

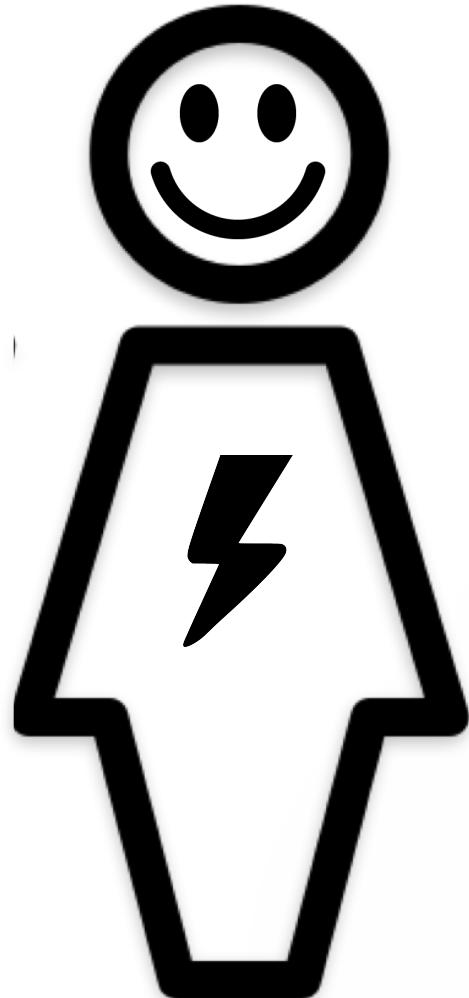


THE POWER OF FOOD

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





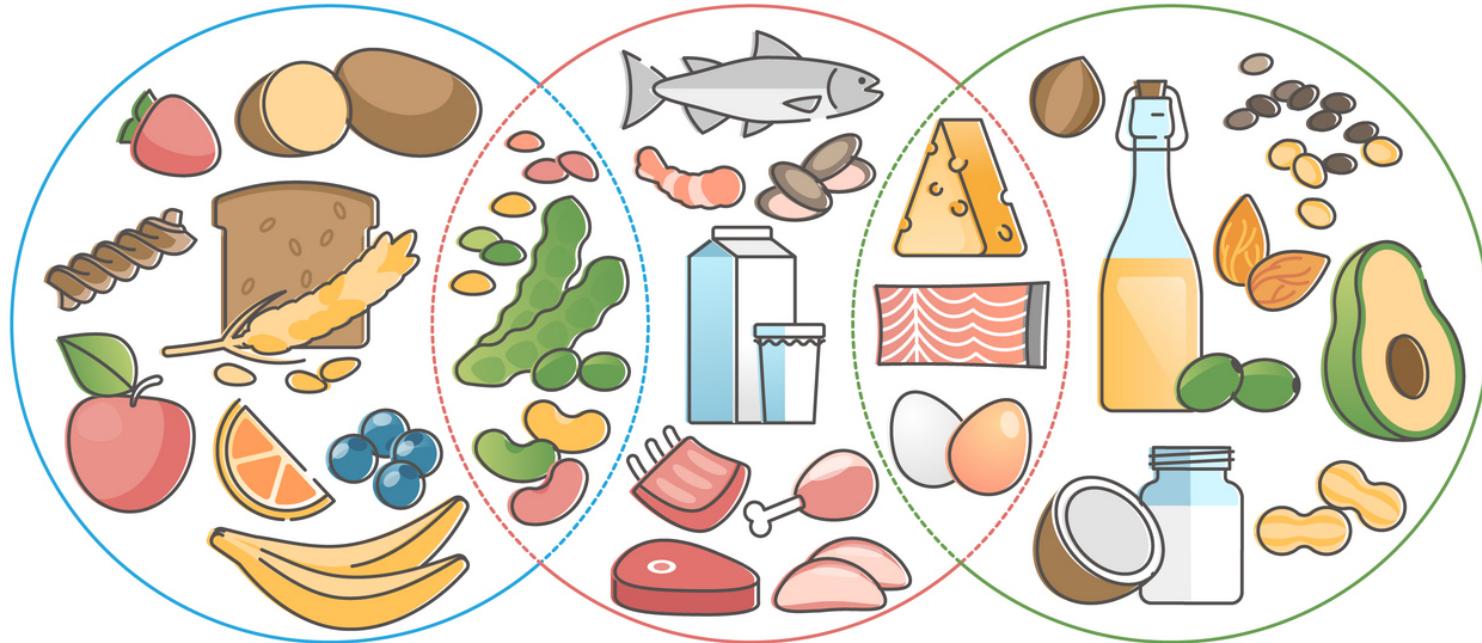
PROTEIN

BUILDINGBLOCKS
4 KCAL PER GRAM

2500 KCAL

60% Carbs
30% fat
10% protein

50% carbs
25% fat
25% protein



CARBOHYDRATES

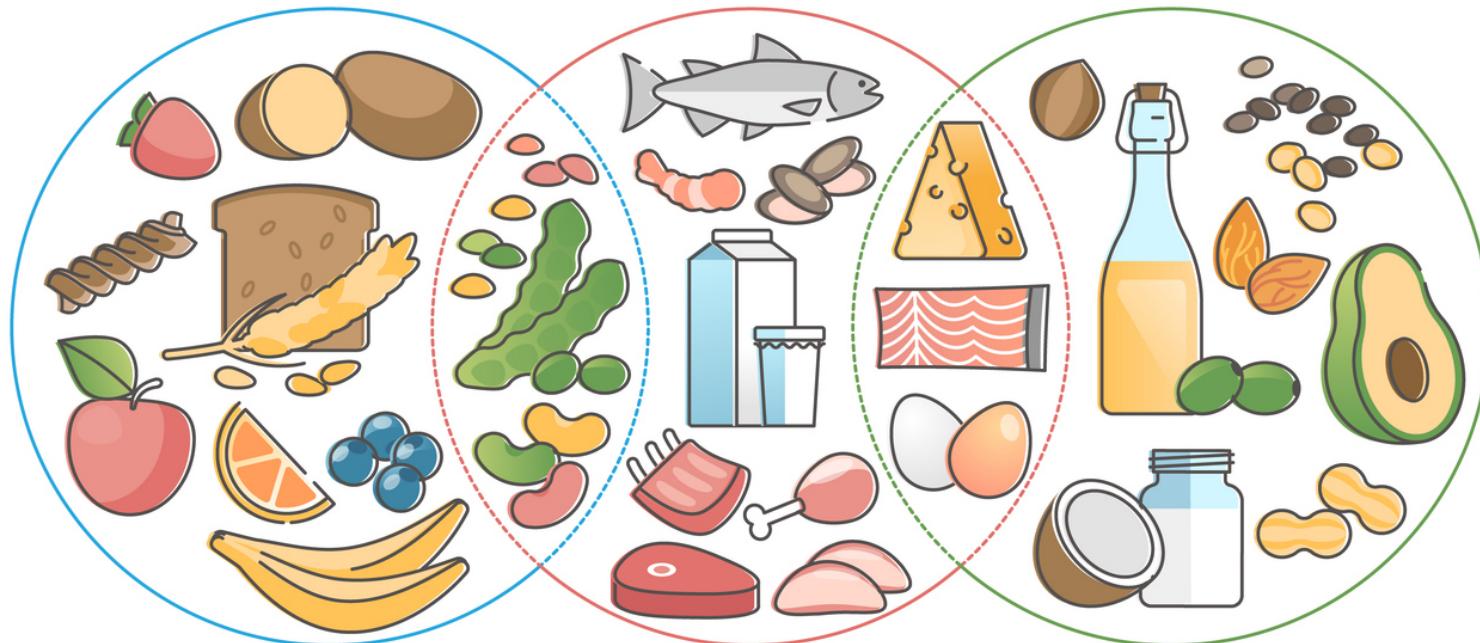
FAST ENERGY
4 KCAL PER GRAM

FATS

LASTING ENERGY +
BUILDINGBLOCKS (OMEGA)
9 KCAL PER GRAM

PROTEIN (TEF)

BUILDINGBLOCKS
4 KCAL PER GRAM



CARBOHYDRATES

FAST ENERGY
4 KCAL PER GRAM

FATS

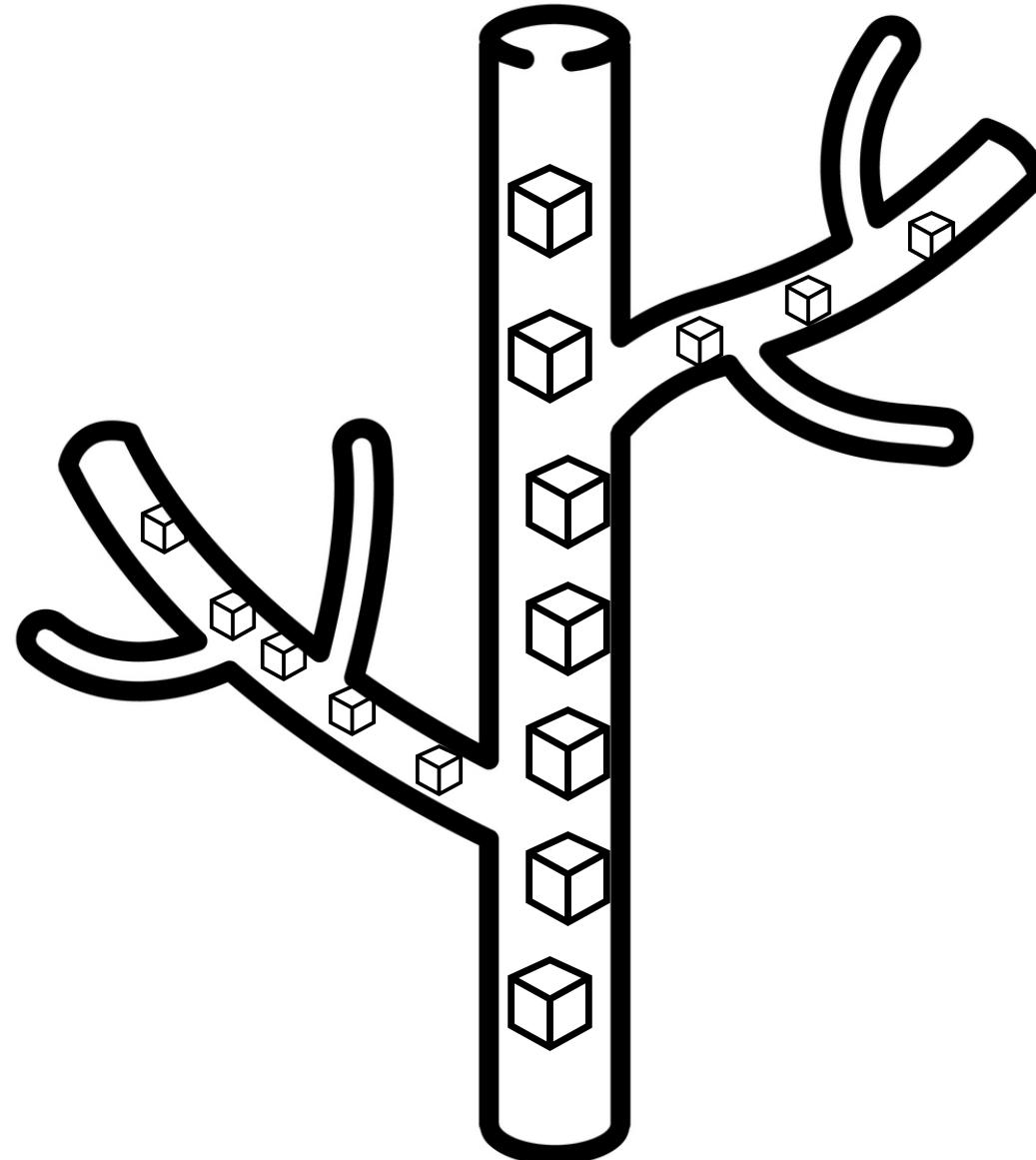
LASTING ENERGY (saturated) +
BUILDINGBLOCKS (unsaturated)
9 KCAL PER GRAM



CARBOHYDRATES/ SUGAR



SUGAR
FOR
ENERGY



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



SUGAR
STORED AS
FAT *



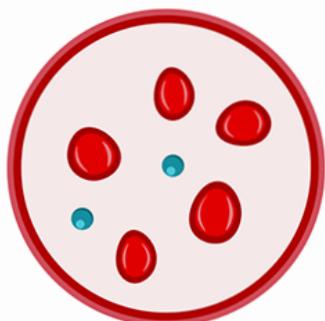
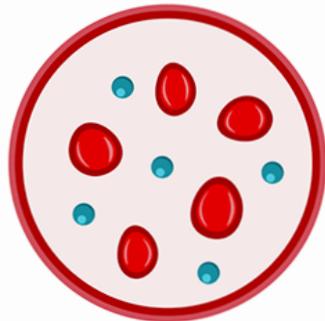
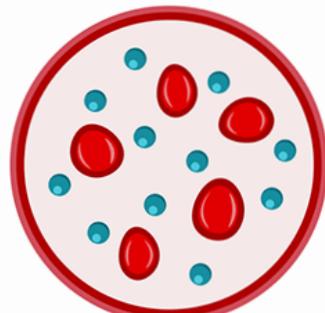
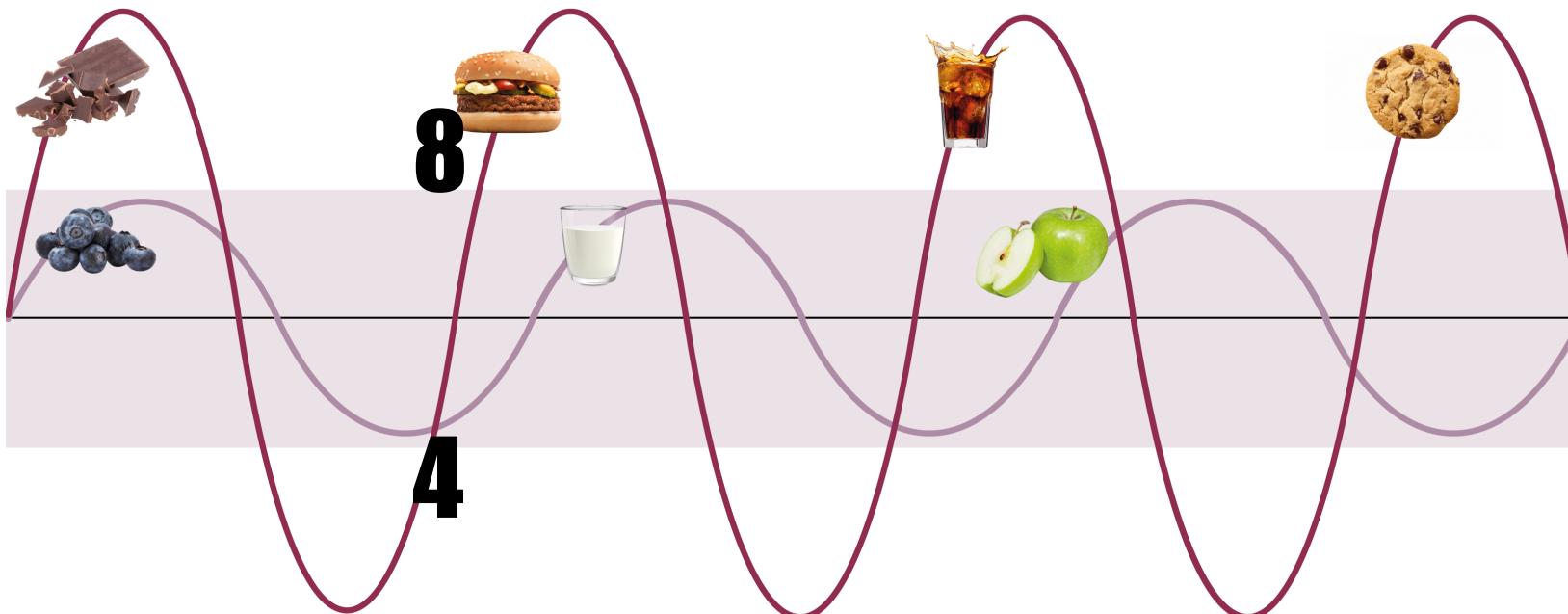
HYPER

(Hyperglycaemia)



HYPO

(Hypoglycaemia)



WHAT STABILIZES THE BLOODSUGAR?



GO TO
menti.com

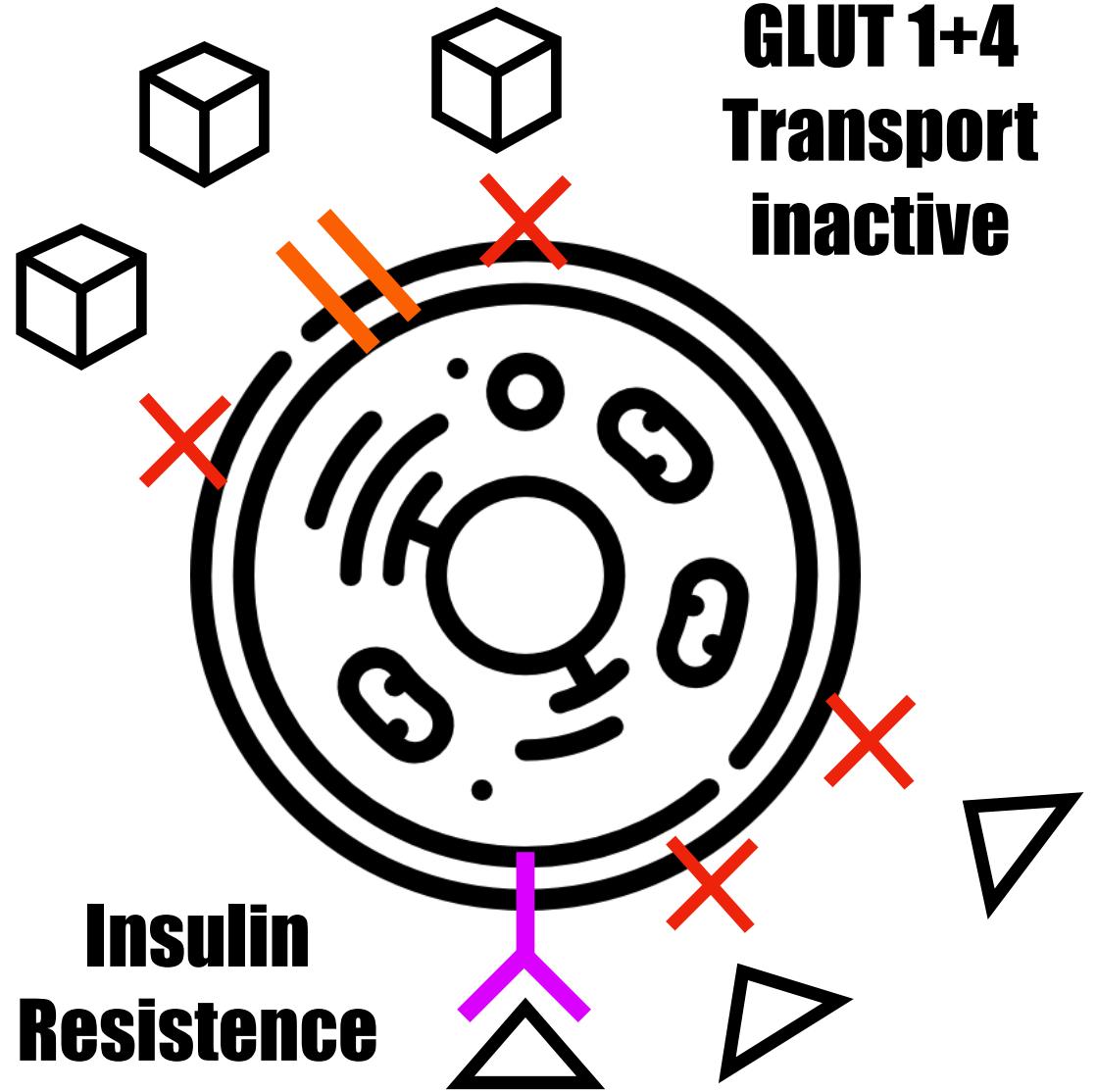
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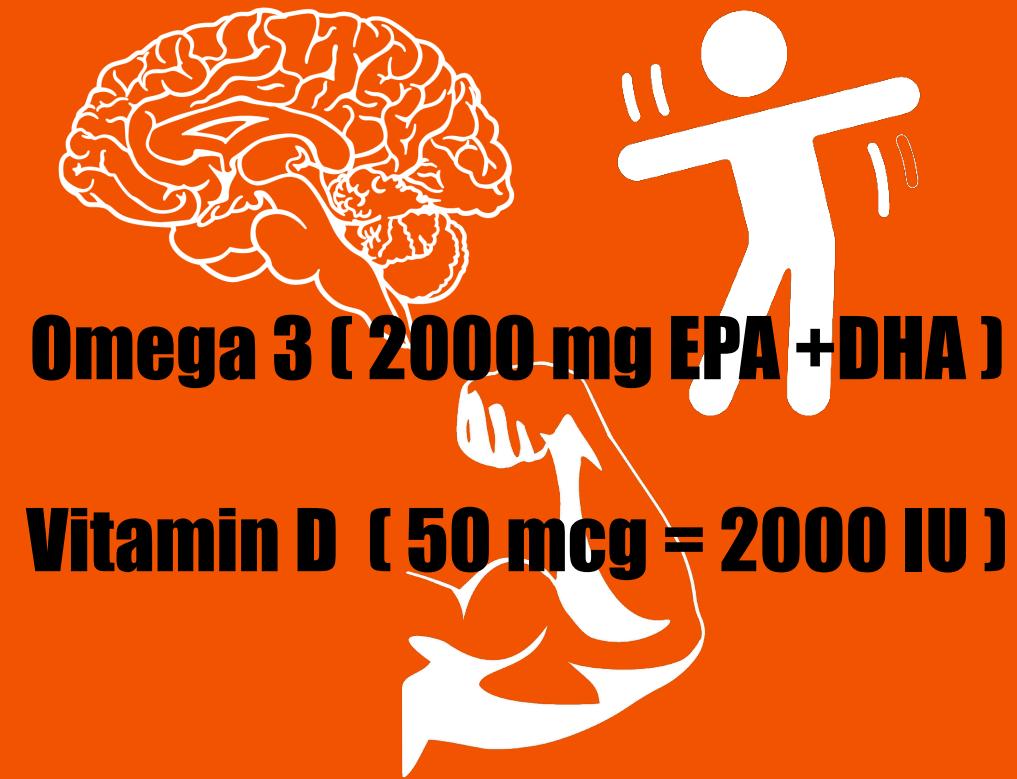
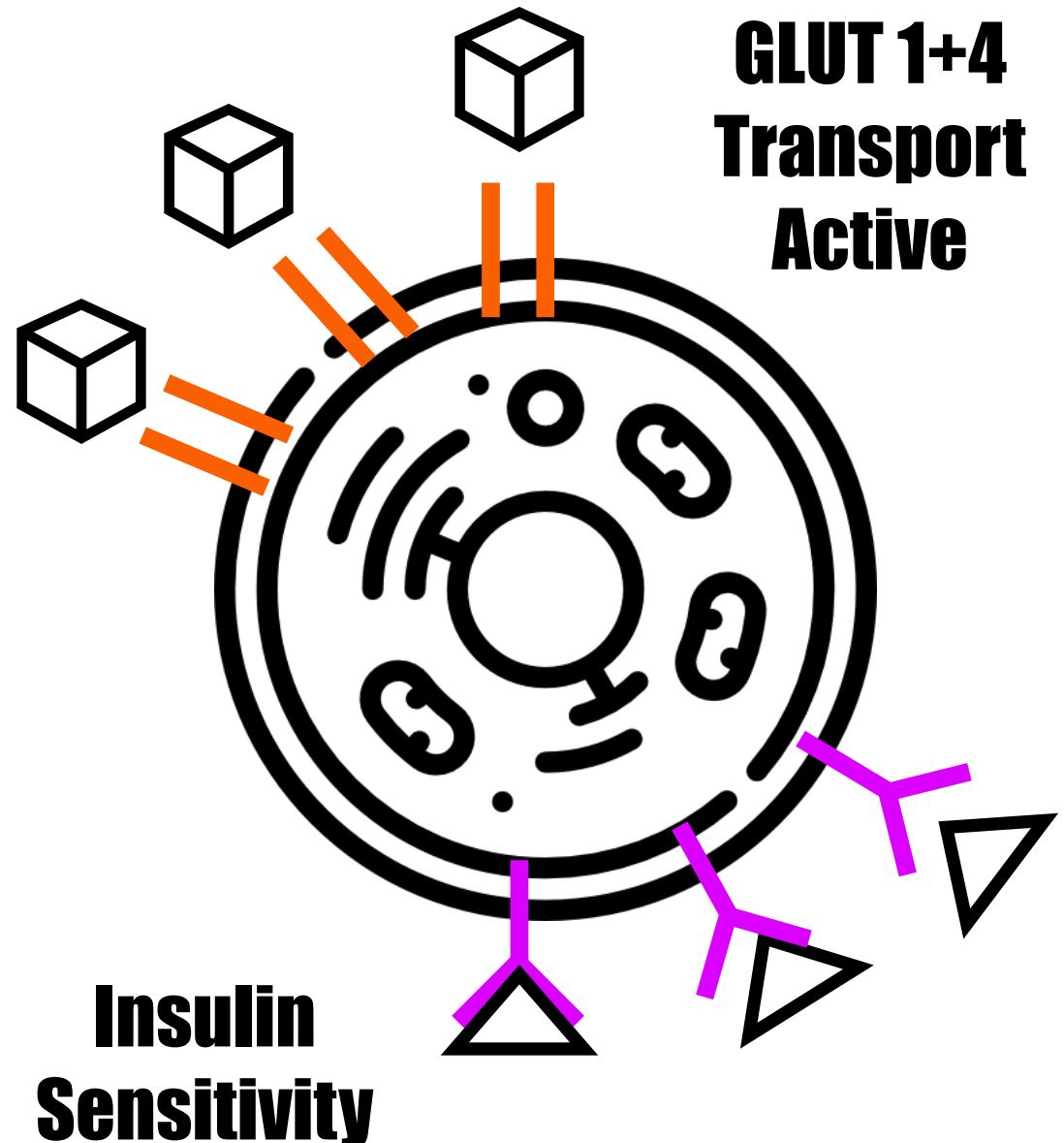
Glycemic Index

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

Glycemic Index







**SHORT
EFFECTIVE
MOVEMENT**

2 MINUTES

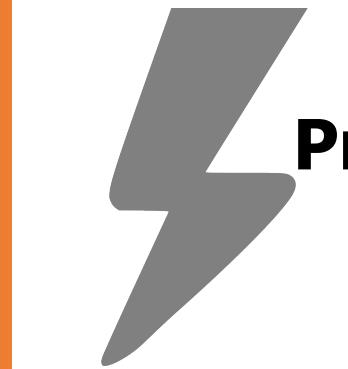




Optimize protein

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



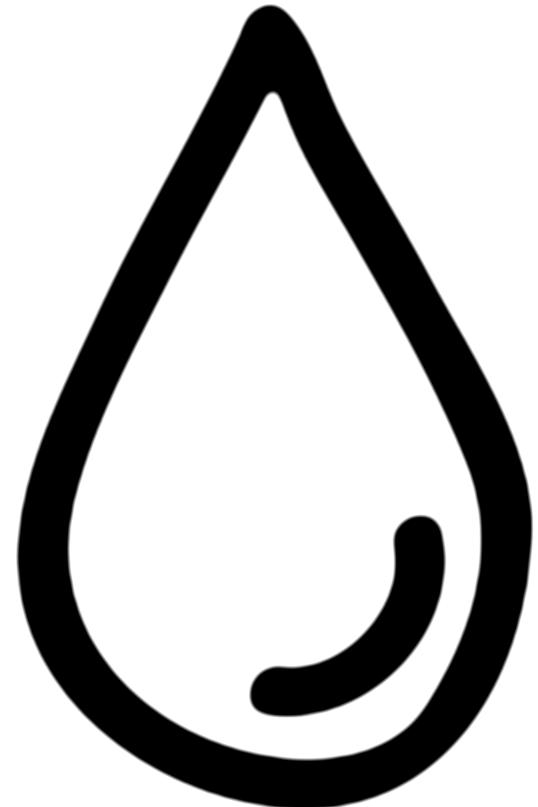
Verzuring van het lichaam gedurende de jaren

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)





wo 26 februari

Carbohydrates

Fats

Protein



Popular food apps: Virtuagym or Myfitnesspal

Je kunt nog 108 calorieën eten

2490 calorieën gegeten

Doel: 2598

99%
Koolhydraten75%
Eiwitten105%
VettenJe hebt vandaag 0 calorieën extra verbrand met bewegen (i)

Ontbijt

2490 Calorieën (96%)

 Banaan
2x middel 247 Calorieën

 Appelstroop
4x voor 1 snee 140 Calorieën

 Sinaasappel Kiwi (Lidl)
1x fles 0,5l 200 Calorieën

 Gemengde noten
1x handje 160 Calorieën

 Tempeh
1x Plak 193 Calorieën



wo 26 februari

Je kunt nog 108 calorieën eten

2490 calorieën gegeten

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Je hebt vandaag 0 calorieën extra verbrand met bewegen (i)

Ontbijt

2490 Calorieën (96%)

Banaan
2x middel 247 Calorieën (i)

Appelstroop
4x voor 1 snee 140 Calorieën (i)

Sinaasappel Kiwi (Lidl)
1x fles 0,5l 200 Calorieën (i)

Gemengde noten
1x handje 160 Calorieën (i)

Tempeh
1x Plak 193 Calorieën (i)

Carbohydrates

Fats

Protein

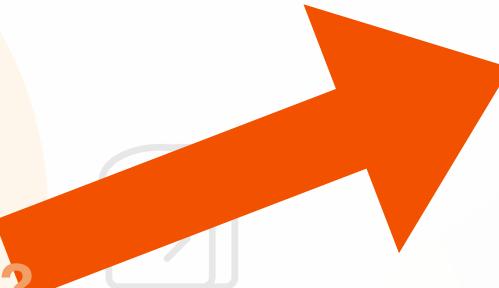


VIRTUAGYM FOOD APP

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 or Myfitnesspal



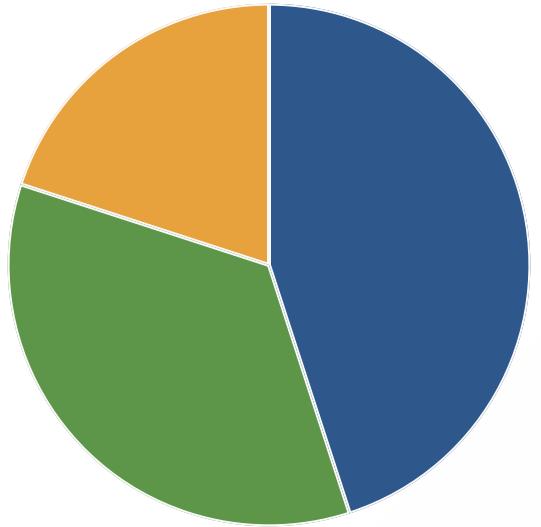
Carbs



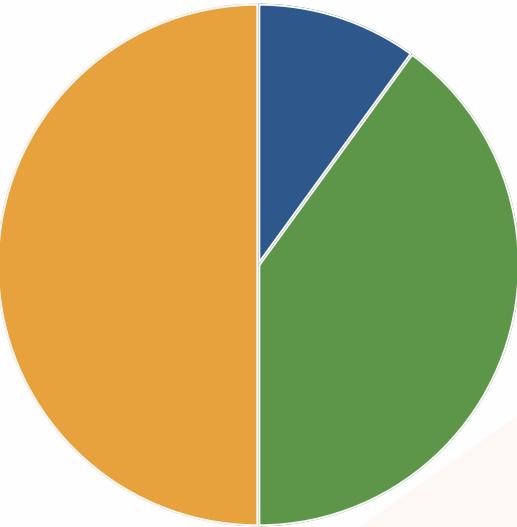
Fats



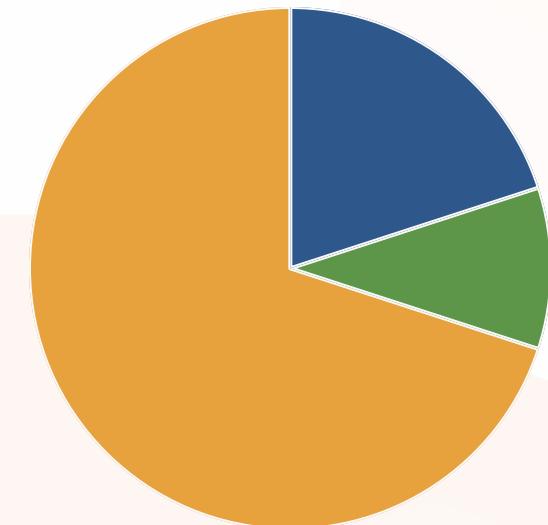
Protein



POLAR TYPE



VARIABLE TYPE



EQUATORIAL TYPE

We're all different, find out your type

MACRONUTRIENT BALANCE

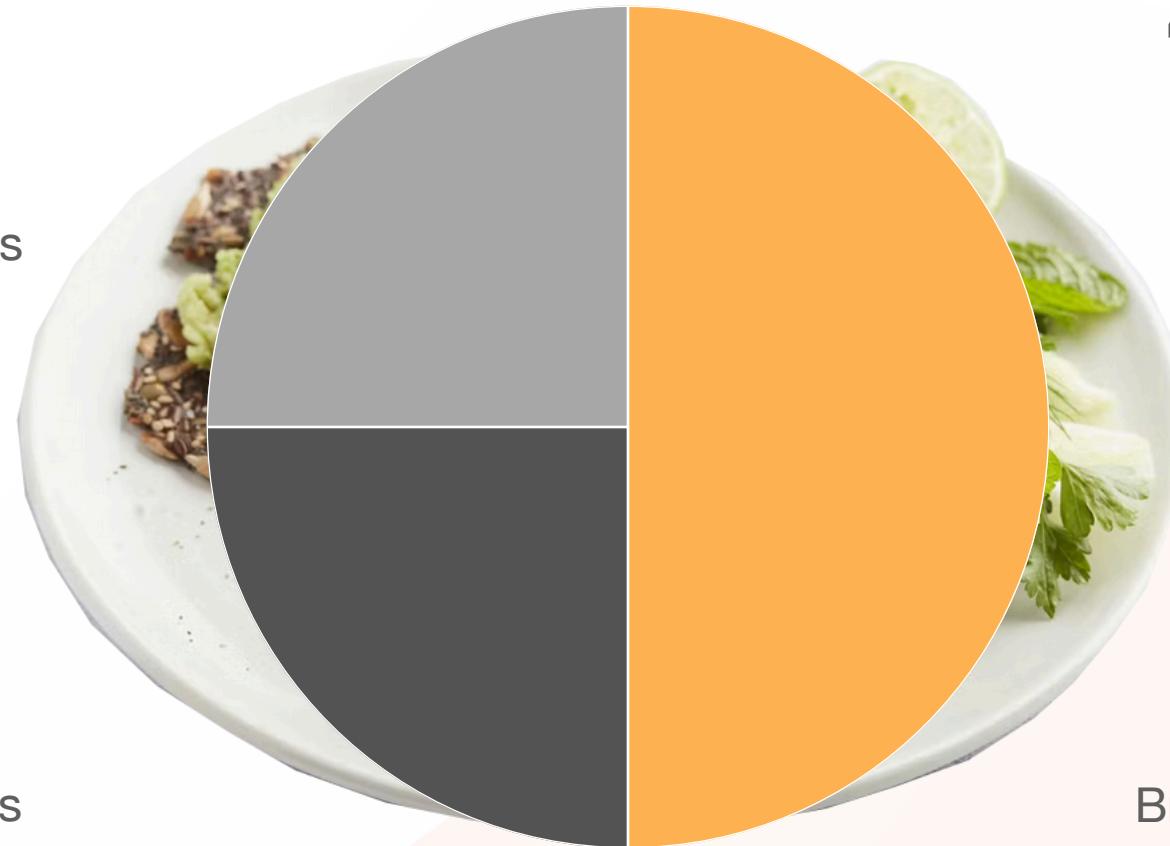
350 / 500 KCAL



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

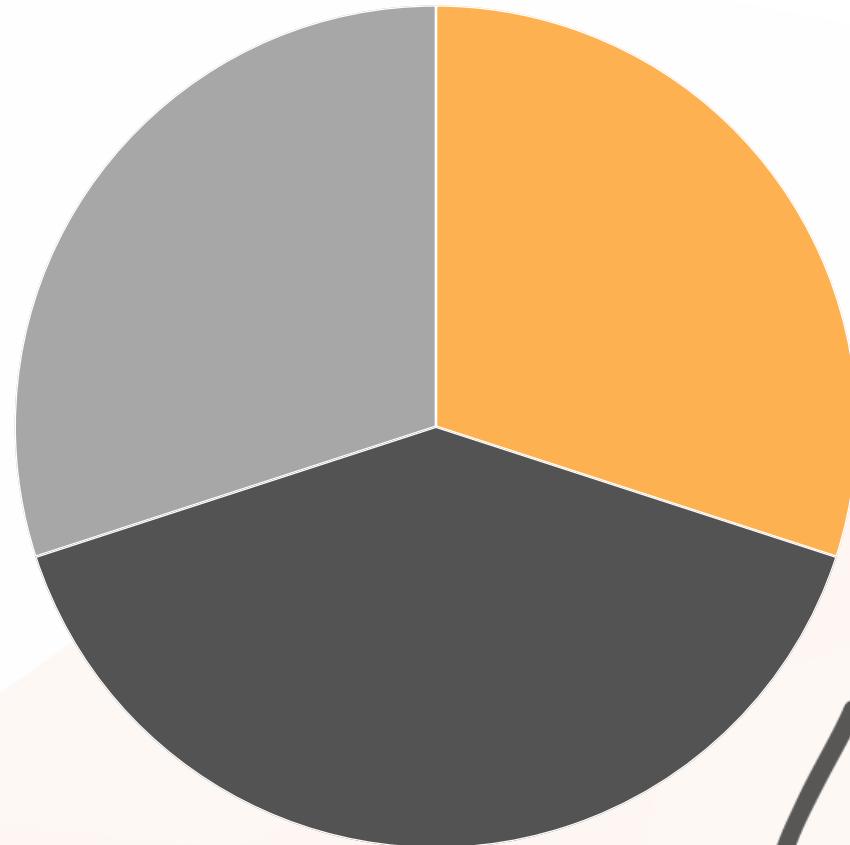
Oats



● Carbohydrates

● Fats

● Protein



CHILL ENERGY

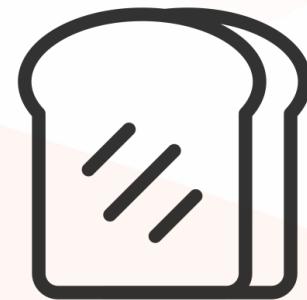


FAST ENERGY

● Carbohydrates

● Fats

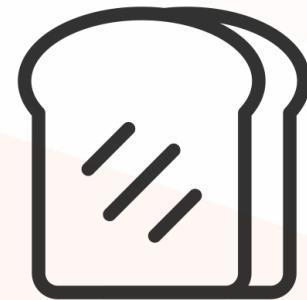
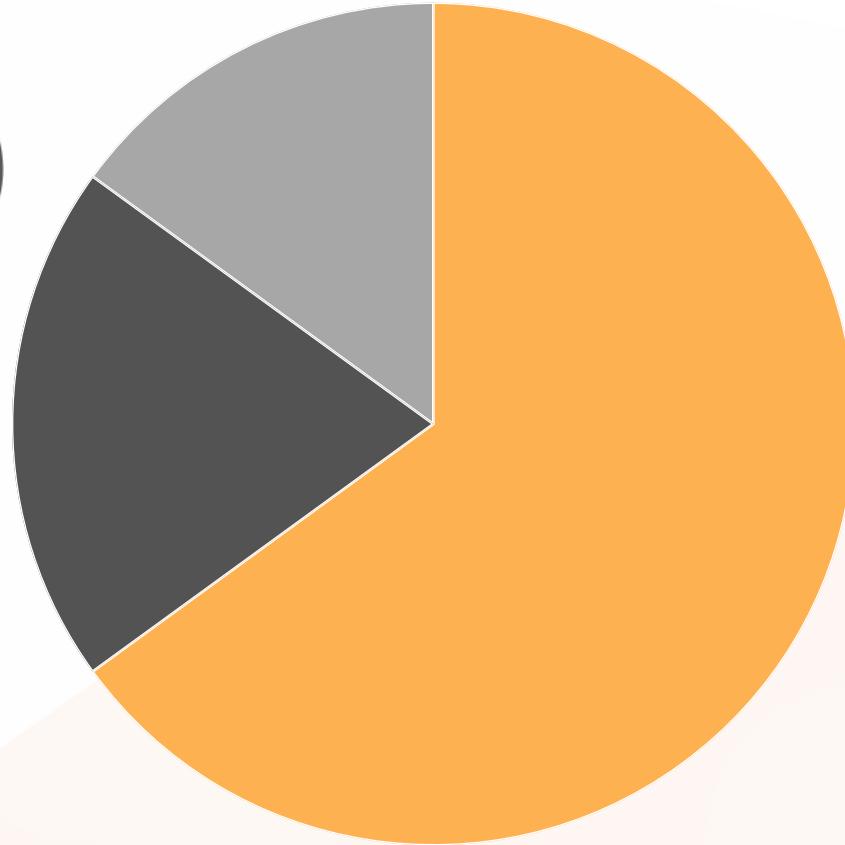
● Protein





ENDURANCE

● 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

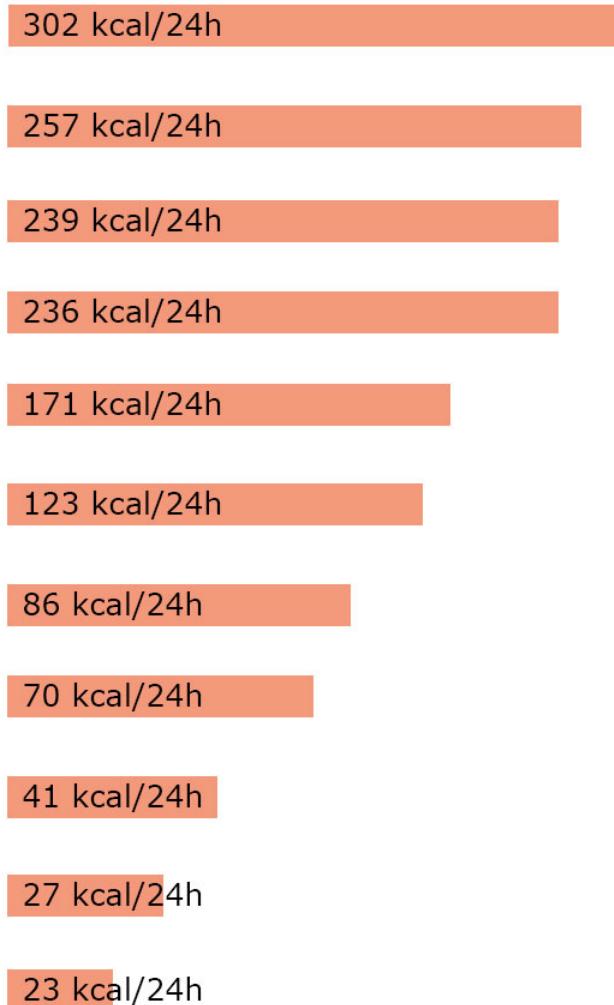
Chicken/fish/meat



100 gram

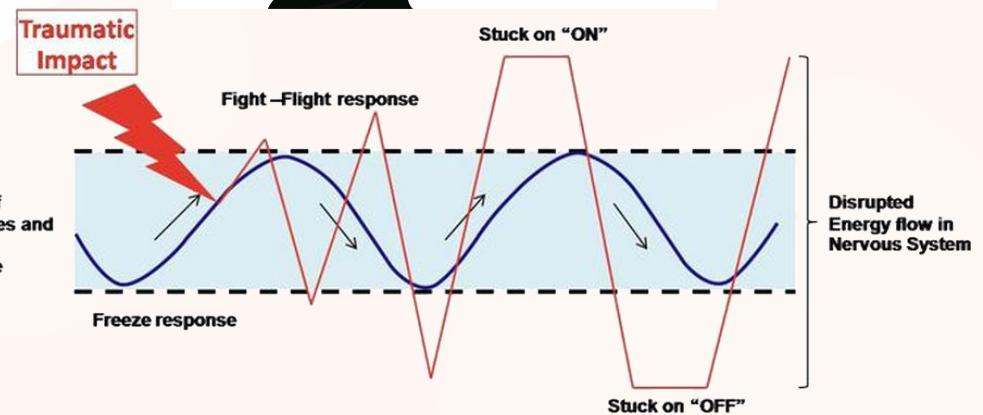
Lentils/beans (uncooked)

Lever
Hersenen
Spieren
Darmen
Hart
Nieren
Immuunsysteem
Longen
Vet
Huid
Botten



*

Too much / too little = STRESS



Source: <https://www.voedingscentrum.nl/nl/service/vraag-en-antwoord/gezonde-voeding-en-voedingsstoffen/hoeveel-calorieen-heb-ik-nodig-.aspx>

STRESS

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

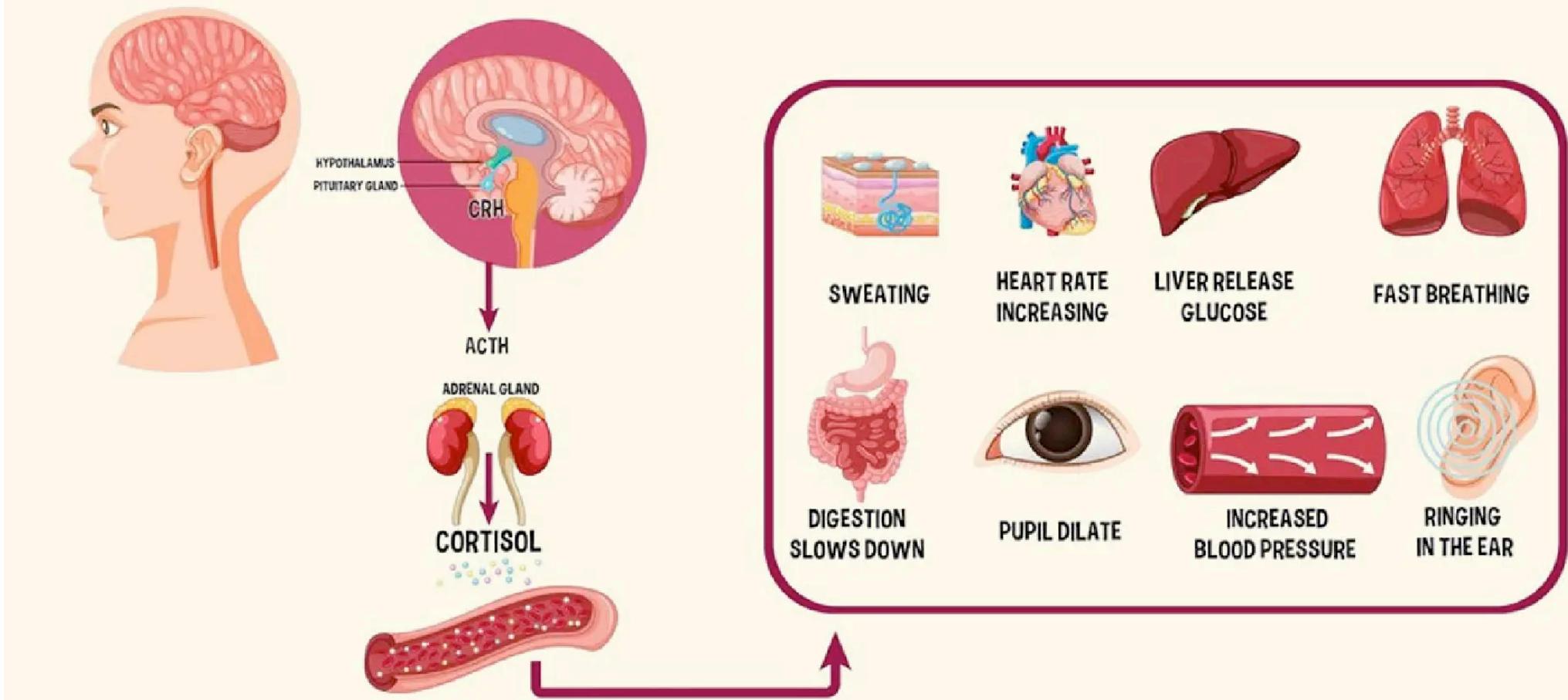


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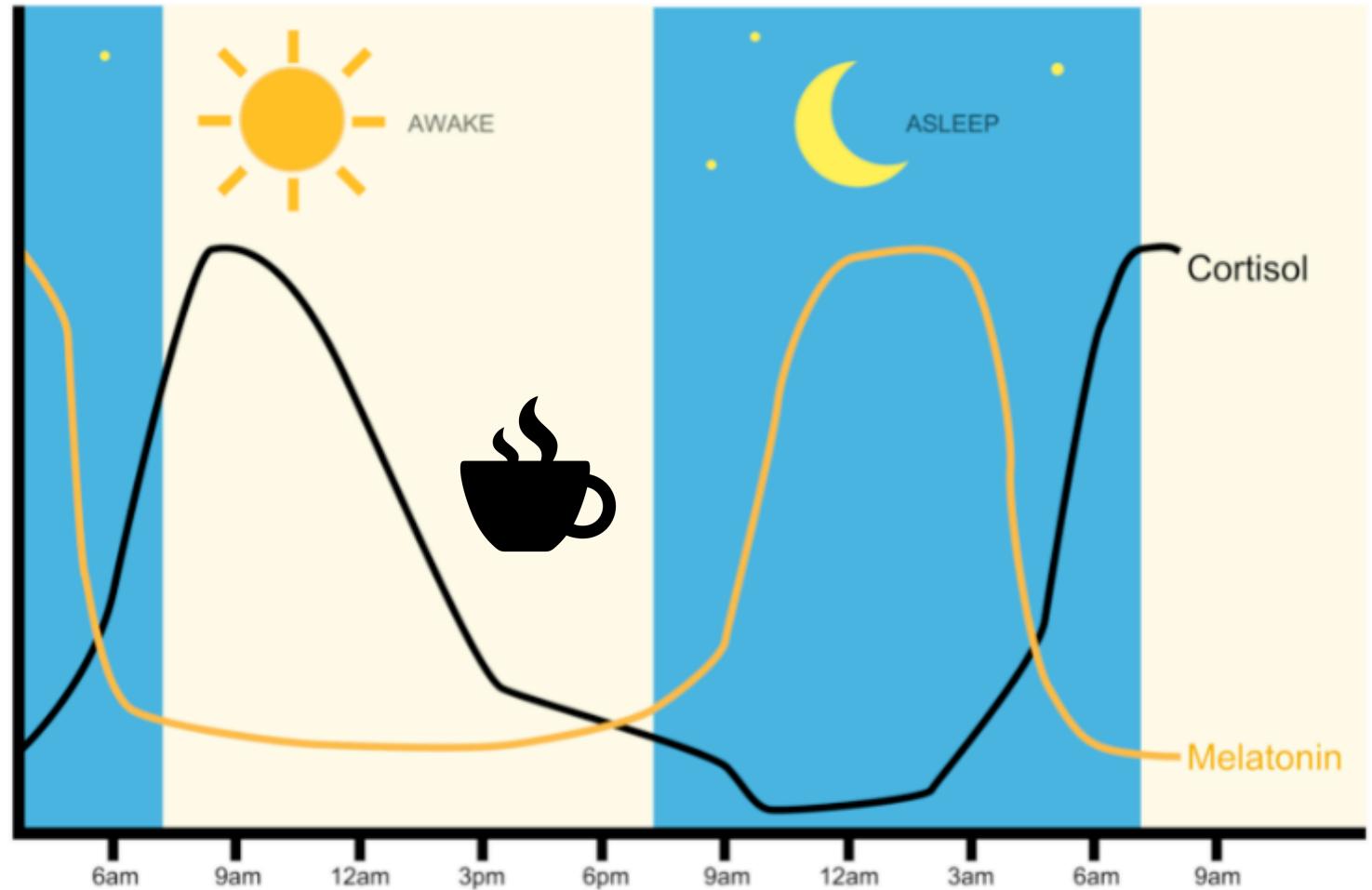
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CORTISOL

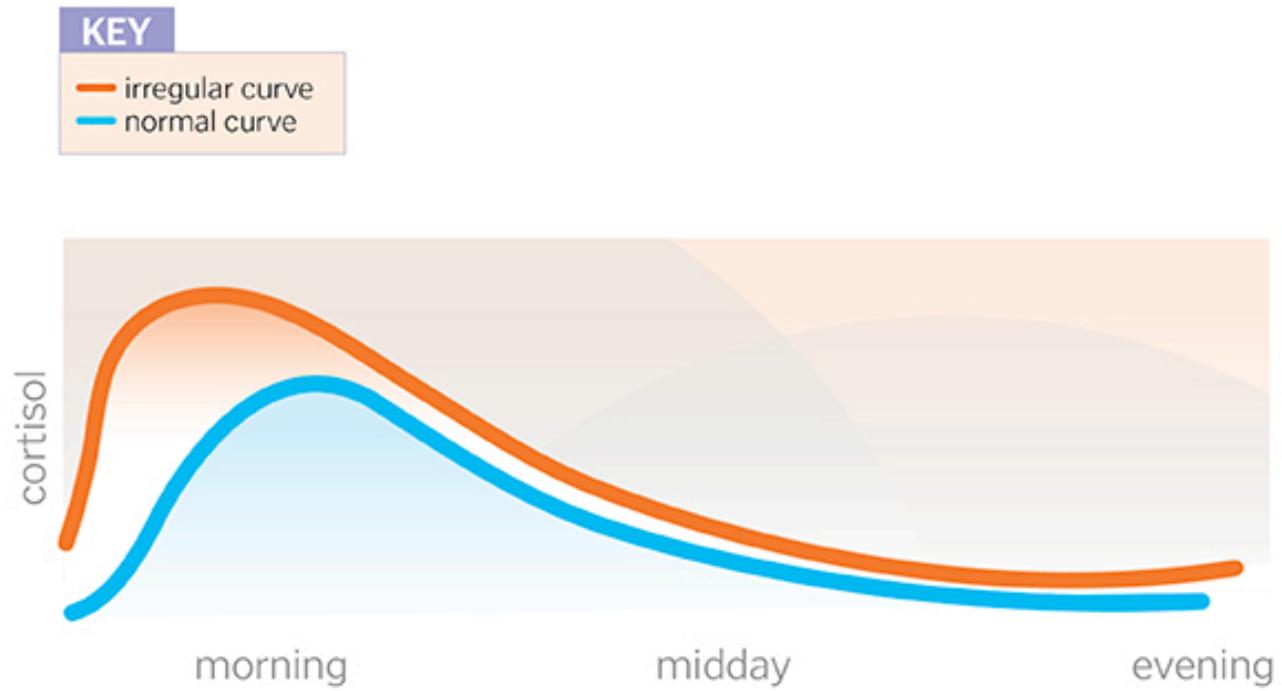
STRESS CORTISOL



SLEEP/WAKE CYCLE

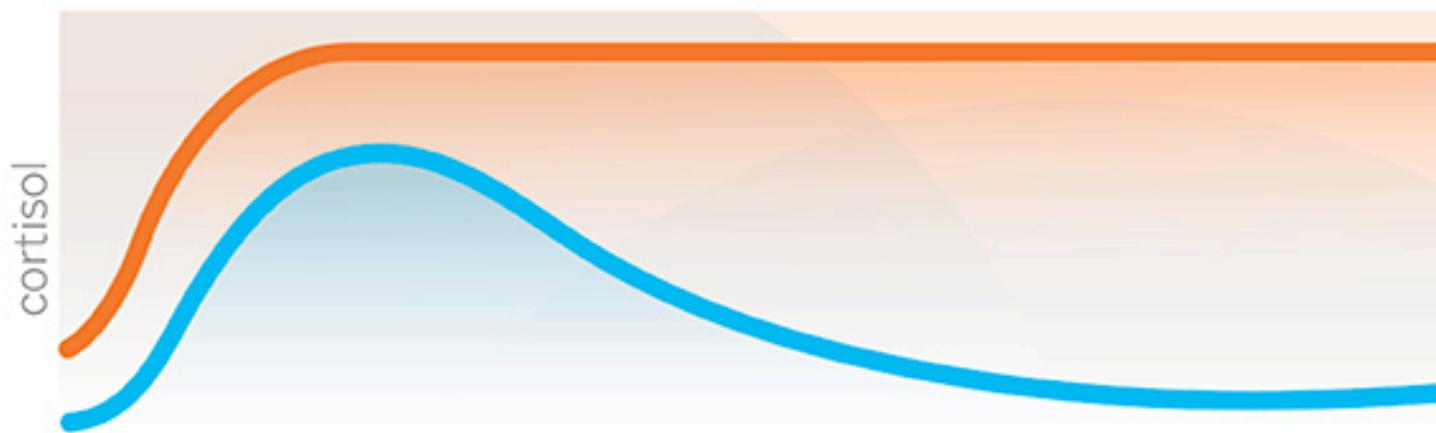


CORTISOL OUT OF BALANCE

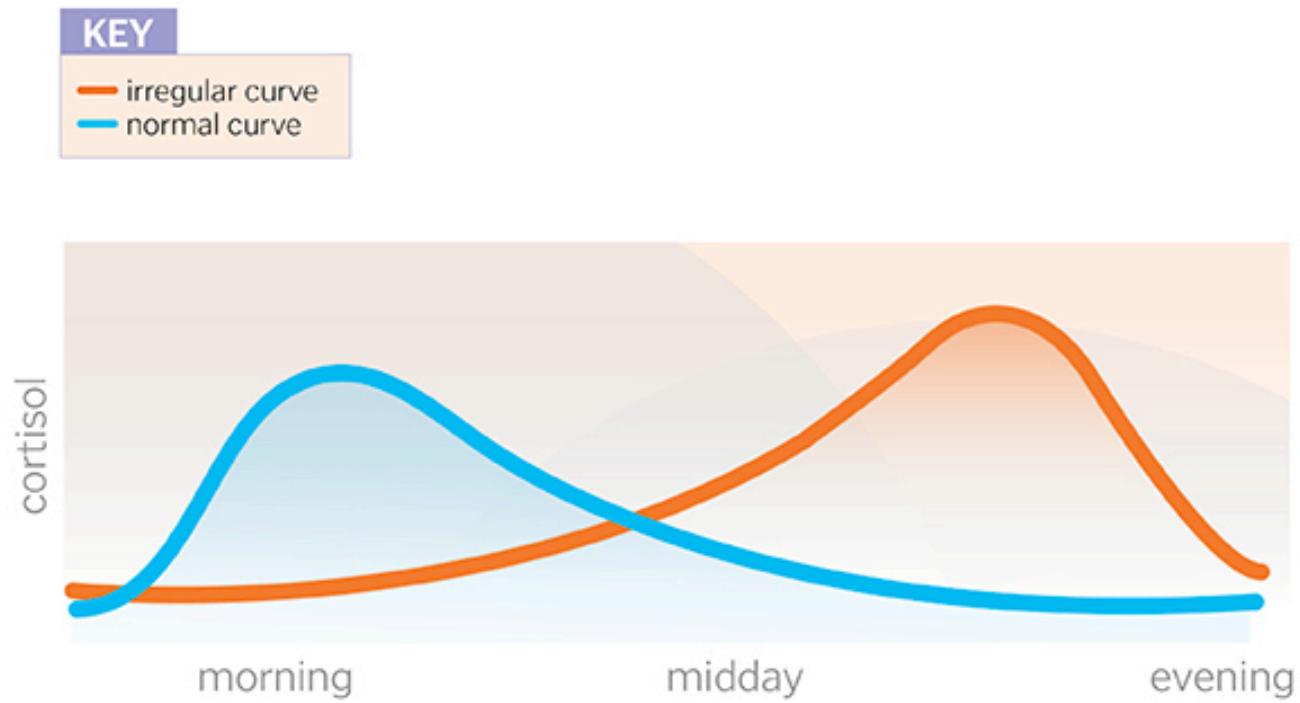


CORTISOL DISBALANCE

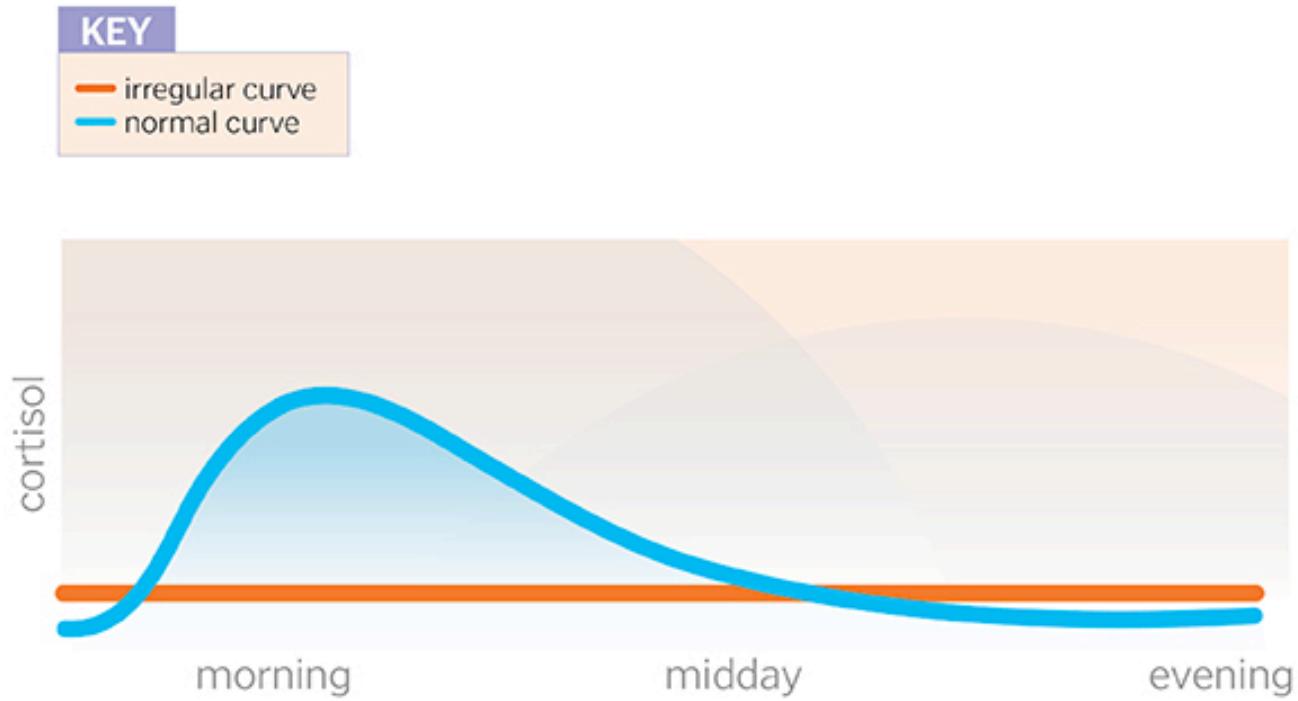
POSSIBLY DUE TO SUGAR + TO MUCH CAFFEINE



CORTISOL DISBALANCE



CORTISOL BURN OUT

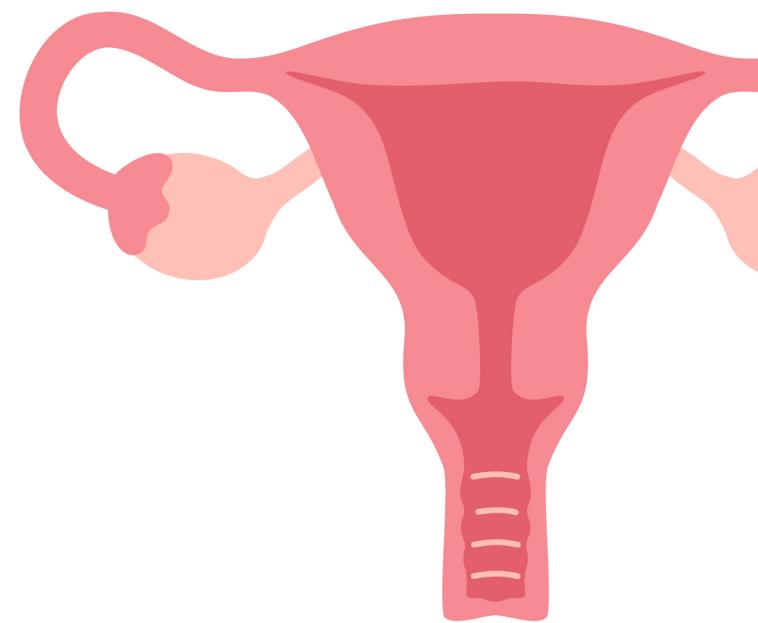
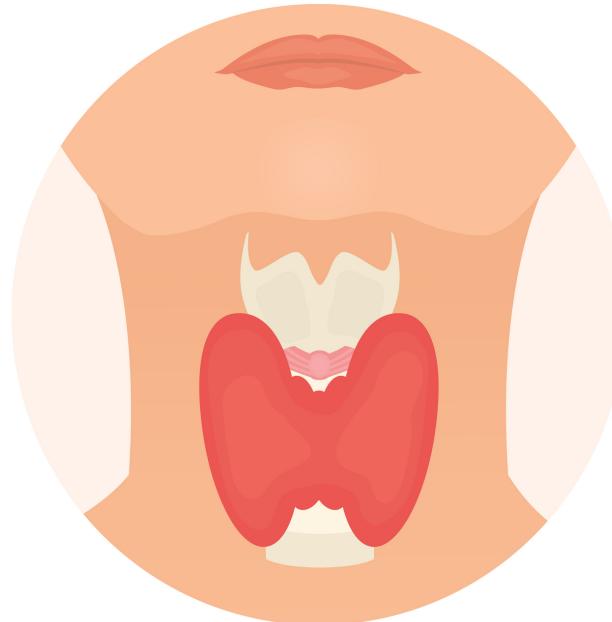
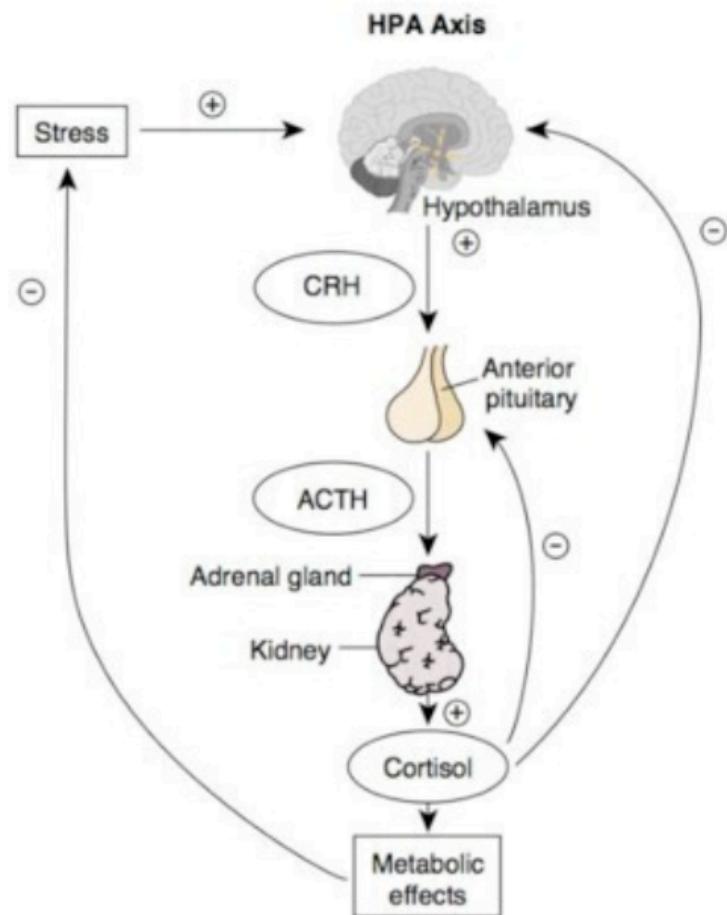




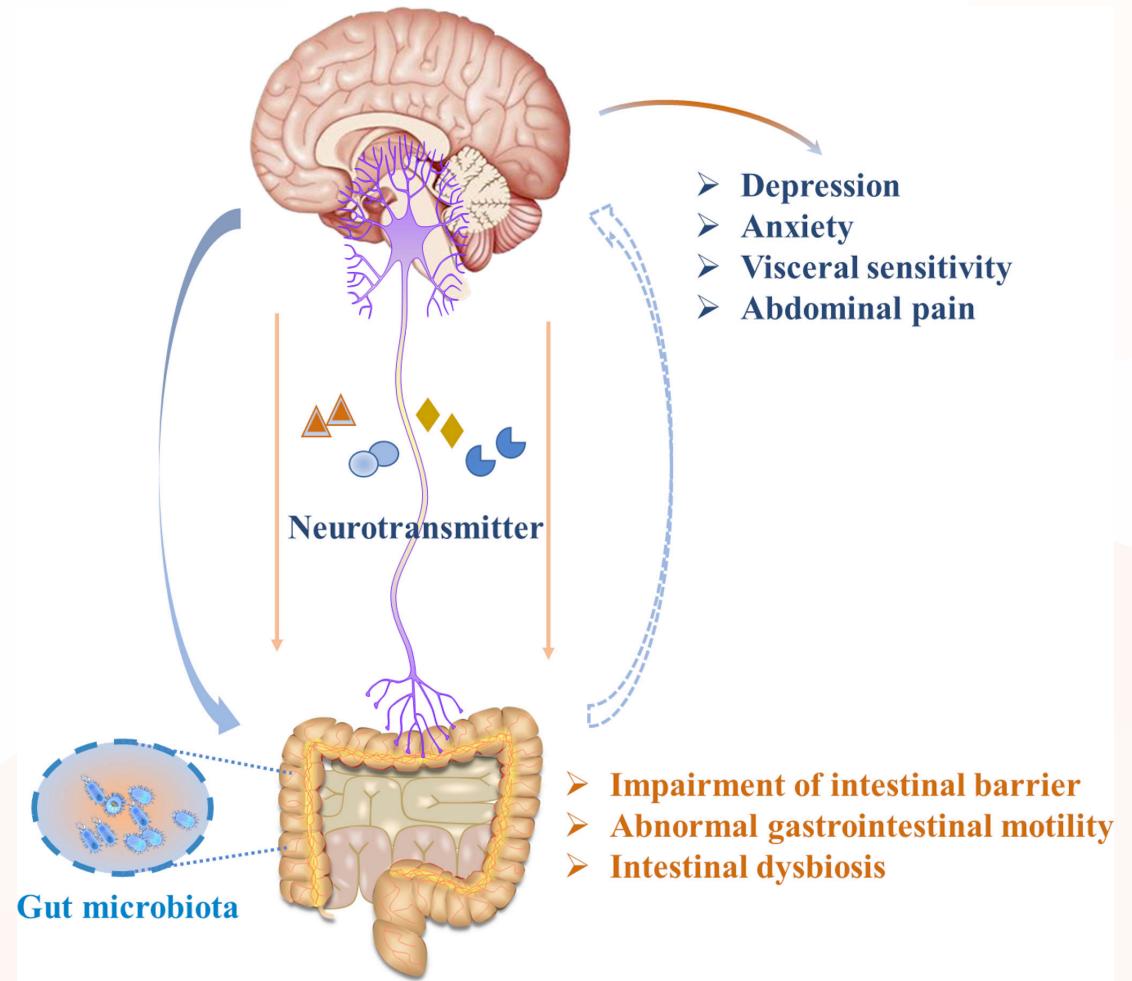
WORK IN:
BREATH
FOR stress management

2 MINUTES
4 7 8

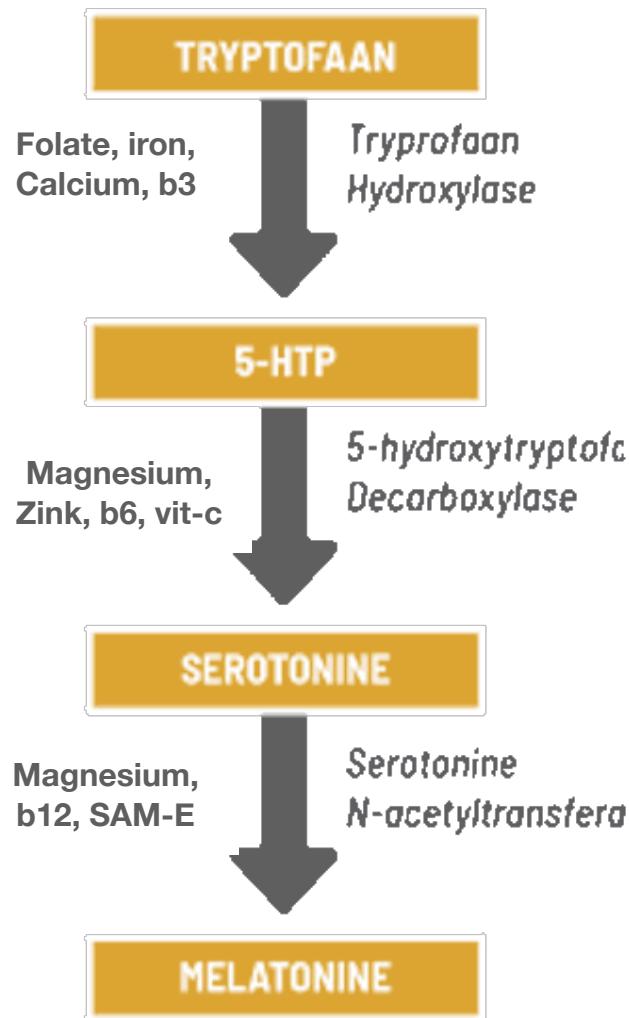
WHEN HPA IS ON, HPT & HPG ARE OFF



FOOD ALSO INFLUENCES OUR MOOD !

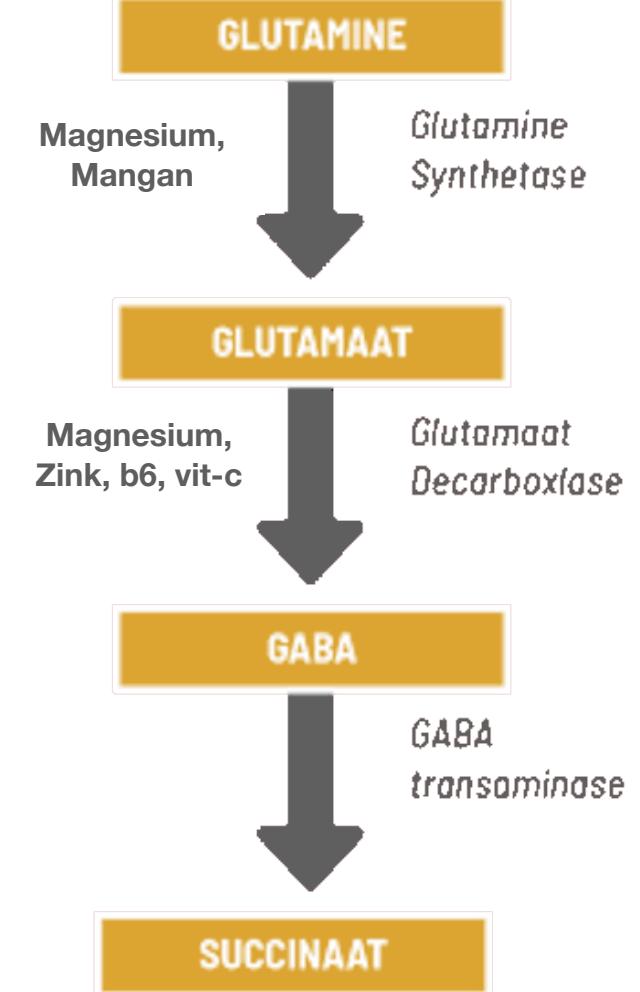


PROTEIN



z z z

PROTEIN

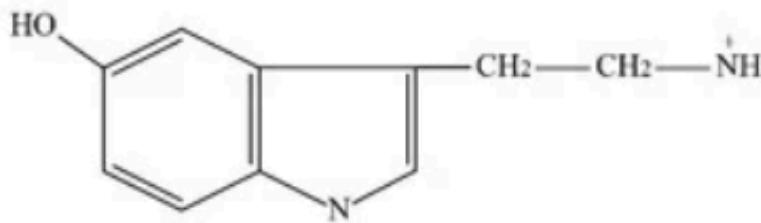
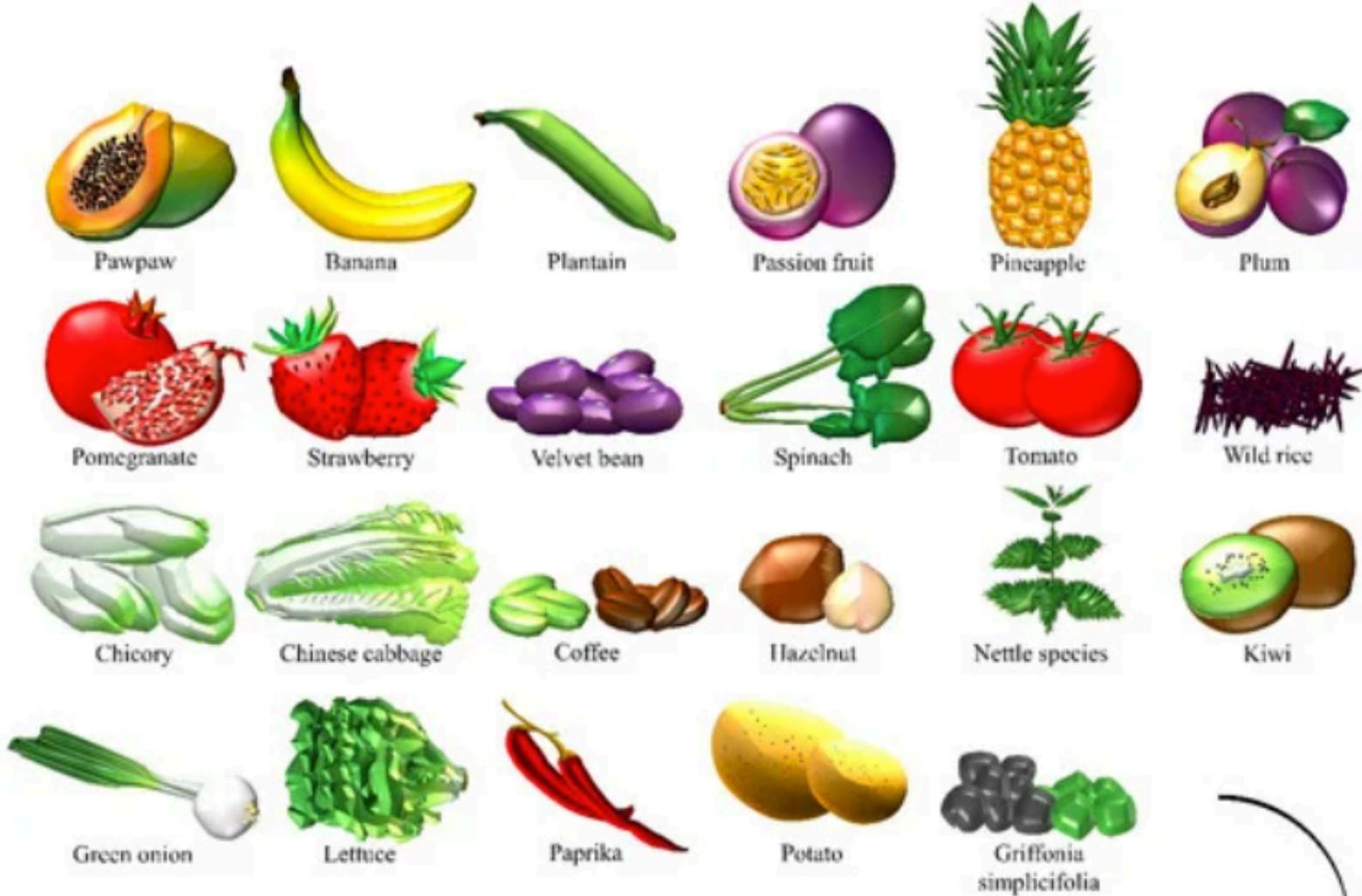




S E R O T O N I N I N I



z z z z



EAT UNPROCESSED FOOD



NUTRIENT DENSE



IN THE RIGHT BALANCE

- Carbohydrates
- Fats
- Protein



THE END

THANKS FOR THE ATTENTION

