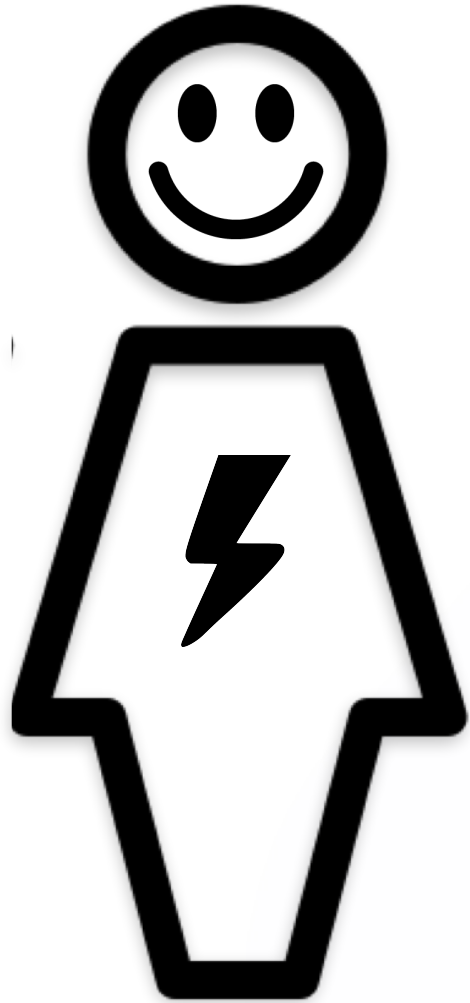


THE POWER OF FOOD

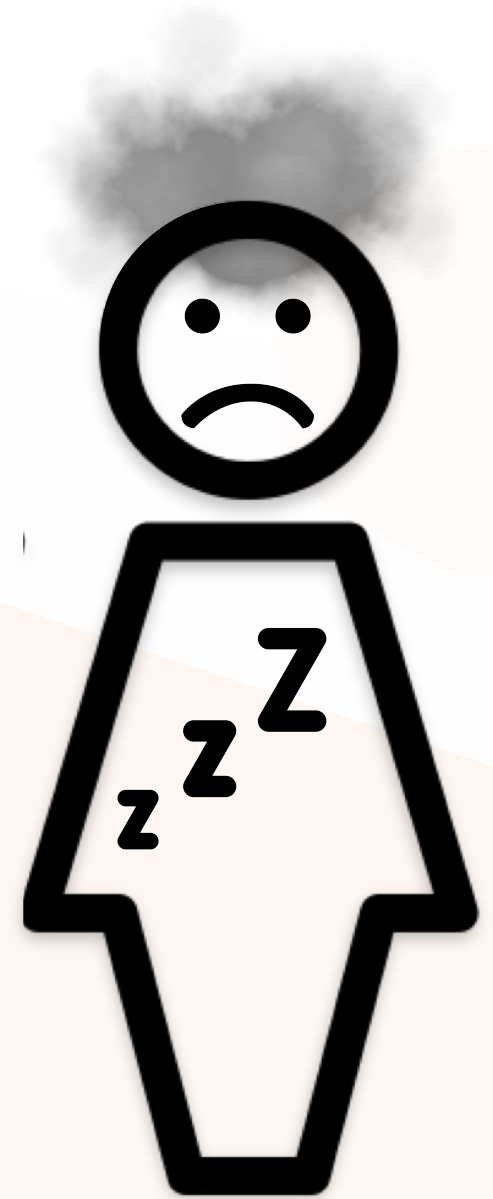
HOW FOOD INFLUENCES OUR ENERGY AND MOOD

HC Health | 2025





**HOW DO WE
GET ENERGY,
FOCUS AND A
HEALTHY BMI
FROM OUR
FOOD?**





Florian Alders

Therapist according Klinische
Psycho Neuro Immunology (KPNI),
Medical Foundations,
Lecturer Ortho Health Foundation
Personal trainer & Corporate training
programs.



- FLOW ENERGIE -

Who?





Source: Headspace.com



Source: Headspace.com

Food

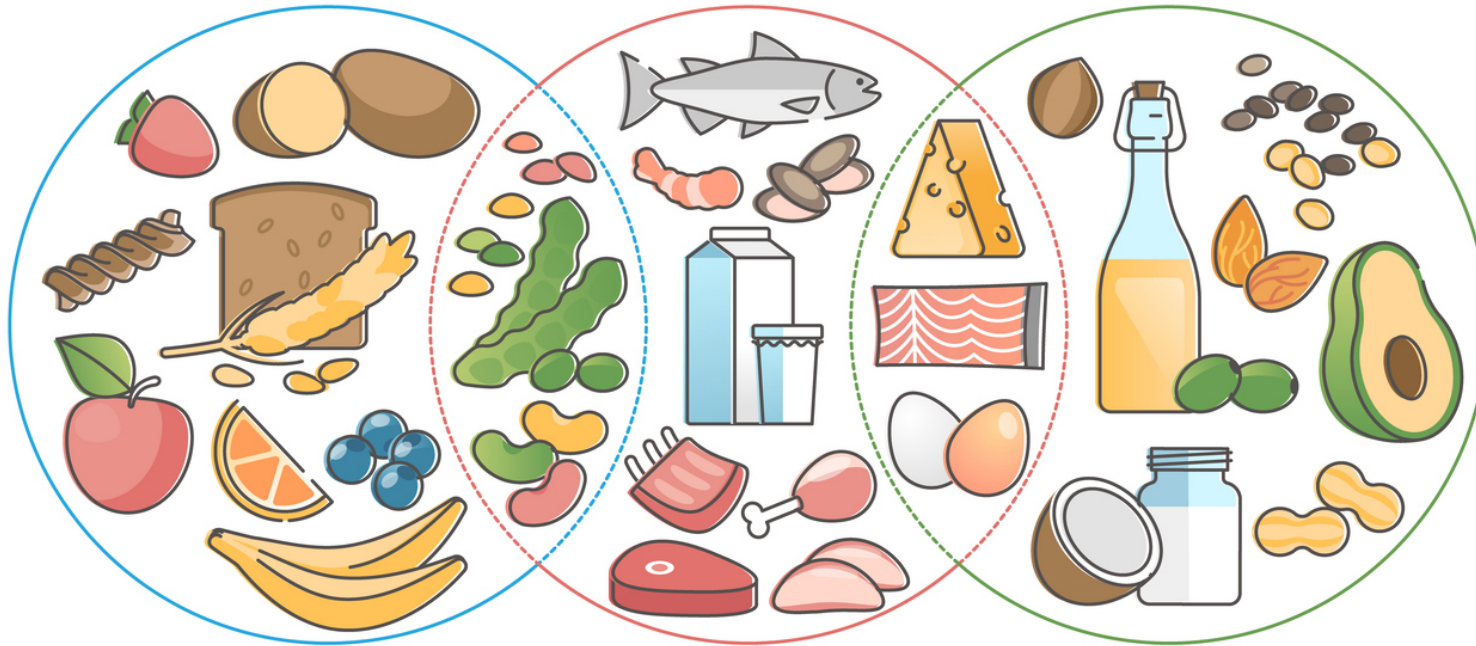
PROTEIN

BUILDINGBLOCKS
4 KCAL PER GRAM

2500 KCAL

60% Carbs
30% fat
10% protein

50% carbs
25% fat
25% protein



CARBOHYDRATES

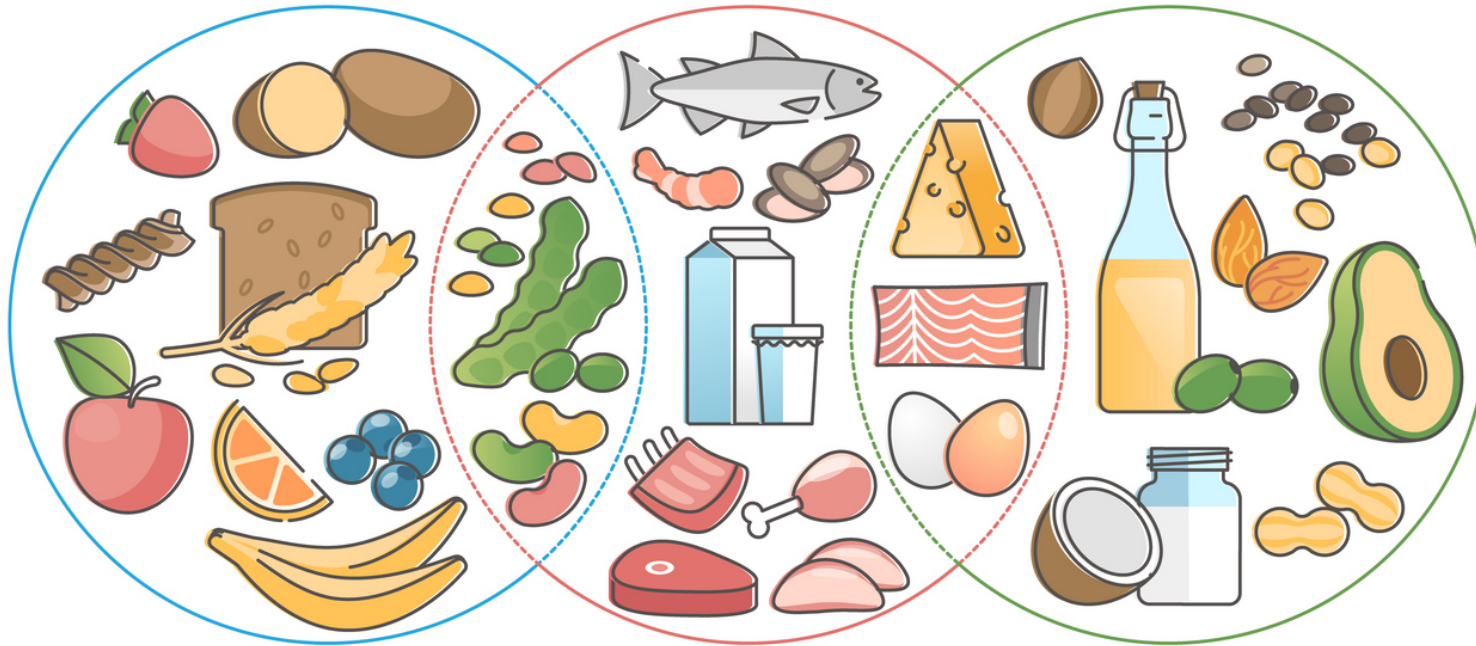
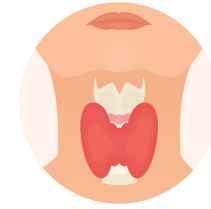
FAST ENERGY
4 KCAL PER GRAM

FATS

LASTING ENERGY +
BUILDINGBLOCKS (OMEGA)
9 KCAL PER GRAM

PROTEIN (TEF)

BUILDINGBLOCKS
4 KCAL PER GRAM

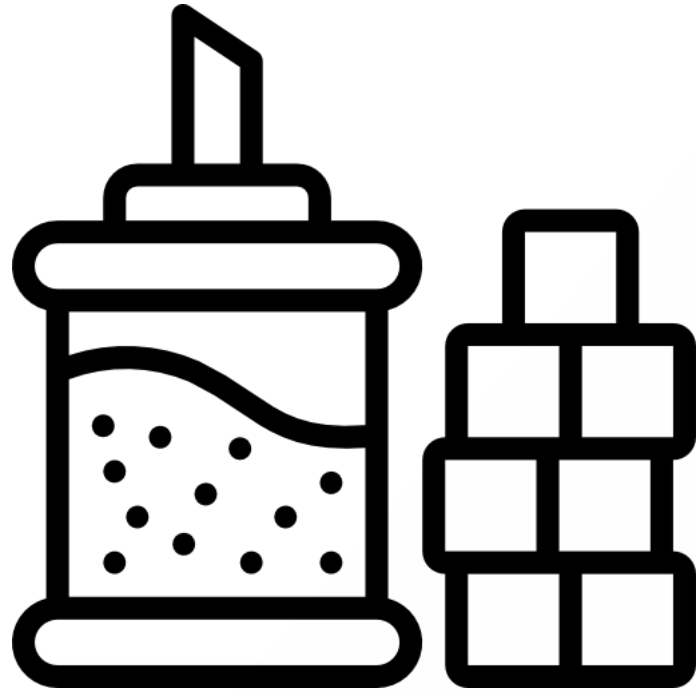


CARBOHYDRATES

FAST ENERGY
4 KCAL PER GRAM

FATS

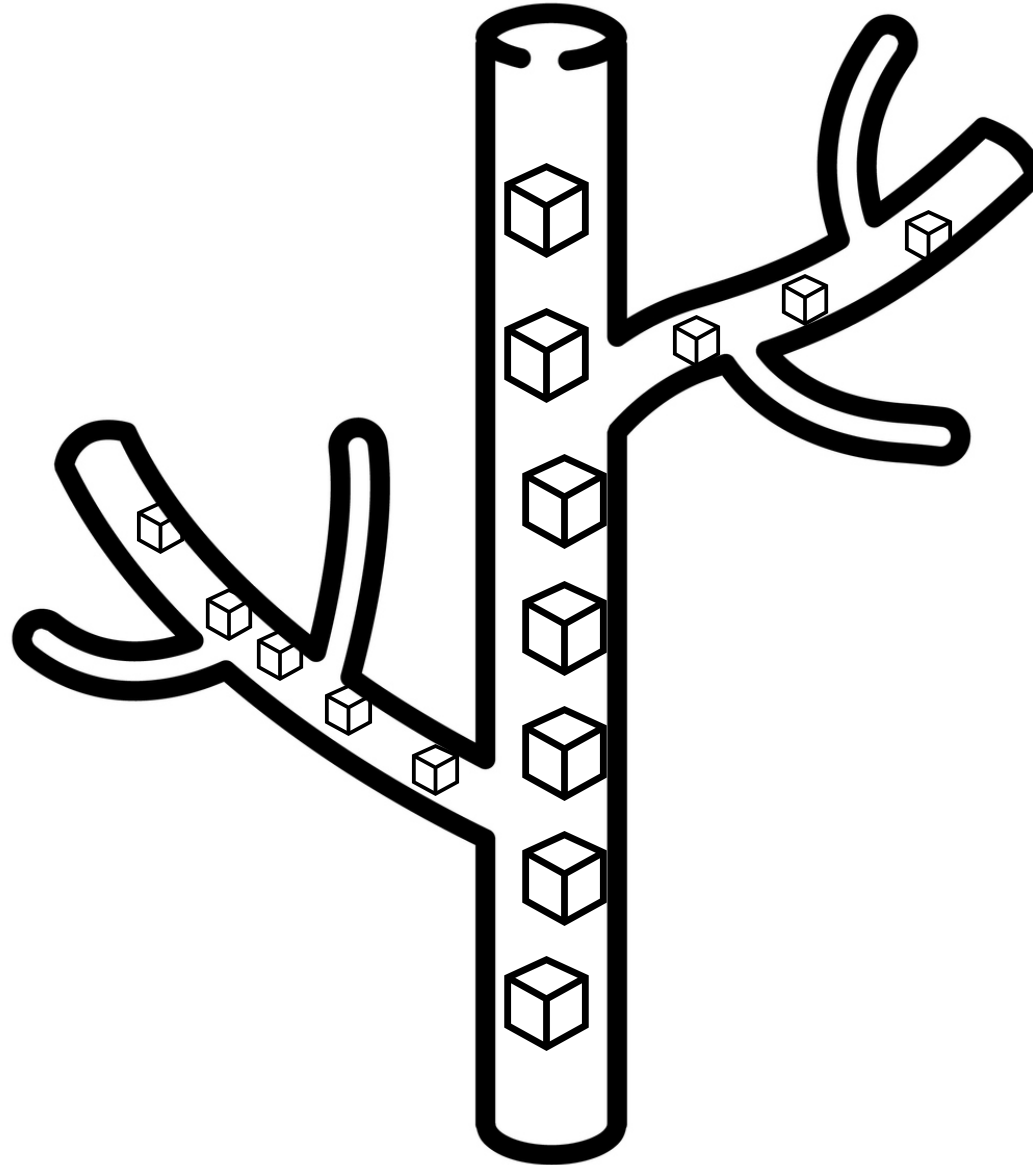
LASTING ENERGY (saturated) +
BUILDINGBLOCKS (unsaturated)
9 KCAL PER GRAM



CARBOHYDRATES/ SUGAR



SUGAR
FOR
ENERGY



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



SUGAR
STORED AS
FAT *



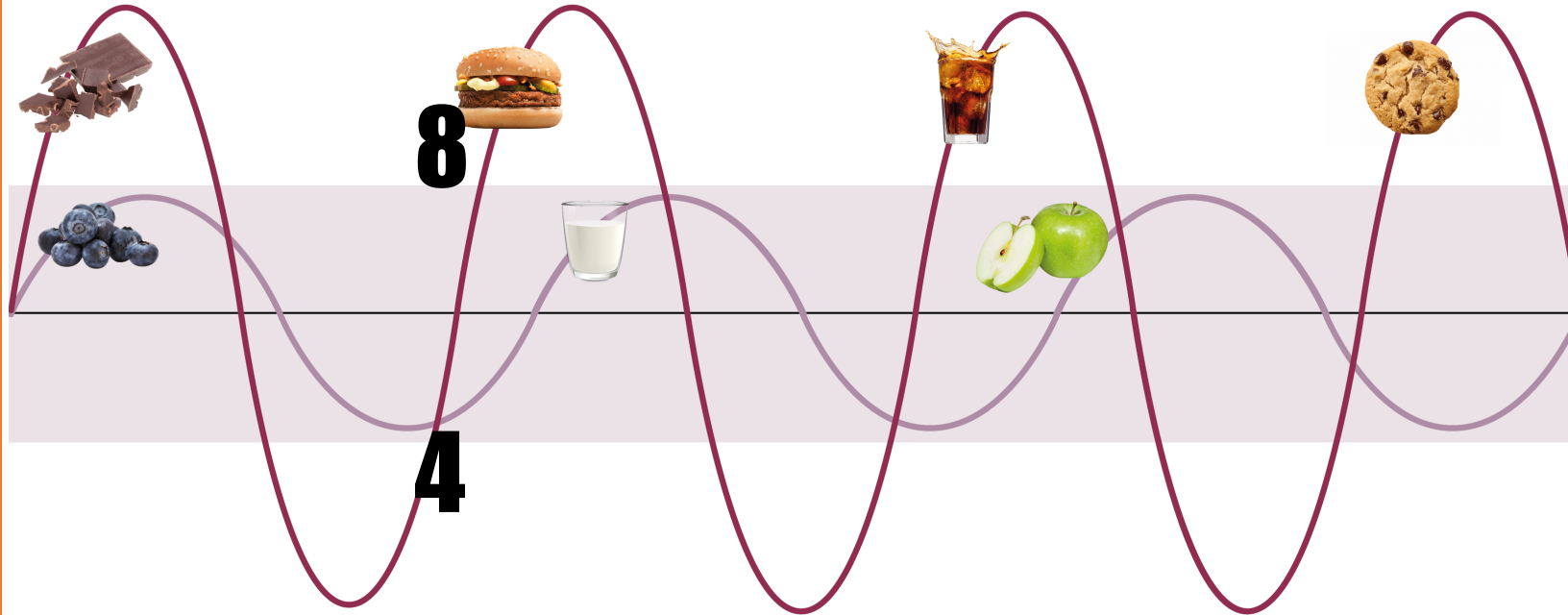
HYPER

(Hyperglycaemia)



HYPO

(Hypoglycaemia)






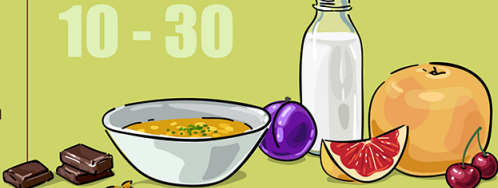

WHAT STABILIZES THE BLOODSUGAR?



GO TO
menti.com

FILL IN THE CODE
4325 1718

Glycemic Index

<ul style="list-style-type: none"> • white wheat bread, donuts, baguette, crackers, waffles • white rice, boiled potatoes and mash, french fries • watermelon • cornflakes 	70 - 100 
<ul style="list-style-type: none"> • rye & wholegrain bread • muesli, corn, couscous, brown rice, spaghetti, popcorn, yams • ice cream, sweet yogurt • banana, grapes, kiwi 	50 - 70 
<ul style="list-style-type: none"> • coarse barley bread • strawberries, apples, pears, oranges • milk & soy milk • natural yoghurt • oatmeal, beans 	30 - 50 
<ul style="list-style-type: none"> • pearled barley, lentils • greyfruit, cherry, apricot, plum • dark chocolate 70% cocoa • whole milk • cashews, walnuts 	10 - 30 
<ul style="list-style-type: none"> • hummus, chickpeas • garlic, onion, green pepper • eggplant, broccoli, cabbage, tomatoes • mushrooms • lettuce 	0 - 10 

Glycemic Index

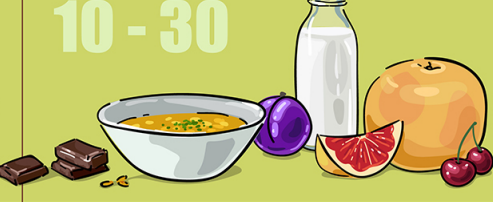
Jessie Inchauspé

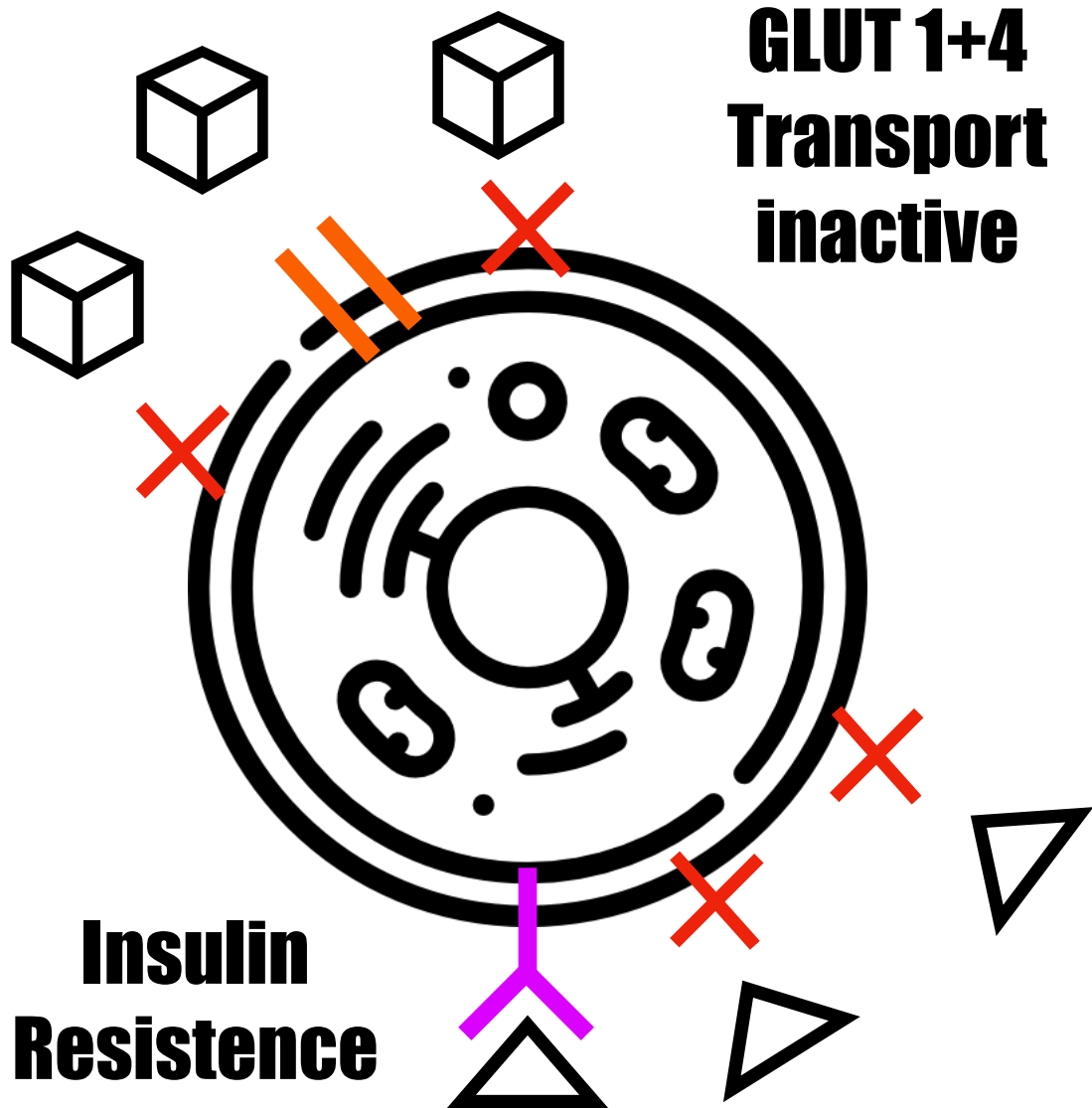
Meer energie, minder cravings:
dit boek verandert je leven

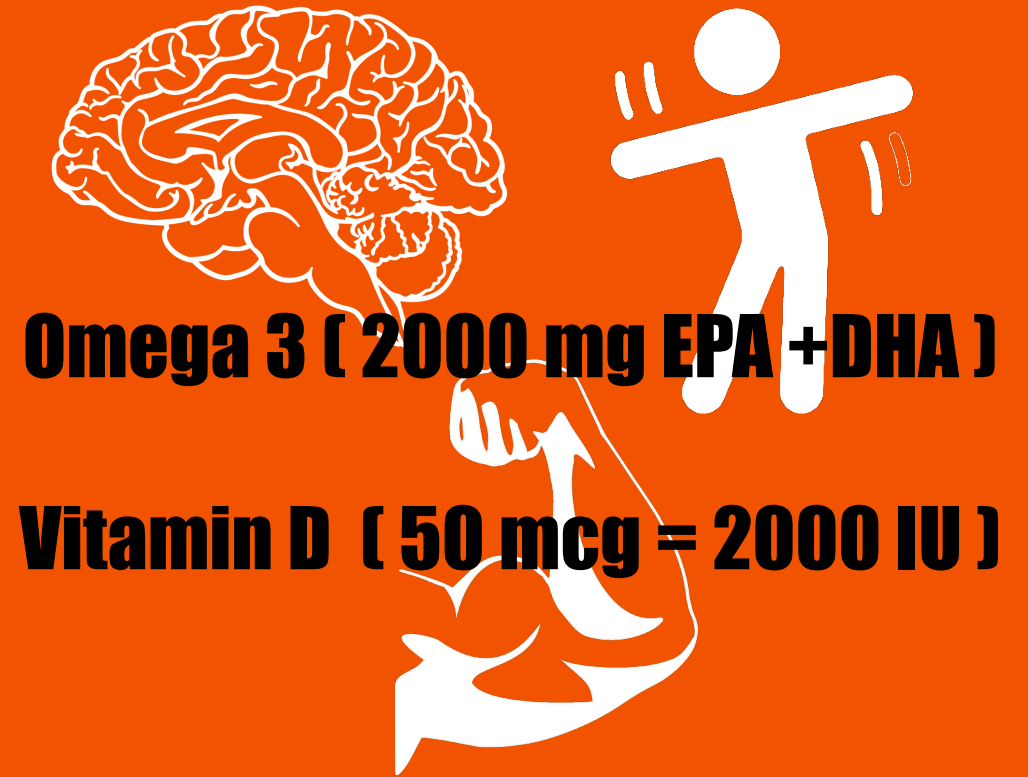
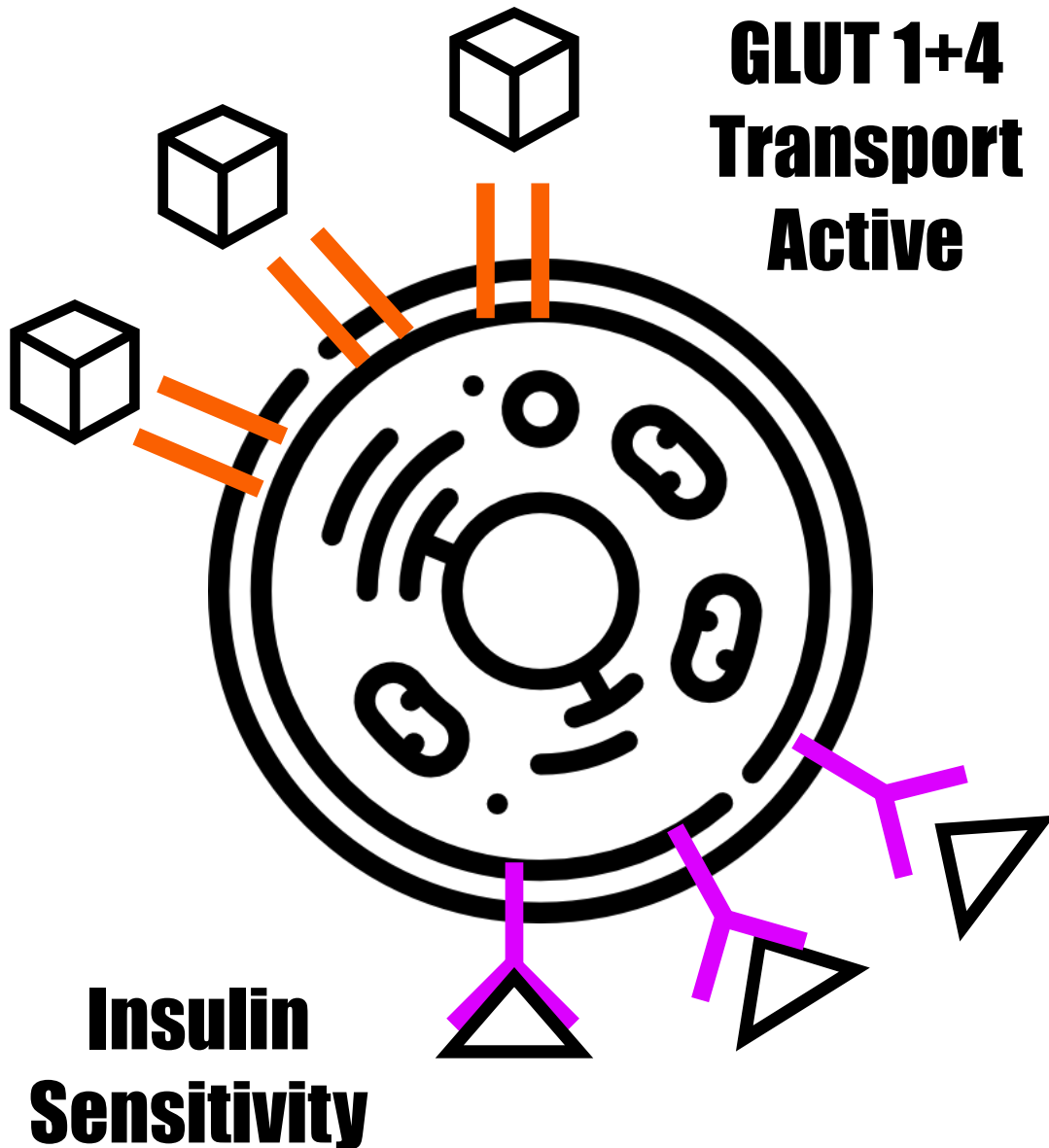
Glucose revolutie

Krijg grip op je bloedsuikerspiegel,
verbeter je gezondheid en eet wat je wil

FONTAINE UITGEVERS

<ul style="list-style-type: none">• white wheat bread, donuts, baguette, crackers, waffles• white rice, boiled potatoes and mash, french fries• watermelon• cornflakes	70 - 100 
<ul style="list-style-type: none">• rye & wholegrain bread• muesli, corn, couscous, brown rice, spaghetti, popcorn, yams• ice cream, sweet yogurt• banana, grapes, kiwi	50 - 70 
<ul style="list-style-type: none">• coarse barley bread• strawberries, apples, pears, oranges• milk & soy milk• natural yoghurt• oatmeal, beans	30 - 50 
<ul style="list-style-type: none">• pearled barley, lentils• greyfruit, cherry, apricot, plum• dark chocolate 70% cocoa• whole milk• cashews, walnuts	10 - 30 
<ul style="list-style-type: none">• hummus, chickpeas• garlic, onion, green pepper• eggplant, broccoli, cabbage, tomatoes• mushrooms• lettuce	0 - 10 





SHORT EFFECTIVE MOVEMENT

2 MINUTES

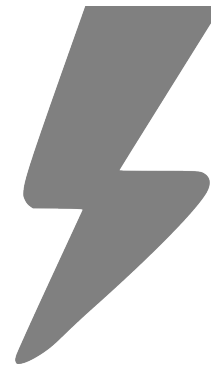




Optimize protein

**Aim for 0,83 to 2
gram protein per kg
of optimal
bodyweight**

(For weightloss aim for 1,4-1,6)



1 egg - 6 gram

Protein per 100 gram:

Chicken - 25 gram

Red lentils - 20 gram

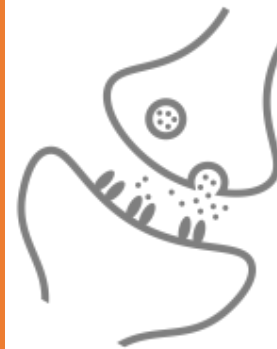
Chickpea - 10 gram

Minced beef - 25 gram

Tempeh - 12 gram

Oats - 13 gram

Protein shake - 20-30 gram



Per gram of protein eaten
Eat at least 2 grams of veggies



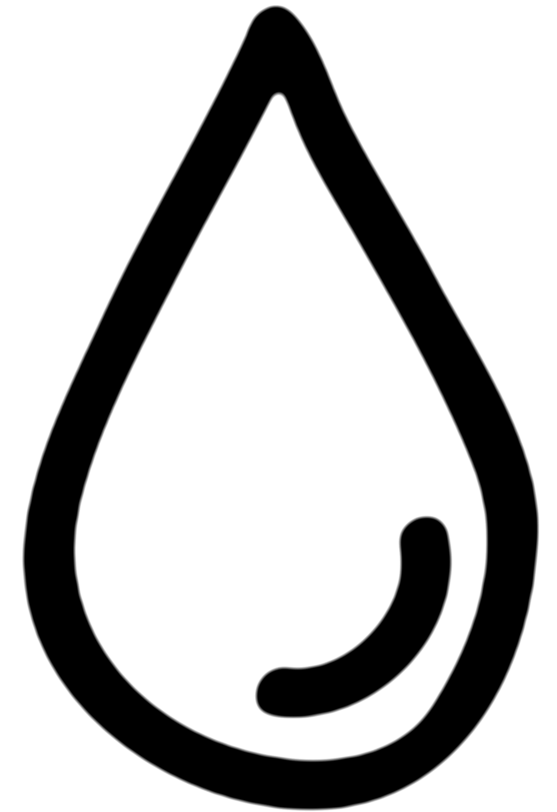
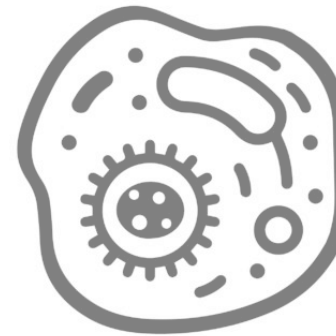
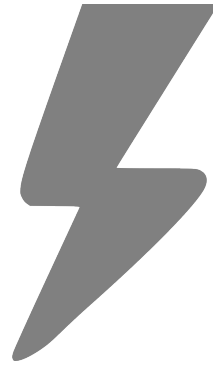
Verzuring van het lichaam gedurende de jaren

Don't forget (Healthy) fats

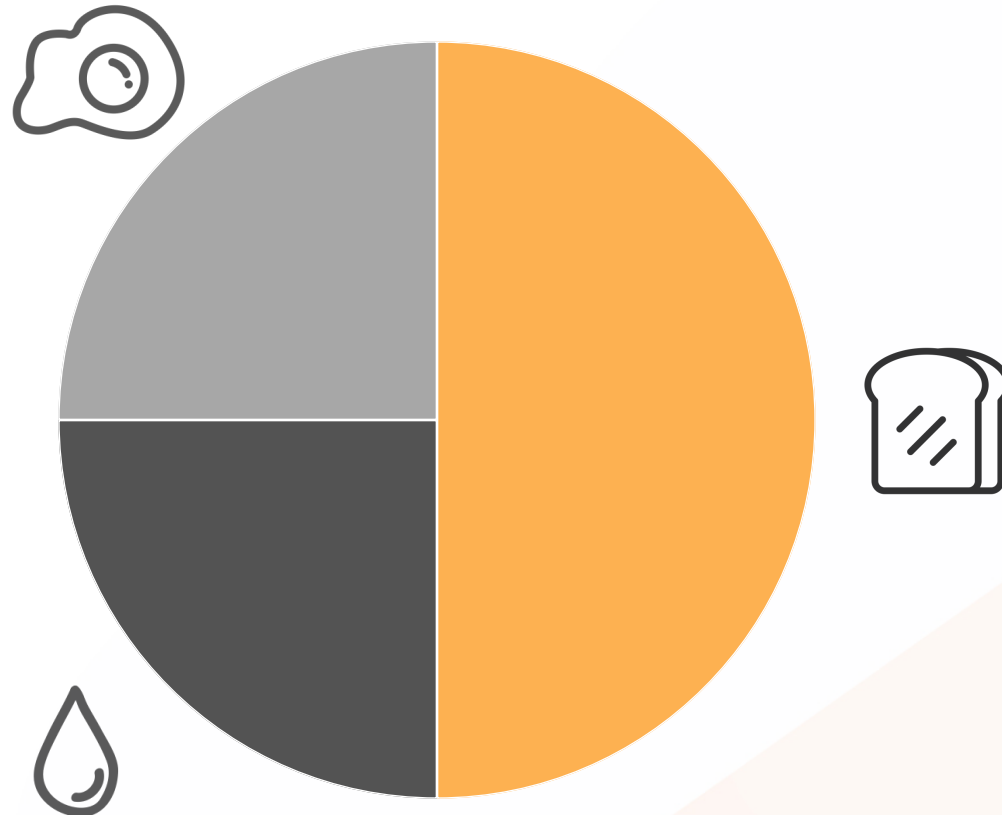
Nuts, Seeds,
Avocado, Oliveoil, Diary,
Butter, Meat, Poultry, Fish

(Often also found in proteinsources)

Think in spoons/hands
(Choose omega 3 and omega 9)



● Carbohydrates ● Fats ● Protein



Popular food apps: Virtuagym of Myfitnesspal



● Carbohydrates ● Fats ● Protein

VIRTUAGYM FOOD APP

My advice:

Use it for maximum 3 days,
To not get obsessed

20% protein = 1,4 gram of protein?
55% carbs
25% fat

Popular food apps: Virtuagym of Myfitnesspall





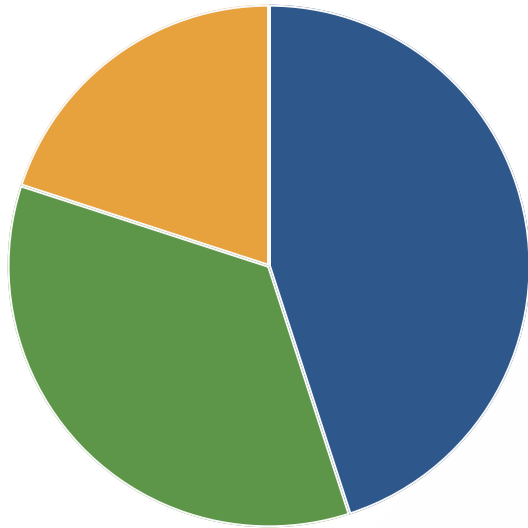
Carbs



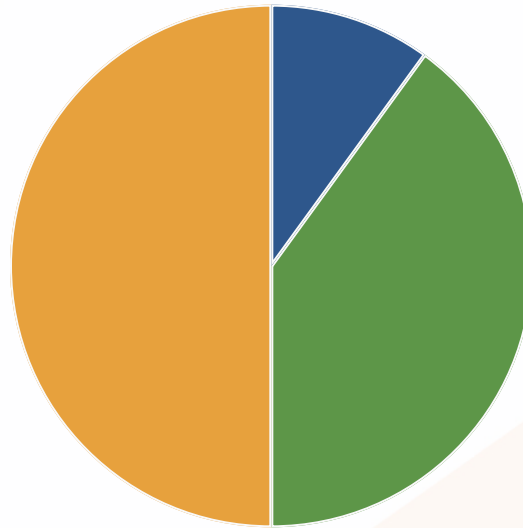
Fats



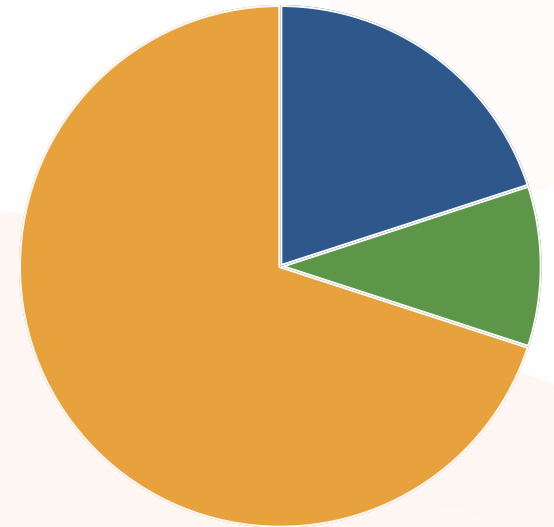
Protein



POLAR TYPE



VARIABLE TYPE



EQUATORIAL TYPE

We're all different, find out your type

MACRONUTRIENT BALANCE

350 / 500 KCAL



100 gram

Fruit or vegetables

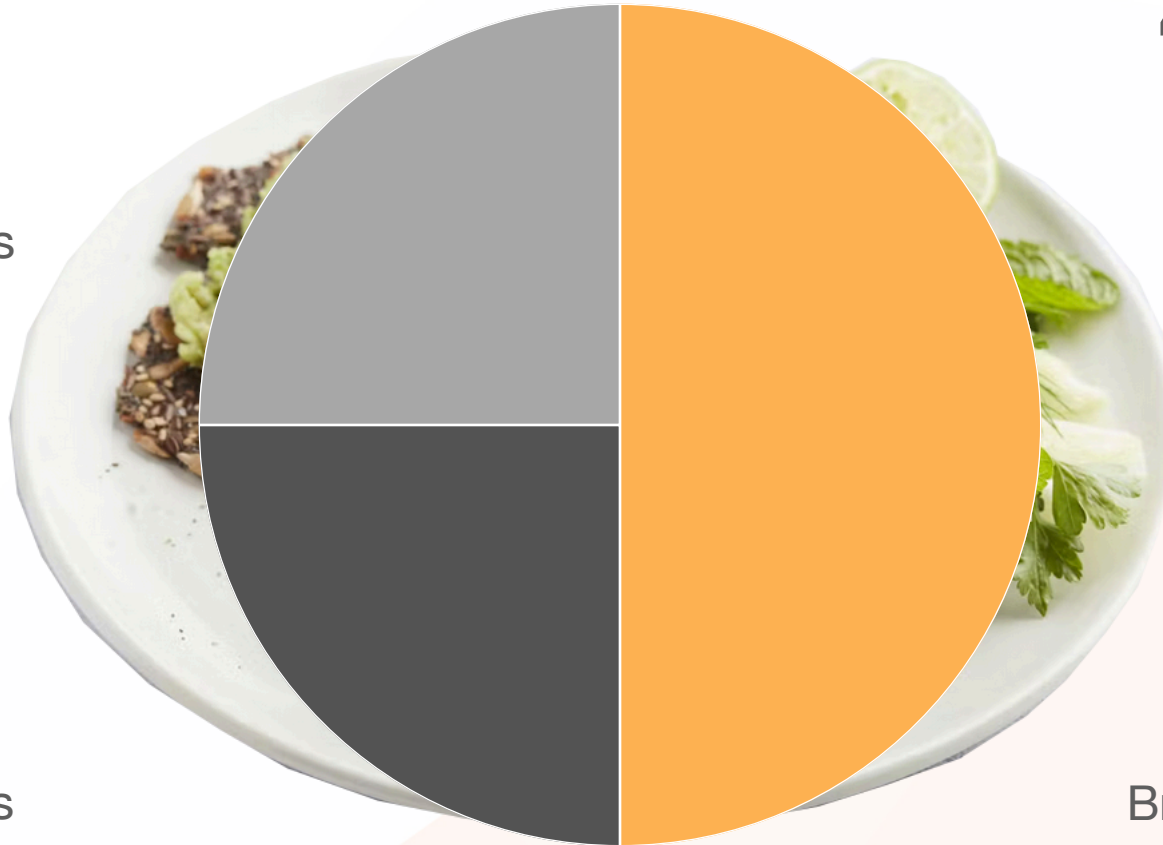
On average 2 gram vegetables
per gram of protein



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



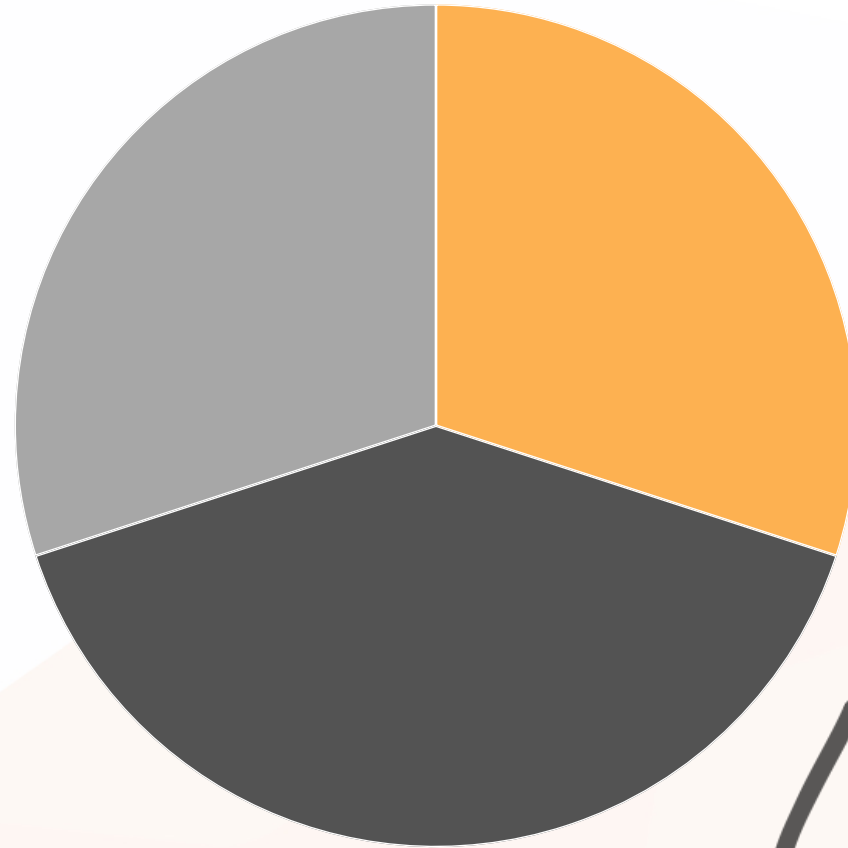
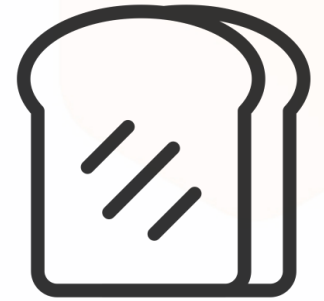
90 gram

Bread (3 whole wheat slices)

60 gram

Oats

● Carbohydrates ● Fats ● Protein

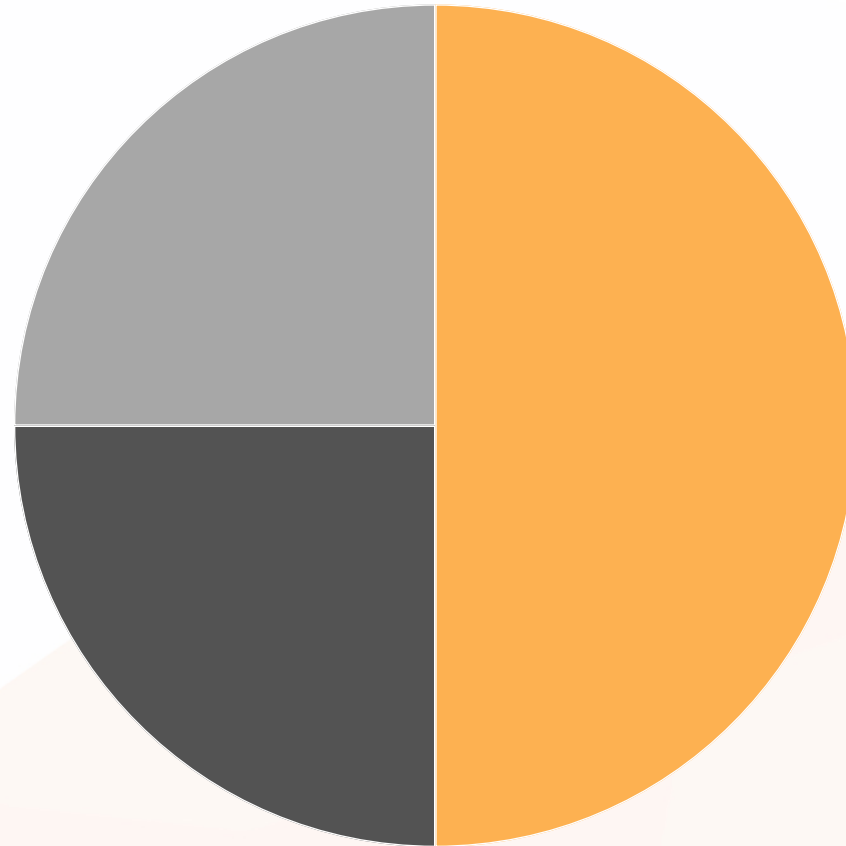


CHILL ENERGY

● Carbohydrates

● Fats

● Protein

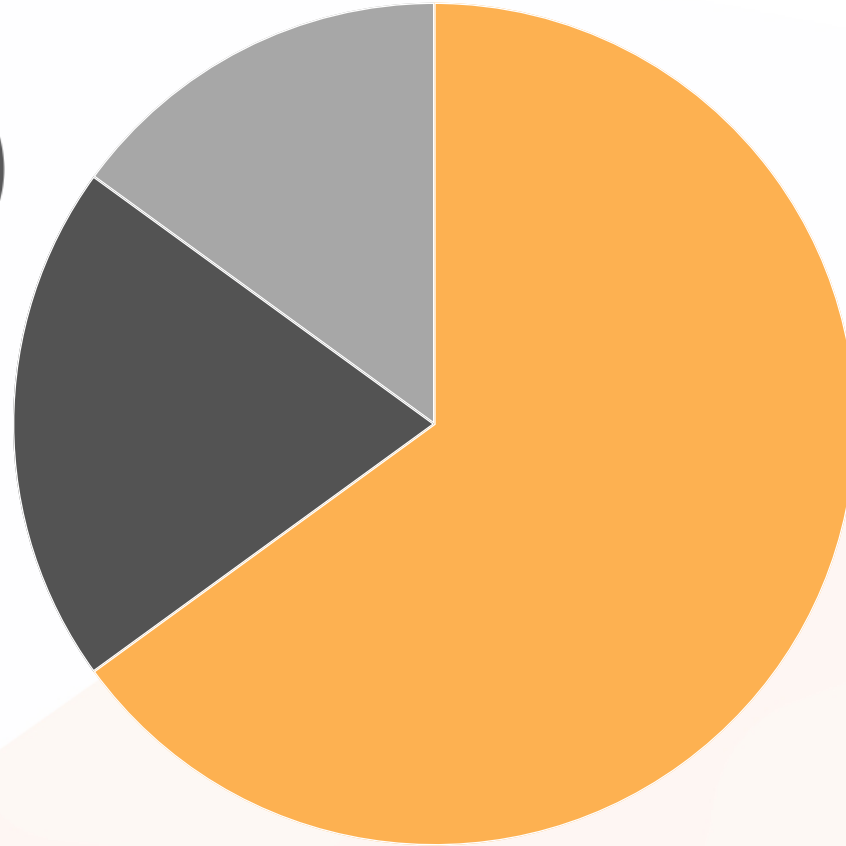


FAST ENERGY

● Carbohydrates

● Fats

● Protein



ENDURANCE

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



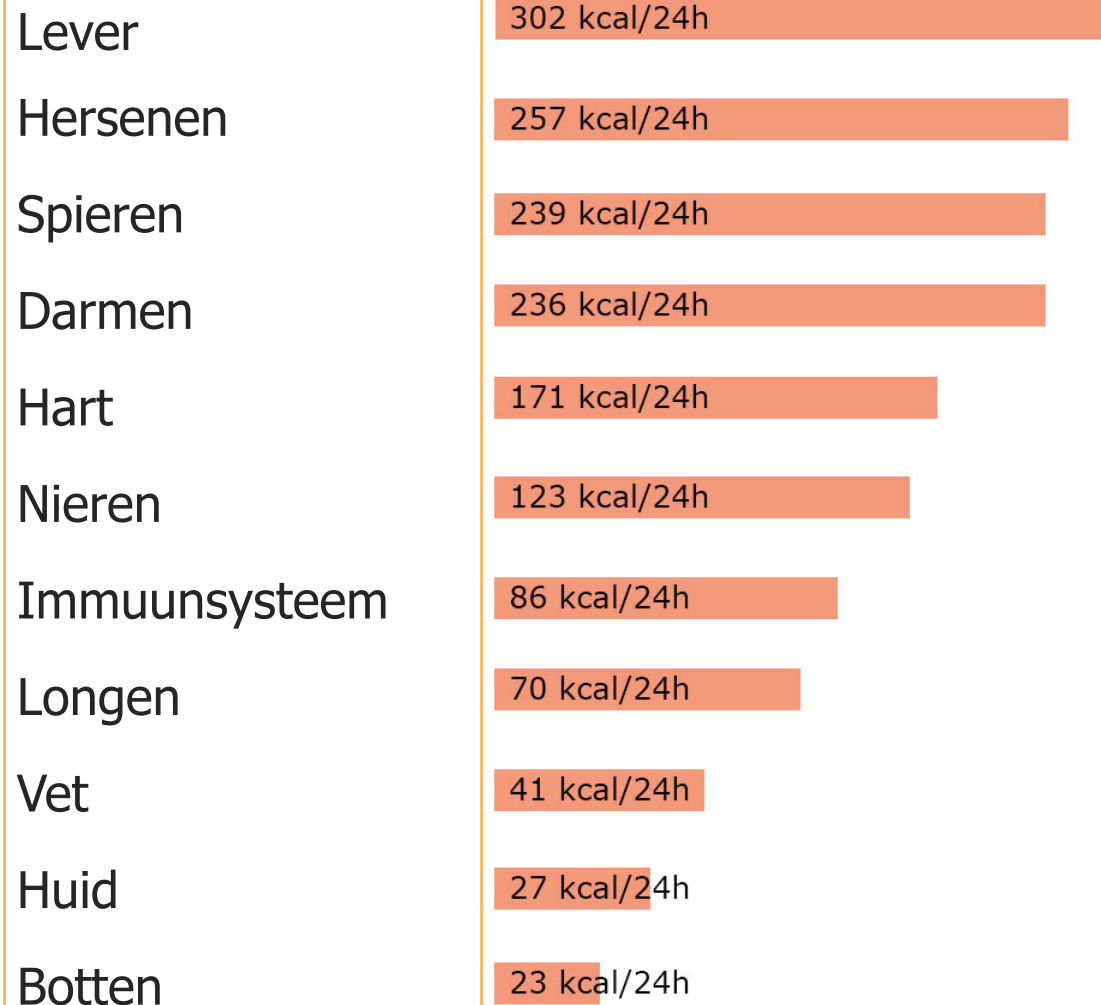
100 gram

Chicken/fish/meat

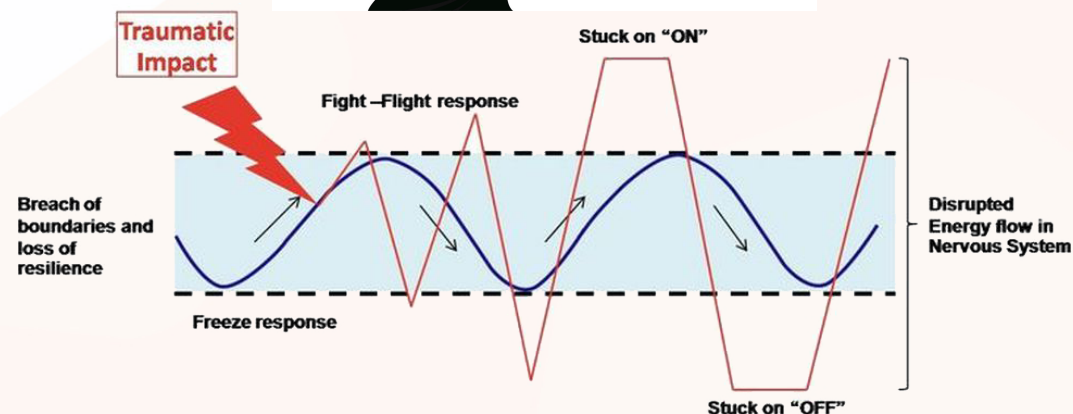


100 gram

Lentils/beans (uncooked)



Too much / too little = STRESS



*

STRESS

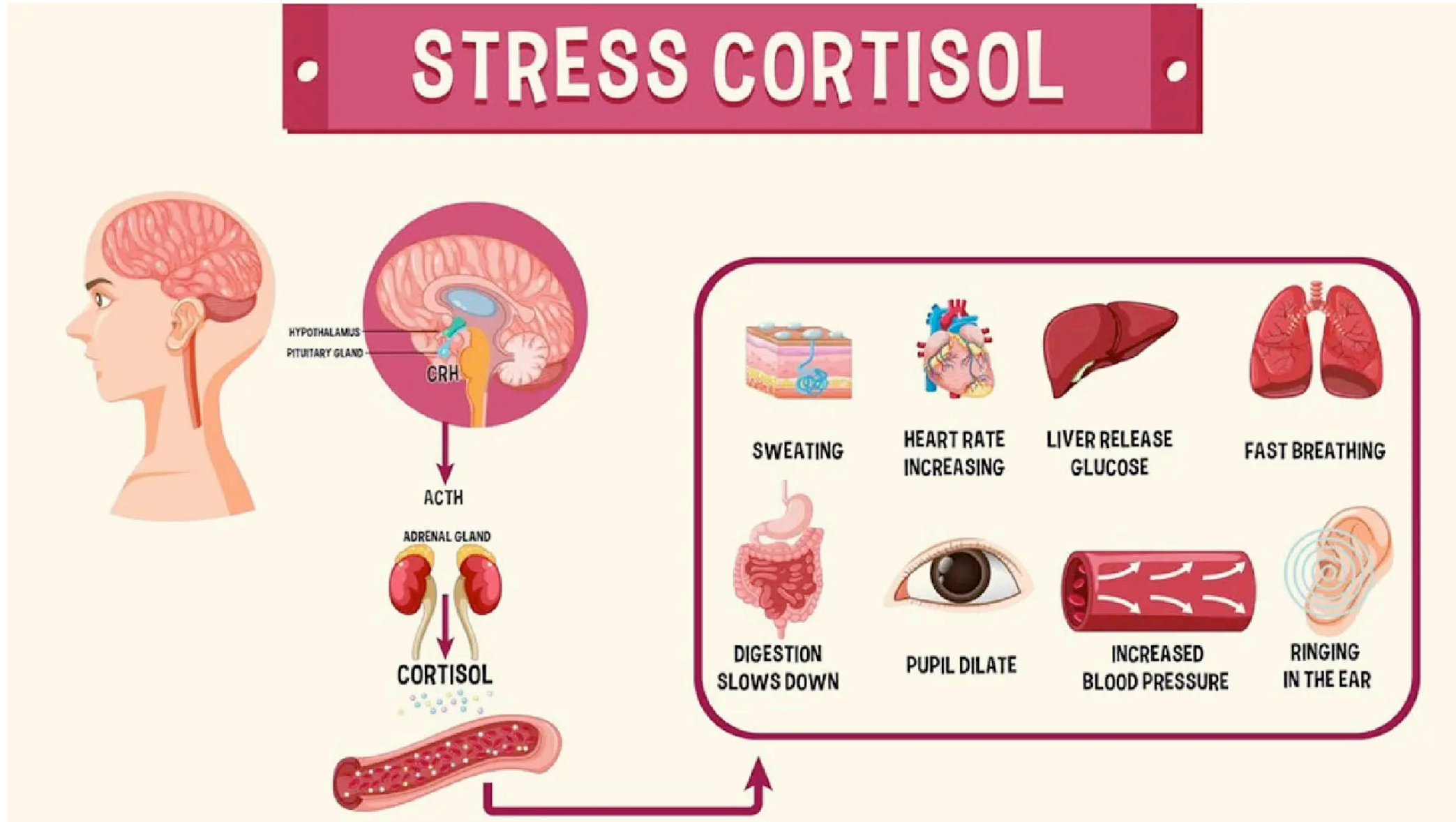
**Which hormone is
responsible for stress
And is able to elevate our
bloodsugarlevel?**



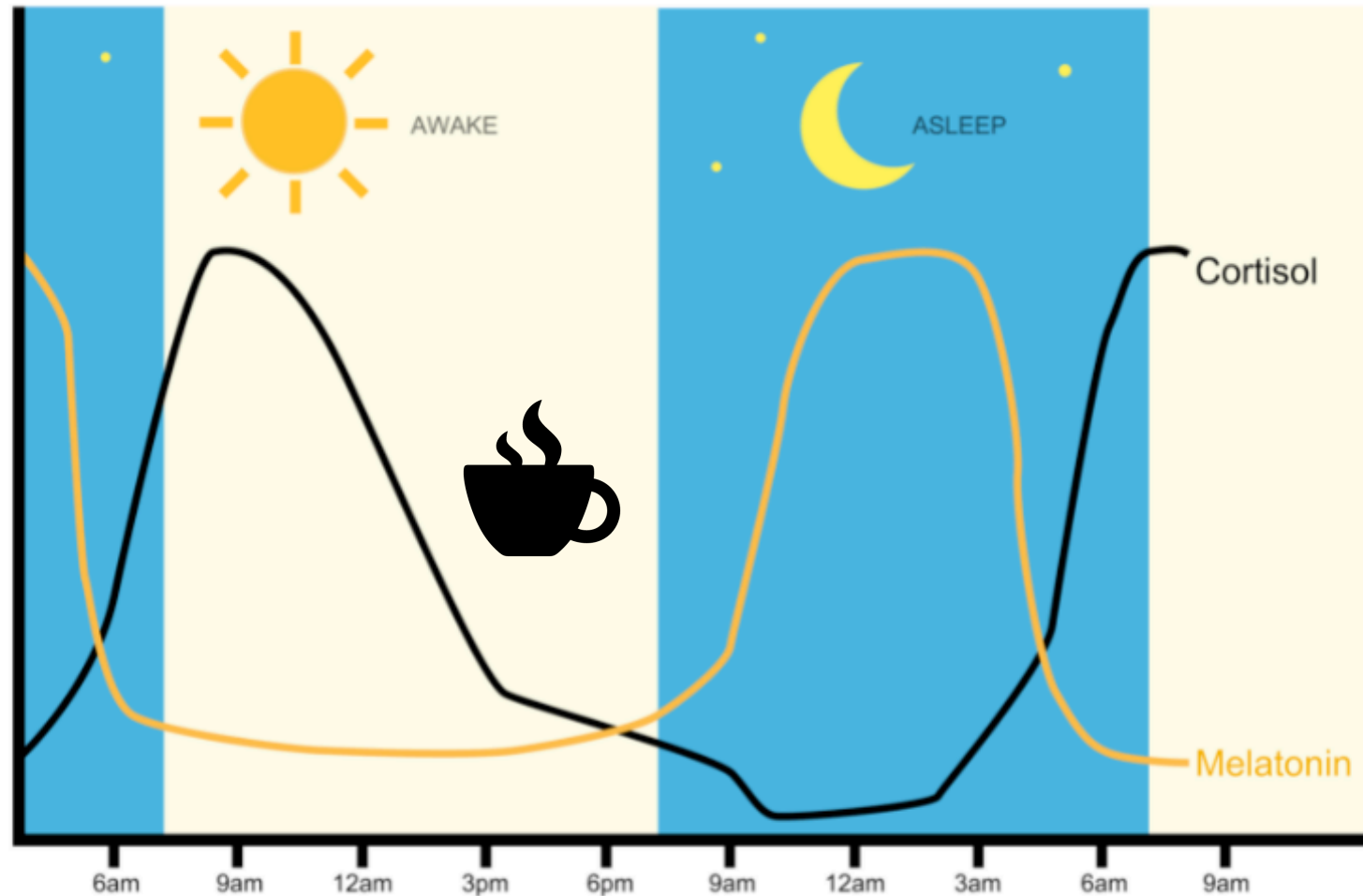
GO TO
menti.com

FILL IN THE CODE
4325 1718

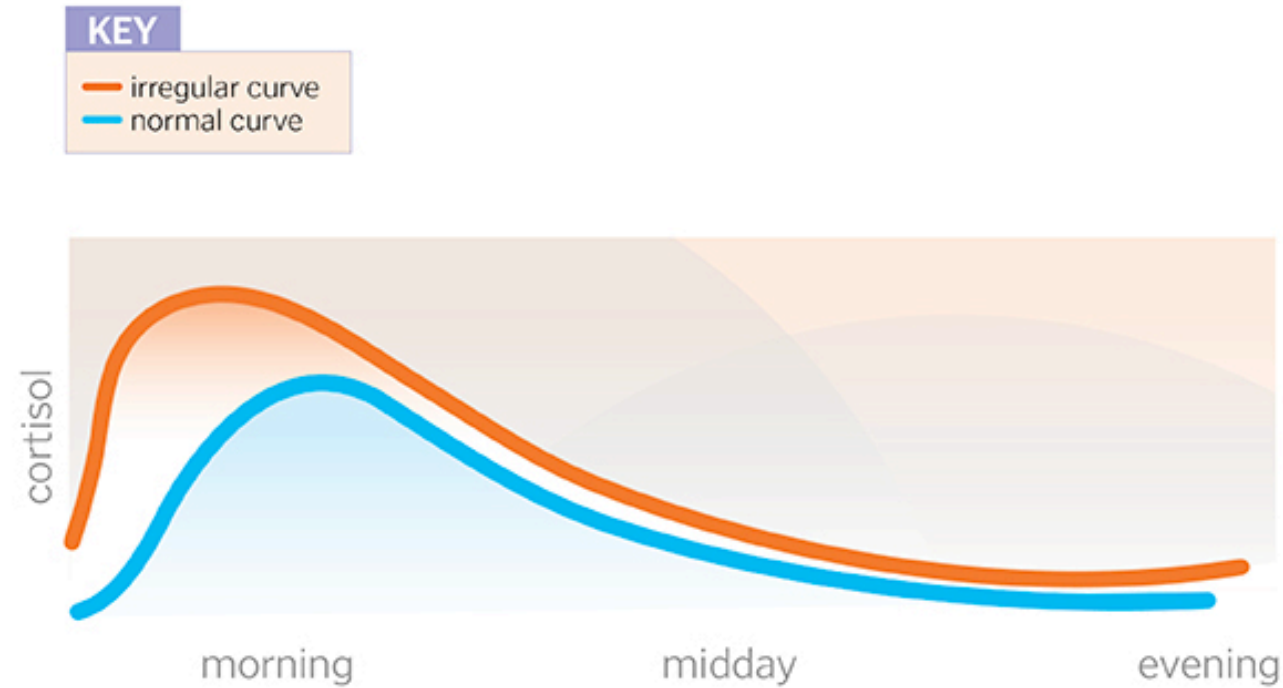
CORTISOL



SLEEP/WAKE CYCLE

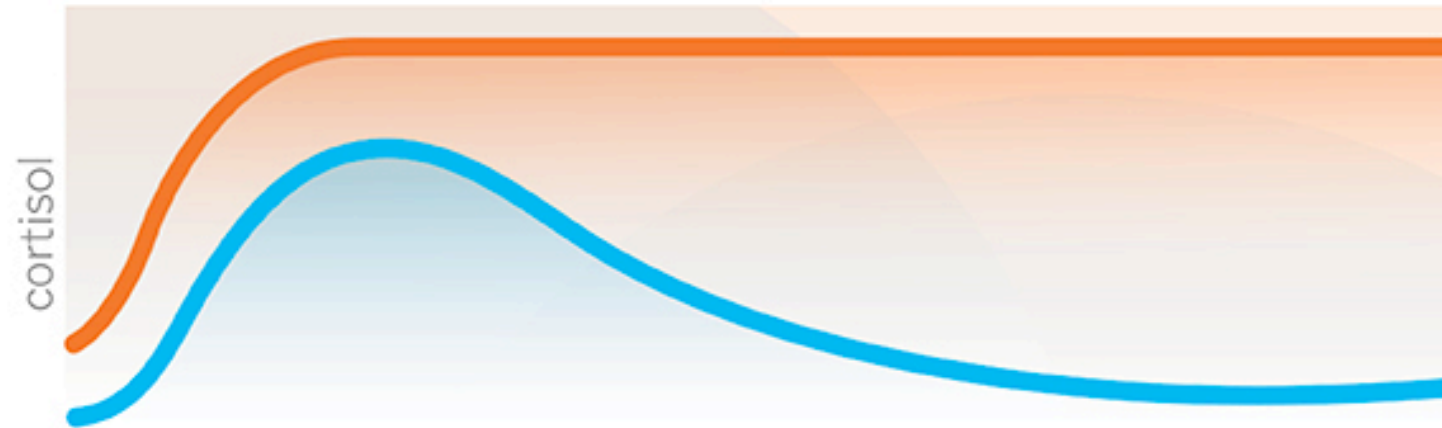
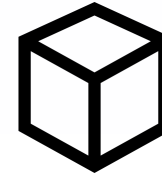
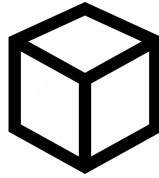


CORTISOL OUT OF BALANCE

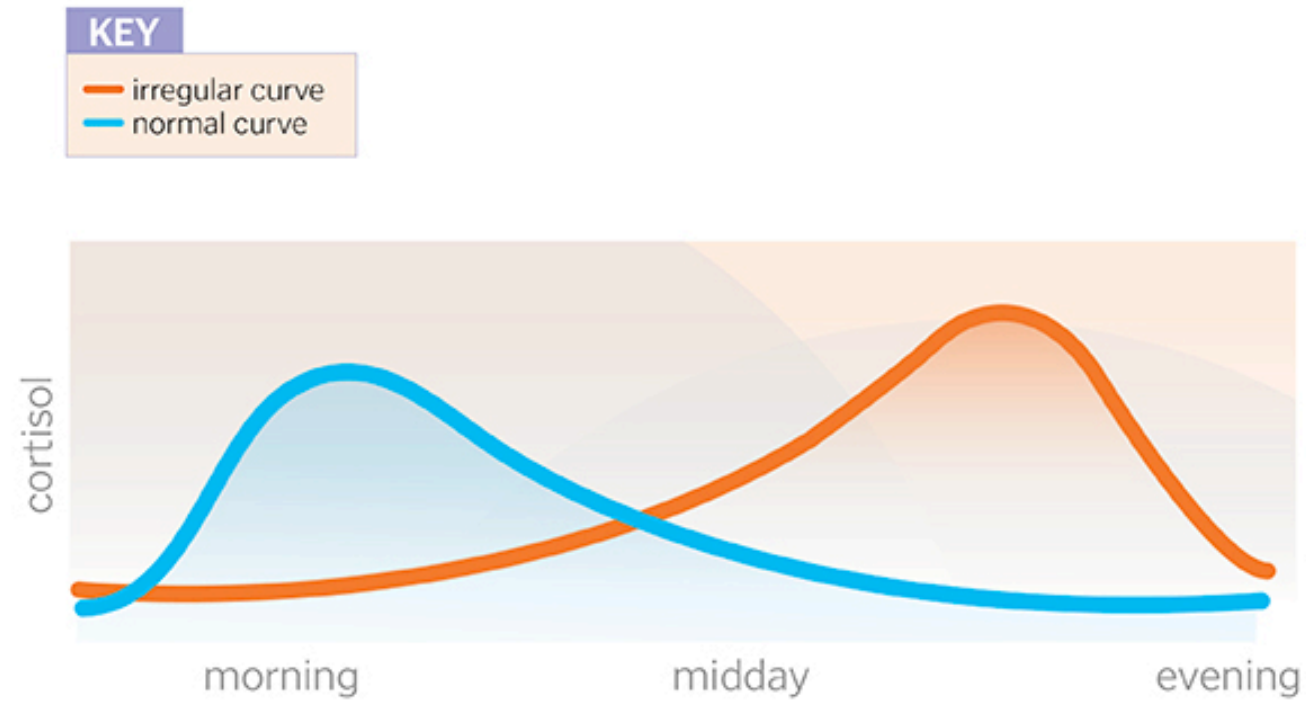


CORTISOL DISBALANCE

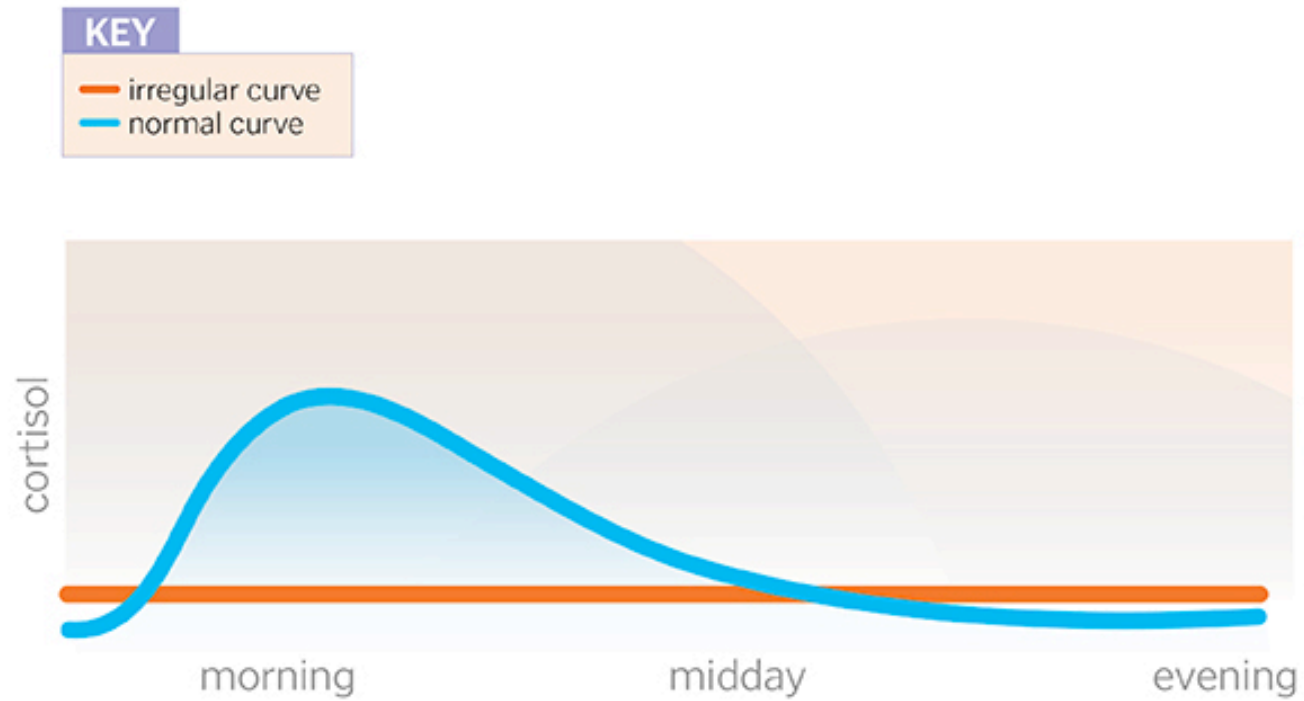
POSSIBLY DUE TO SUGAR + TO MUCH CAFFEINE



CORTISOL DISBALANCE



CORTISOL BURN OUT





WORK IN:

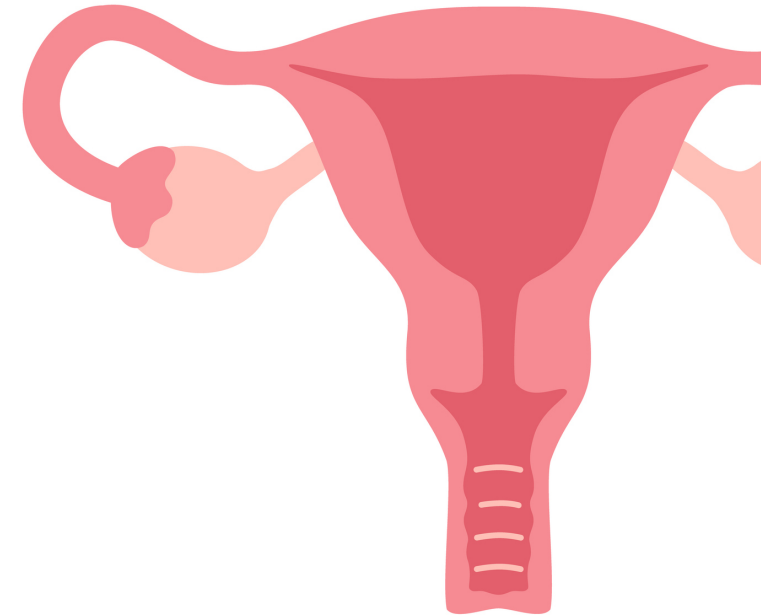
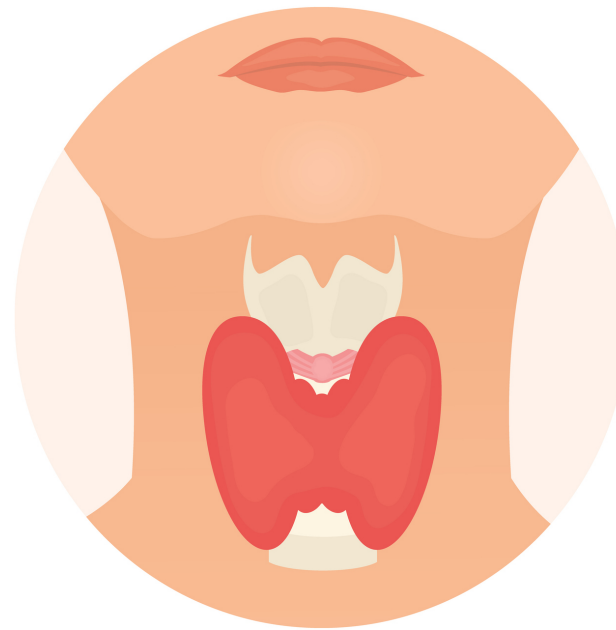
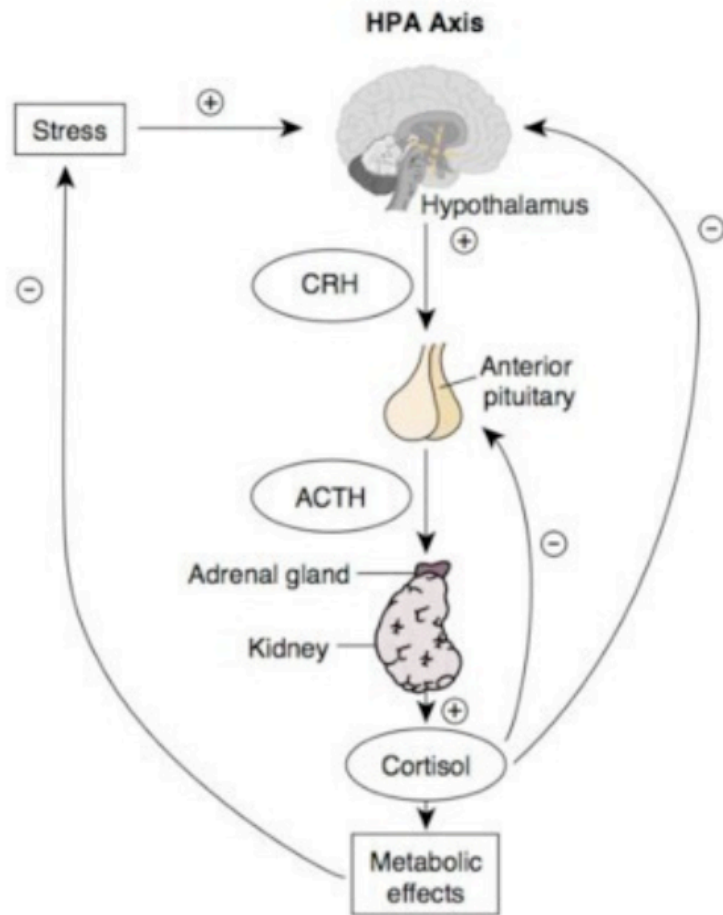
BREATH

FOR stress management

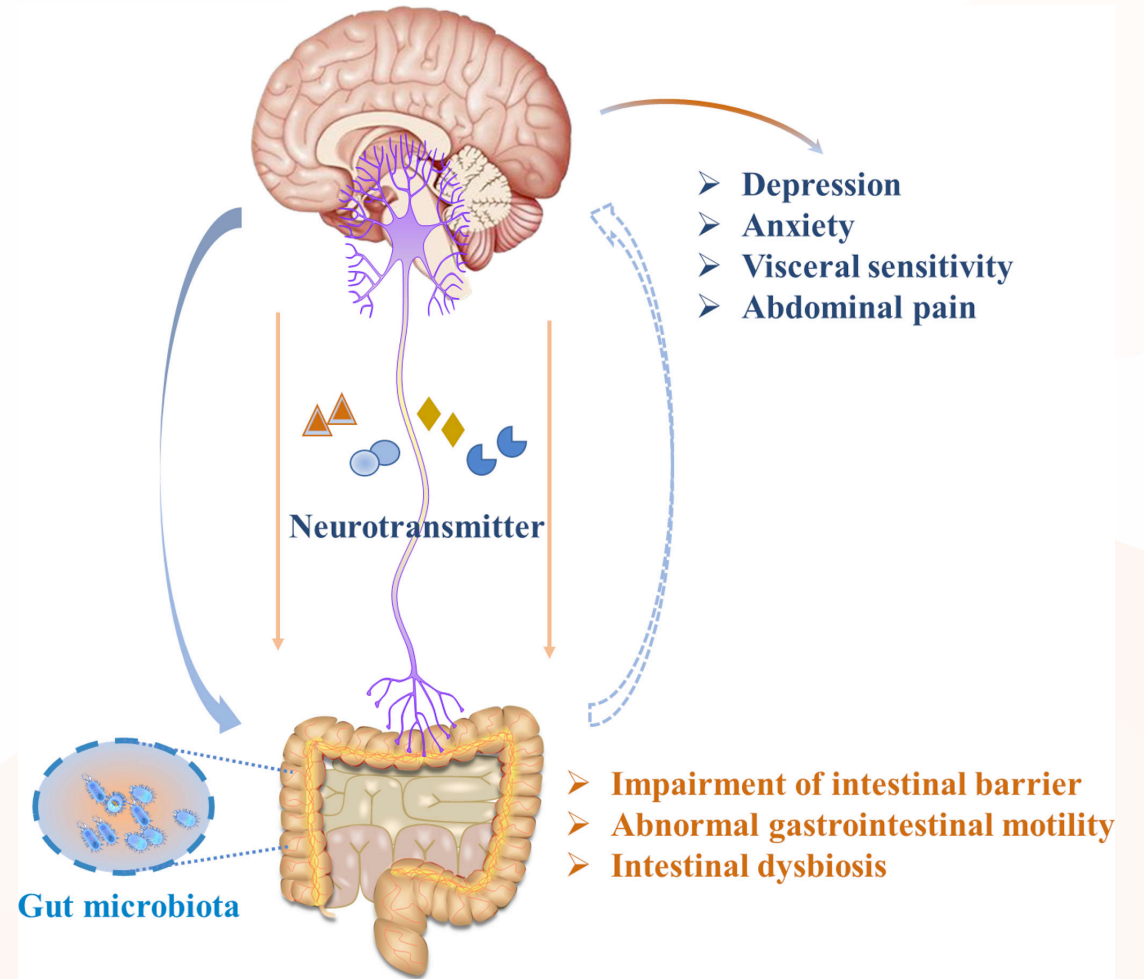
2 MINUTES

4 7 8

WHEN HPA IS ON, HPT & HPG ARE OFF



FOOD ALSO INFLUENCES OUR MOOD !



PROTEIN

TRYPTOFAAN

Folate, iron,
Calcium, b3

*Tryptofaan
Hydroxylase*

5-HTP

Magnesium,
Zink, b6, vit-c

*5-hydroxytryptofc
Decarboxylase*

SEROTONINE

Magnesium,
b12, SAM-E

*Serotonine
N-acetyltransfera*

MELATONINE



PROTEIN

GLUTAMINE

Magnesium,
Mangan

*Glutamine
Synthetase*

GLUTAMAAT

Magnesium,
Zink, b6, vit-c

*Glutamaat
Decarboxlase*

GABA

*GABA
transaminase*

SUCCINAAT

GABA



Cruciferous



Soya bean



Common bean



Adzuki bean



Lupin



Pea



Tomato



Spinach



Mushrooms



Buckwheat



Oat, wheat, barley



Rices



Potato, sweet potato



Wild celery



Maypop



Mouse-ear hawkweed



Pokeroot



Valerian



St John's wort



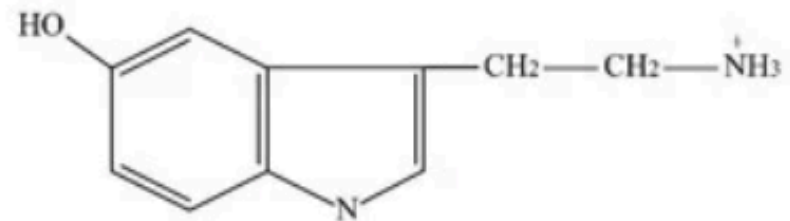
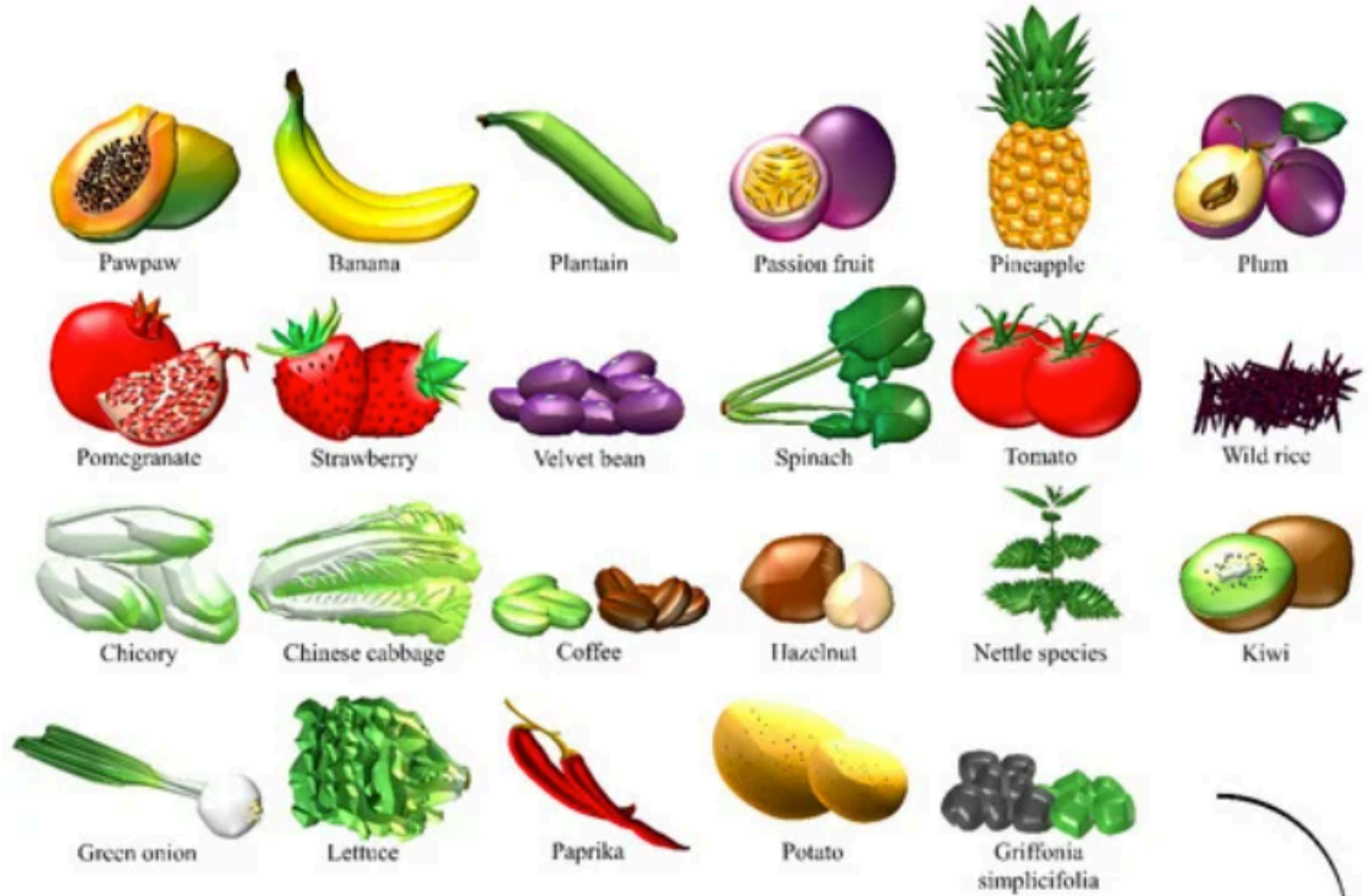
Chestnut



SEROTONIN



z z z z



EAT UNPROCESSED FOOD

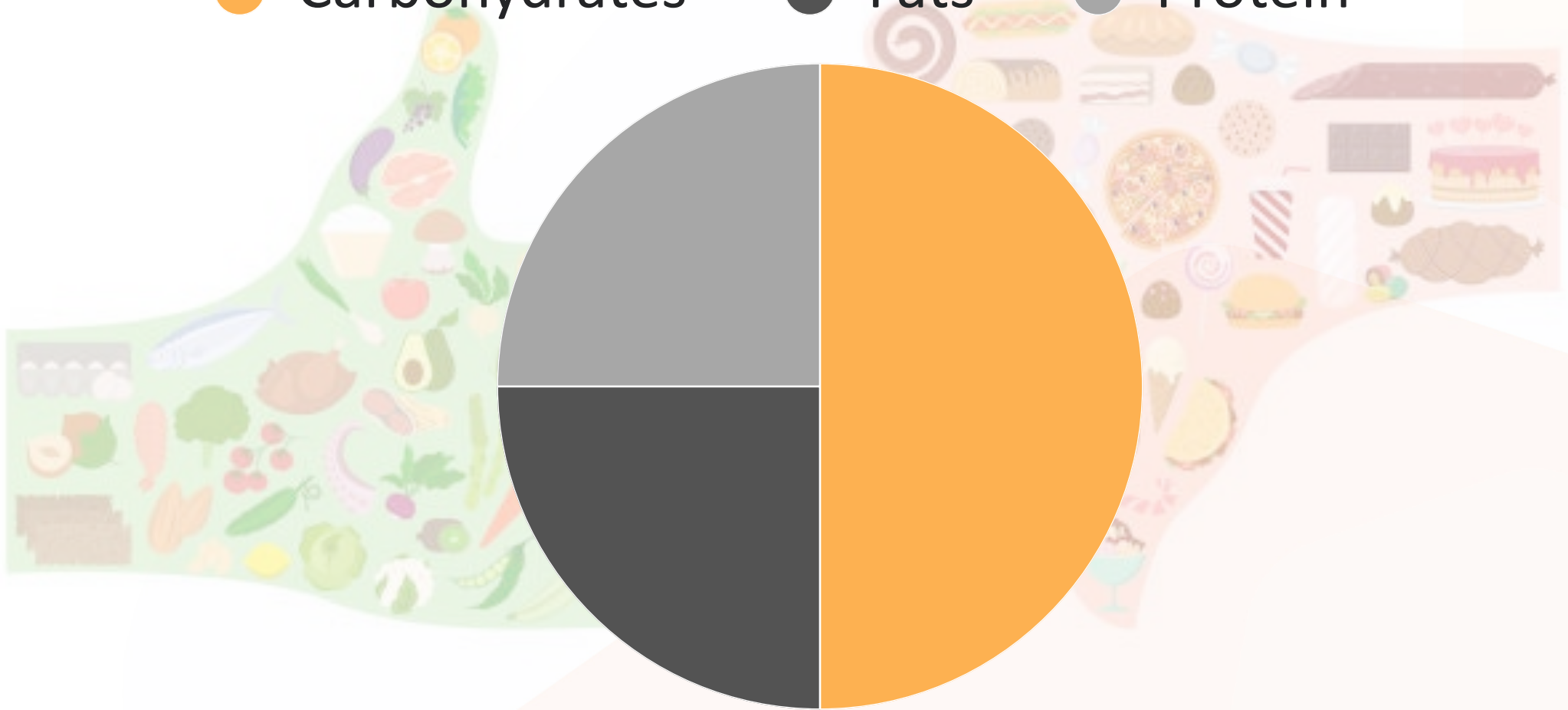


NUTRIENT DENSE



IN THE RIGHT BALANCE

● Carbohydrates ● Fats ● Protein



THE END

THANKS FOR THE ATTENTION

