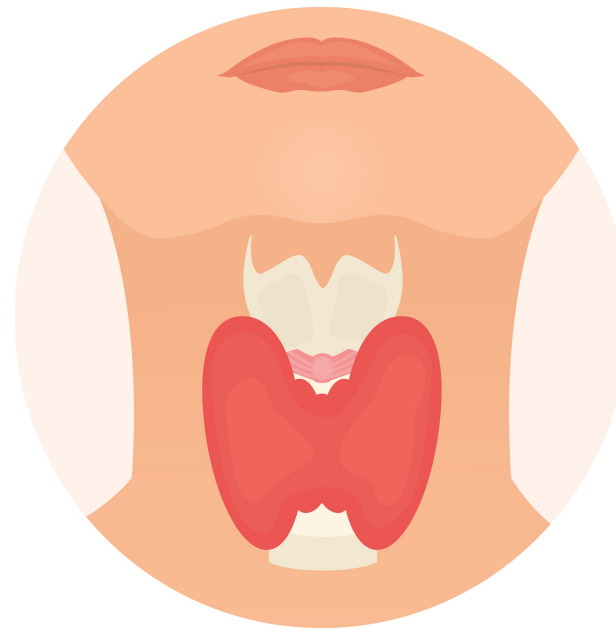
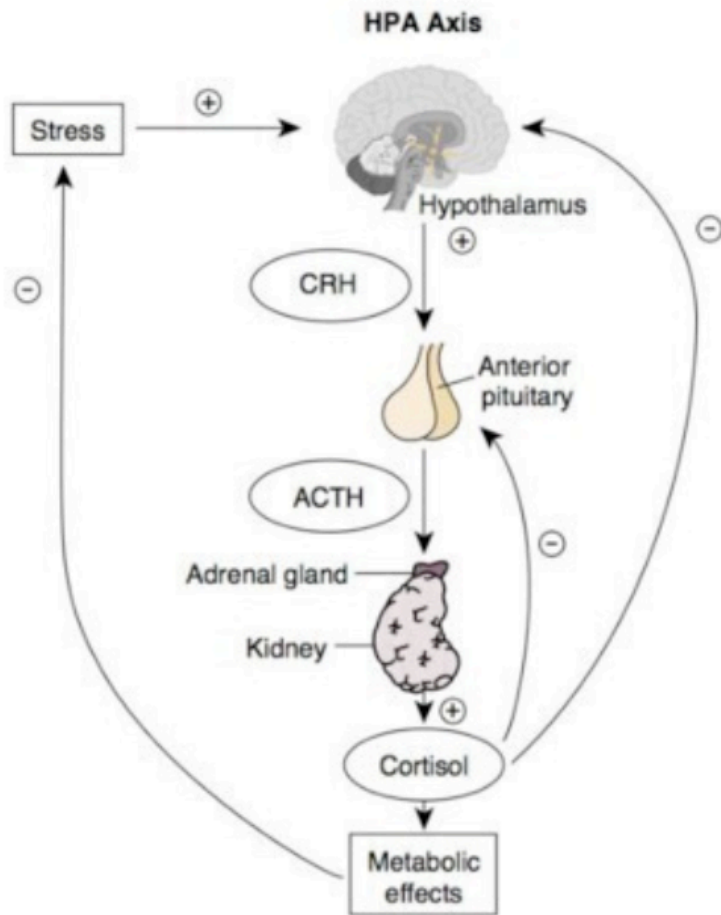


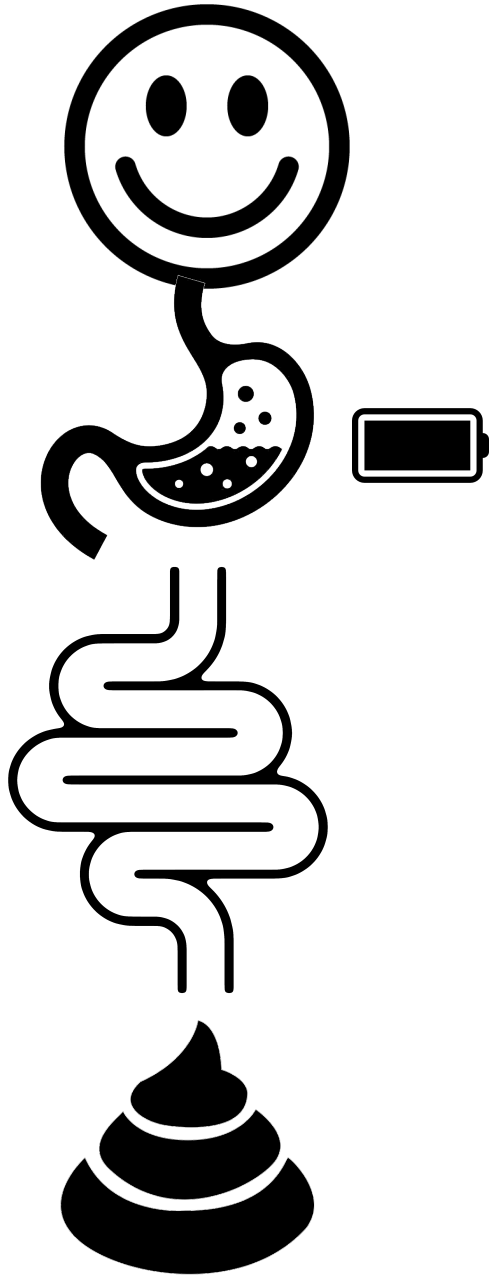


WANNEER DE HPA AAN IS, ZIJN HPT & HPG UIT



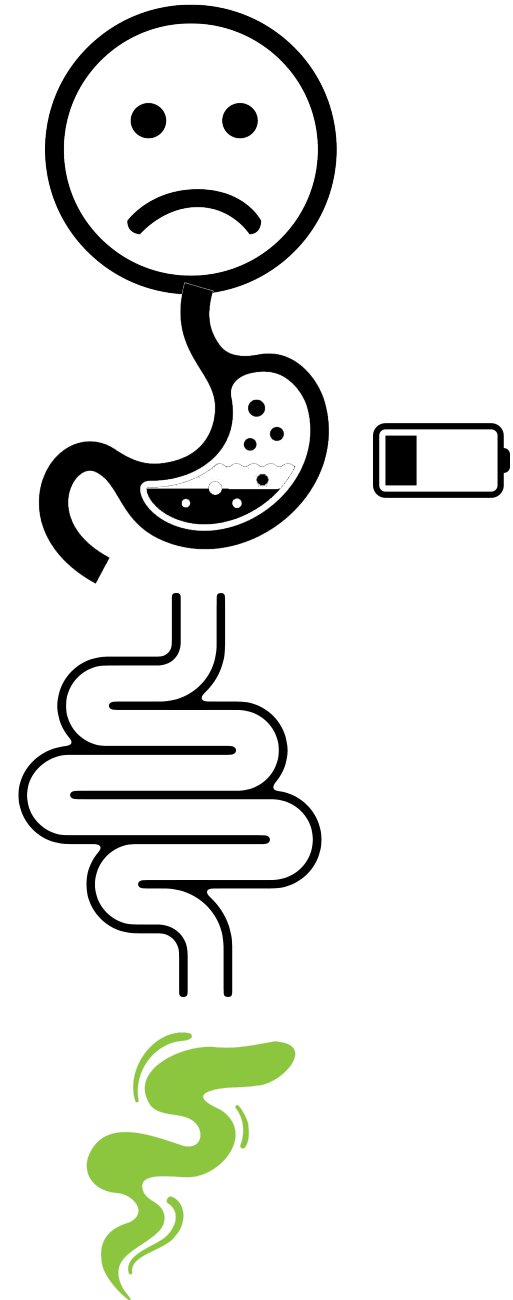
WANNEER DE HPA AAN IS, ZIJN HPT & HPG UIT



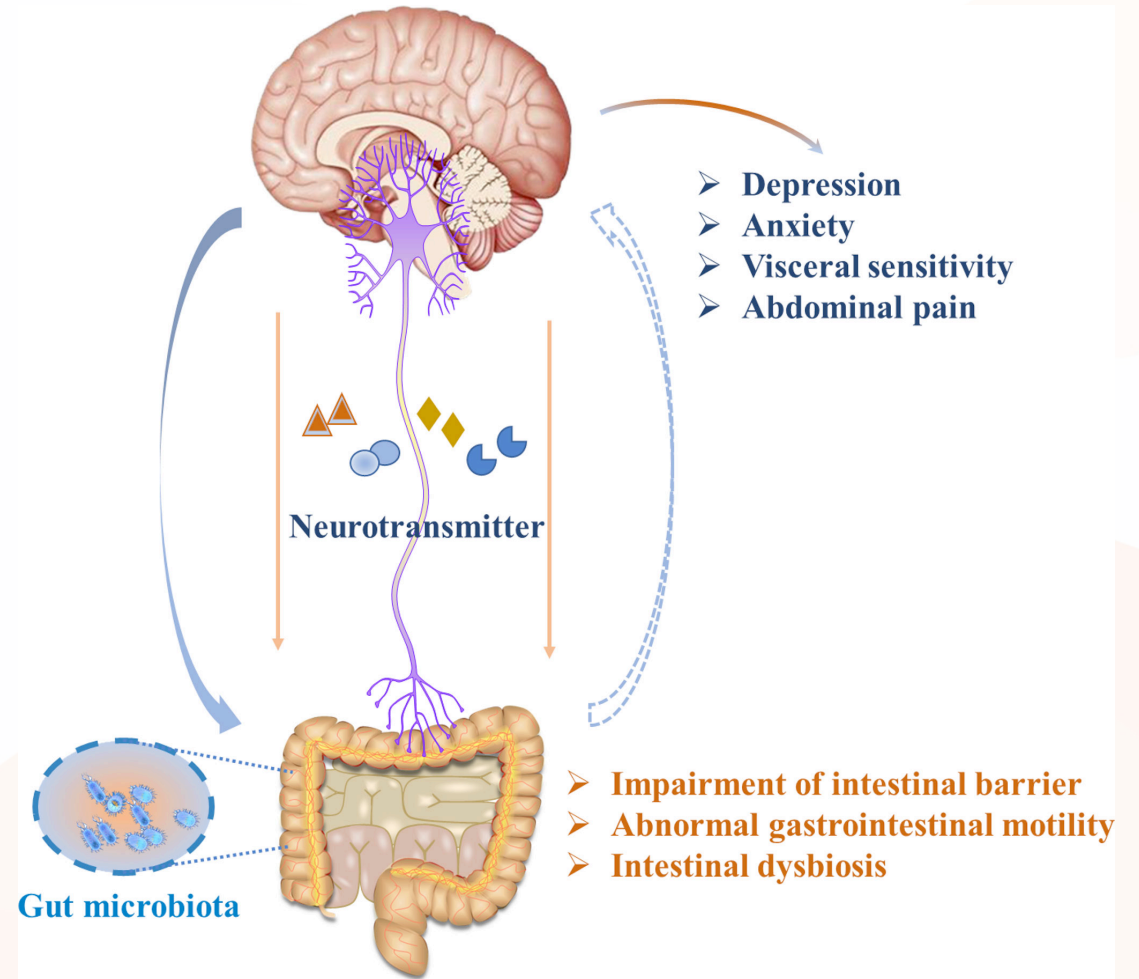


**Je bent niet wat
je eet,
je bent wat je
opneemt**

Eet in rust &
met pauzes



STRESS BEÏNVLOED ONS HUMEUR MAAR ONZE DARMEN OOK !





CONCLUSIE

EET ONBEWERKTE VOEDING



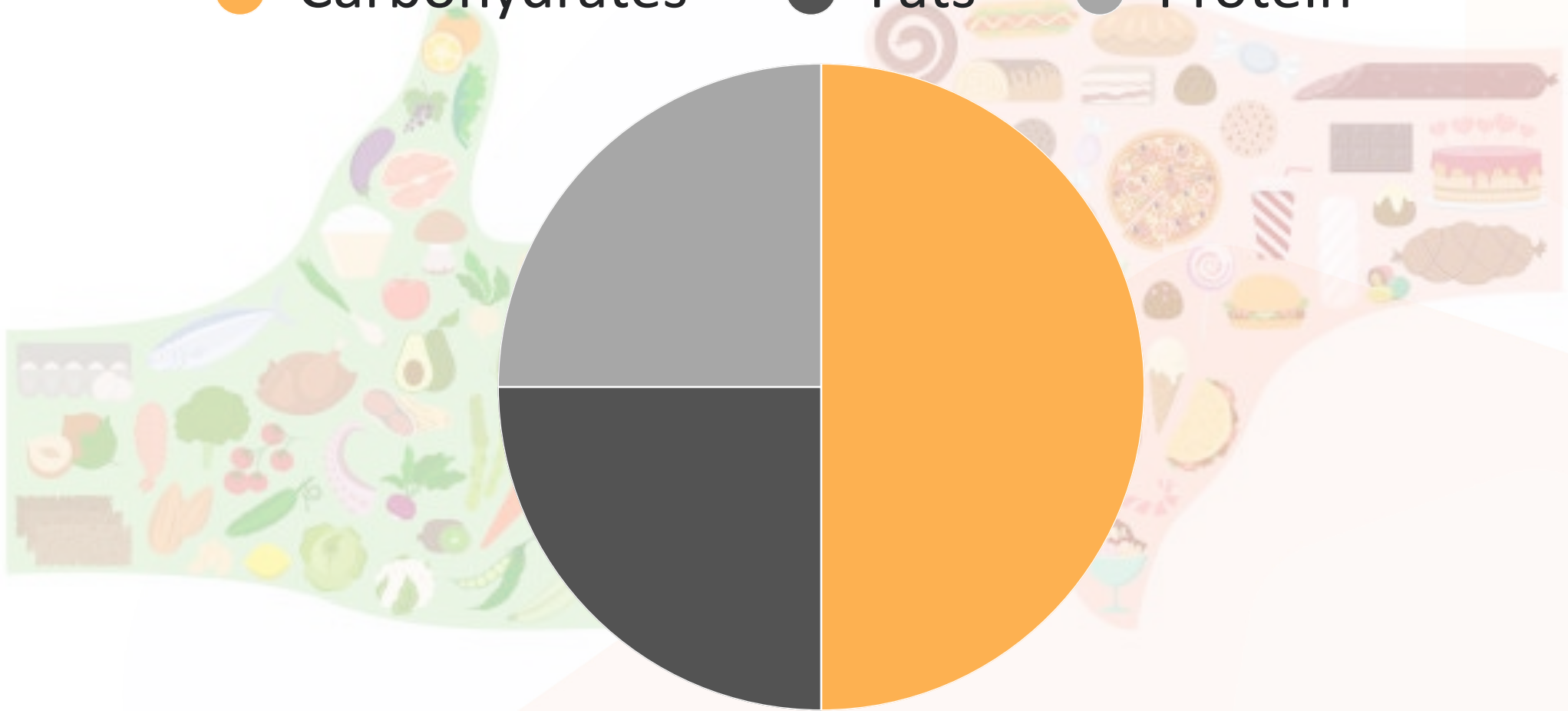
Nutriënt rijke voeding

In de juiste
verhouding



IN DE JUISTE BALANS

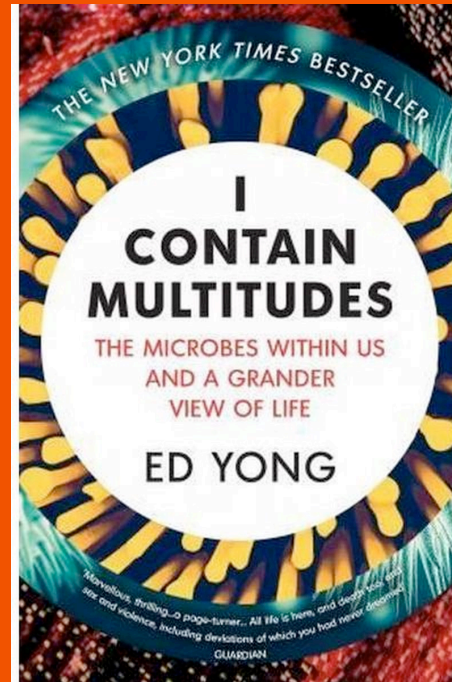
● Carbohydrates ● Fats ● Protein





**EN SLIM
BEWEGEN**

Boekentips





ABN·AMRO

helloyouyou

Werk tijdens je werk ook aan jezelf.

Hoe was jouw ervaring?

Geef je mening en help ons verbeteren!
Vul de vragenlijst in.



Scan
mij



HelloYou

MYWELLBEING 

Online well-being platform

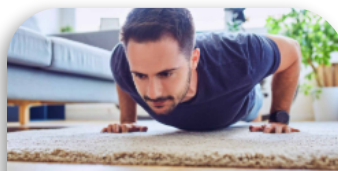
- ✓ *Ter bevordering van jouw vitaliteit*
- ✓ *24/7 onbeperkt toegang*
- ✓ *Kosteloos aangeboden door ABN AMRO*
- ✓ *Ter ondersteuning van je eigen regie*

7 holistische zelf aan de slag modules

- ✓ E-learnings
- ✓ Informatieve video's
- ✓ Trainingen en oefeningen

Ondersteuning van experts

- ✓ Mentaal --> Single Session Therapy
- ✓ Fysiek --> Fysiotherapie en beweegcoaching
- ✓ Met 1 klik van de muis aangevraagd



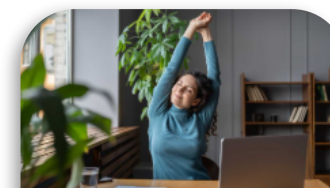
HelloFit

Daag jezelf uit met in- en ontspannende workouts



HelloFysio

Werk snel en gemakkelijk aan jouw fysieke vitaliteit



HelloMentaal

Bereik een optimale mentale balans voor een gelukkiger en vitaler leven



HelloLive

Laat je inspireren door unieke en exclusieve webinars



HelloHabit+

Creëer nieuwe gezonde gewoontes en voel je meer in balans



HelloWerkplek

Creëer een gezonde en comfortabele werkomgeving

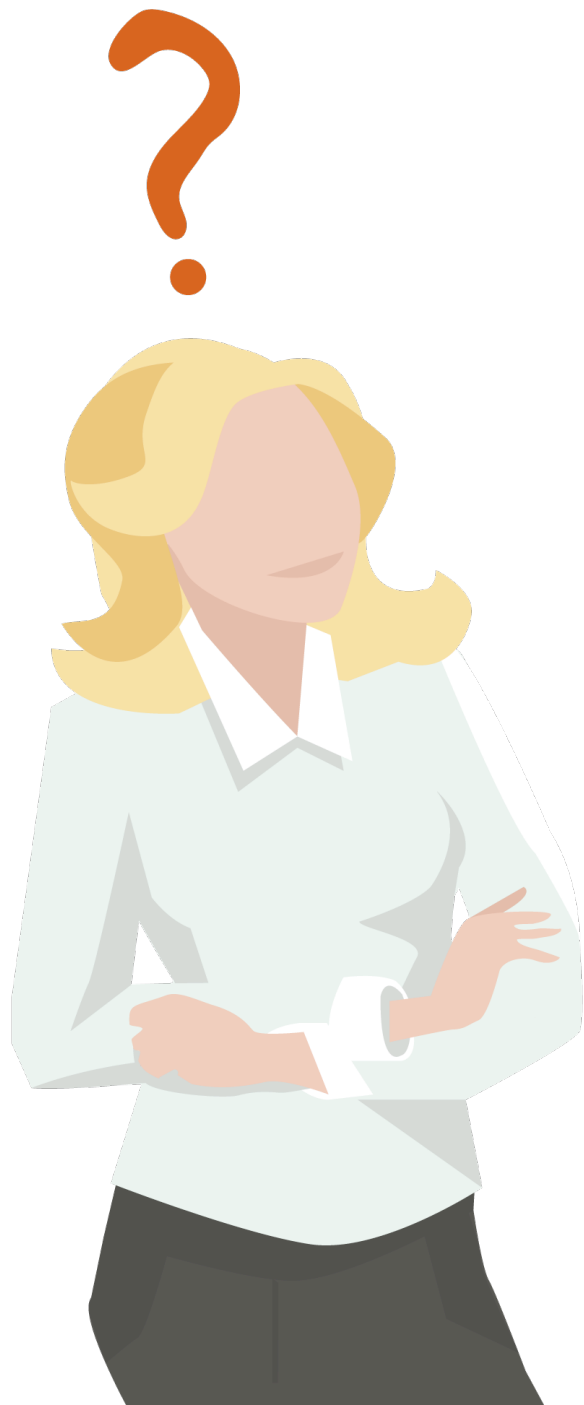


HelloJourney

Begin jouw journey naar een nóg gezonder leven

Bezoek hier het platform!

hello.hchealth.nl/abn-amro/home



Vragen?

**Kom na
de sessie
langs**

THE END

BEDANKT VOOR DE AANDACHT

