

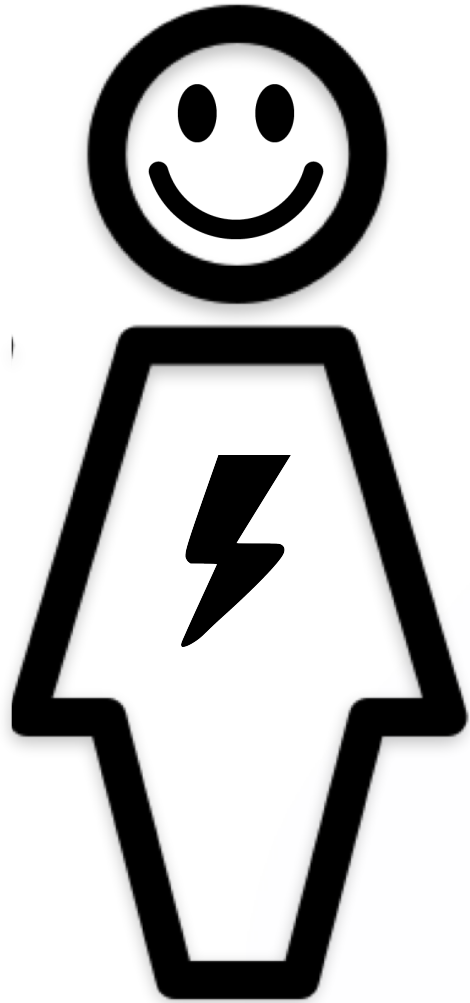


THE POWER OF FOOD

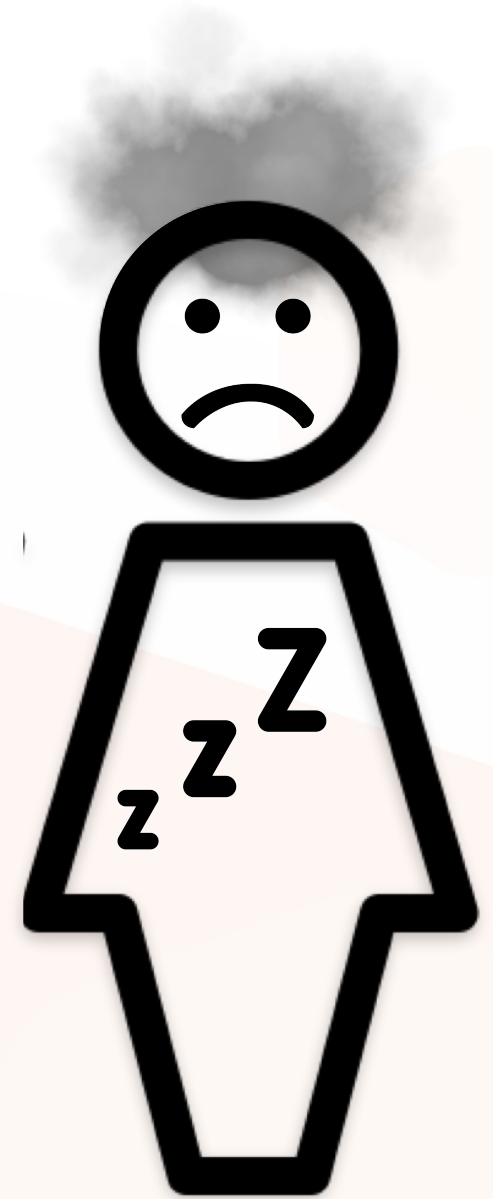
HOW FOOD INFLUENCES OUR ENERGY AND MOOD

HC Health | 2026





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





**WHAT DID
YOU HAD FOR
BREAKFAST?**





Florian Alders

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



ScienceDirect



- FLOW ENERGIE -

Who?





Source: Headspace.com



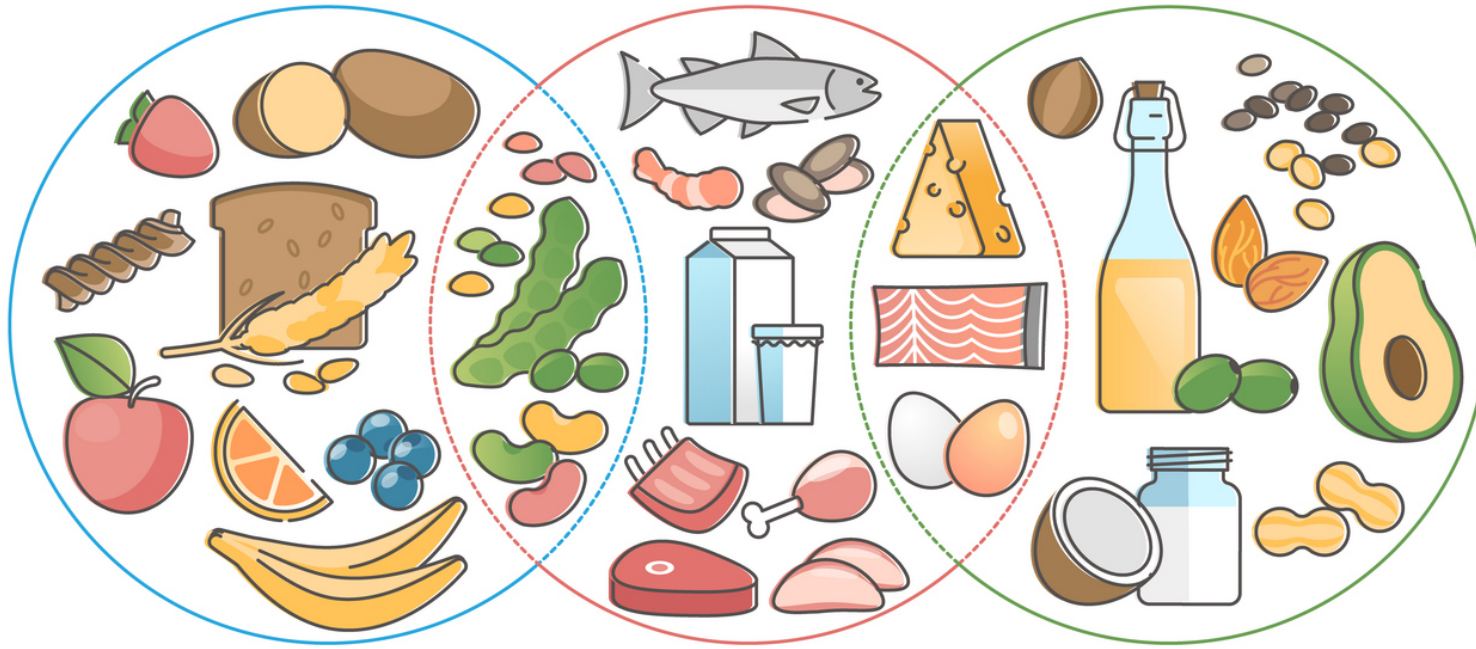
Source: Headspace.com

Food



PROTEIN

BUILDINGBLOCKS
4 KCAL PER GRAM



CARBOHYDRATES

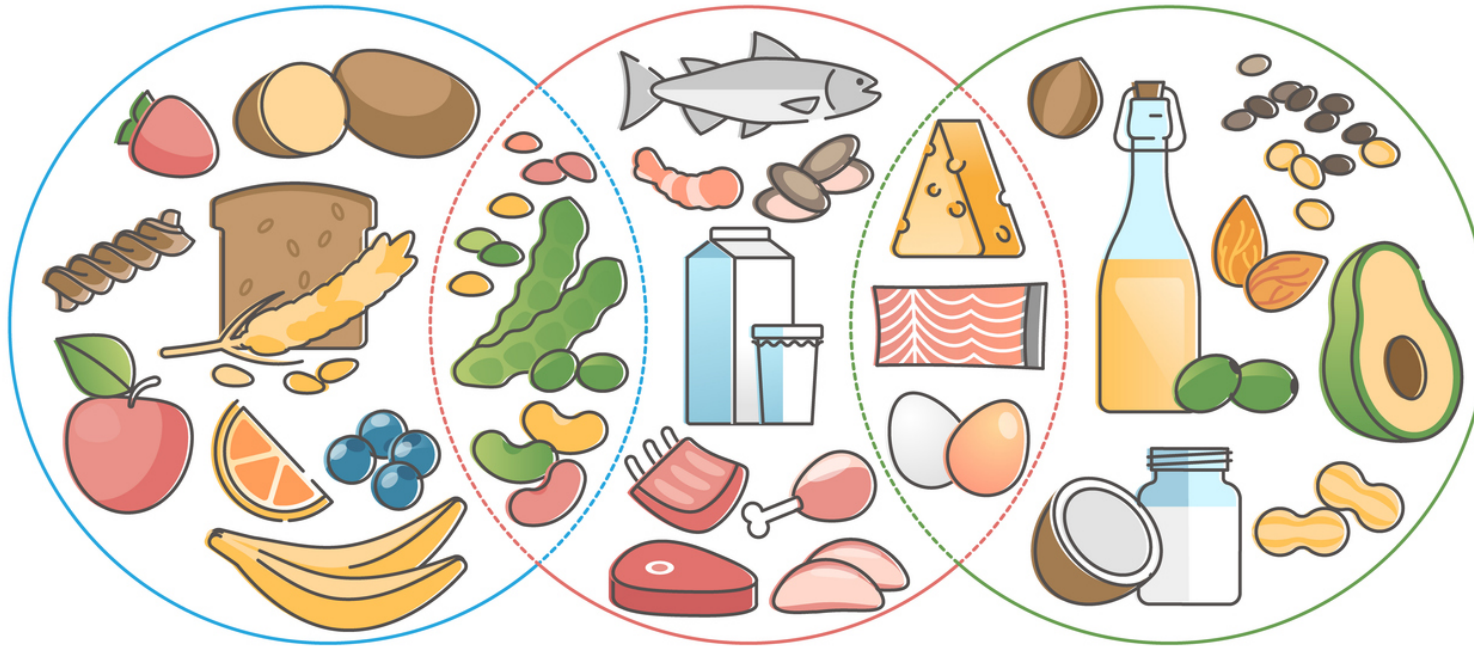
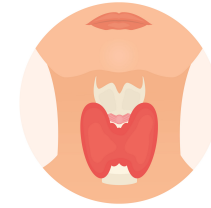
FAST ENERGY
4 KCAL PER GRAM

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

PROTEIN (TEF)

For example:

BUILDINGBLOCKS
4 KCAL PER GRAM



1700 kcal

60% Carbs
10% Protein
30% Fat

VS

1700 kcal

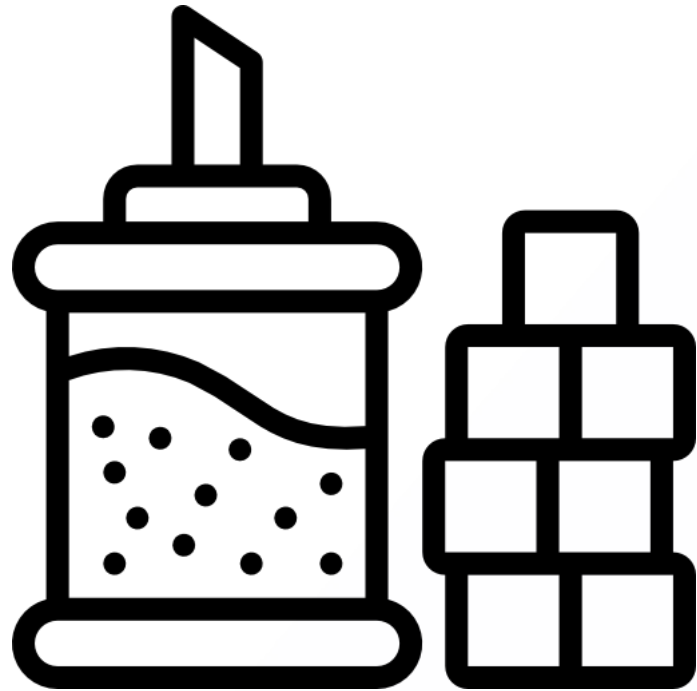
40% Carbs
25% Protein
35% Fat

CARBOHYDRATES

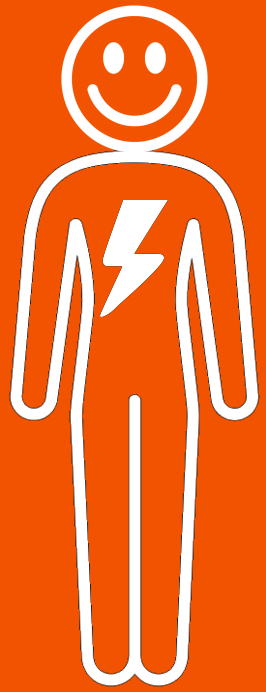
FAST ENERGY
4 KCAL PER GRAM

FATS

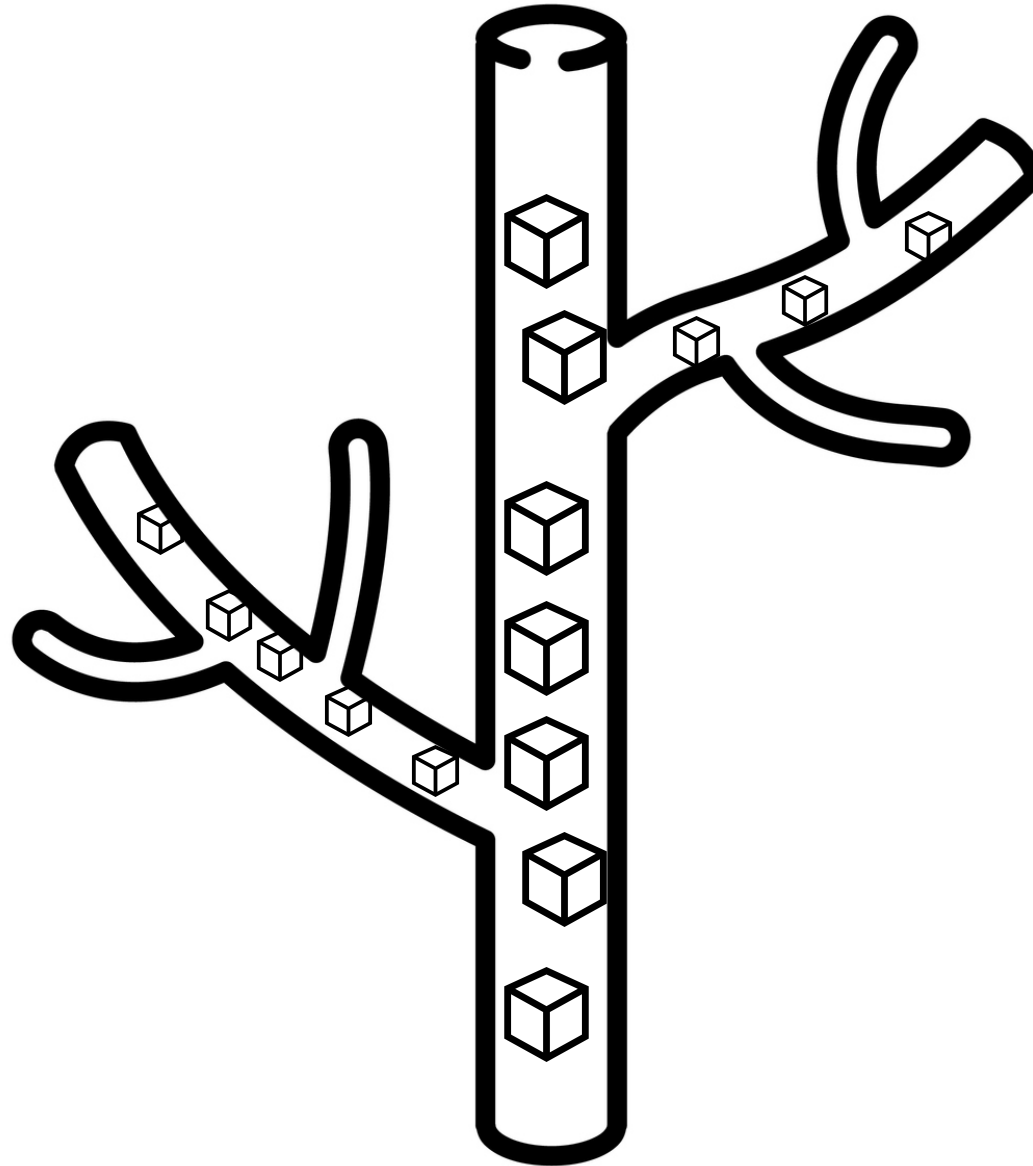
LASTING ENERGY (saturated) +
BUILDINGBLOCKS (unsaturated)
9 KCAL PER GRAM



CARBOHYDRATES/ SUGAR



SUGAR
FOR
ENERGY



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



SUGAR
STORED AS
FAT *



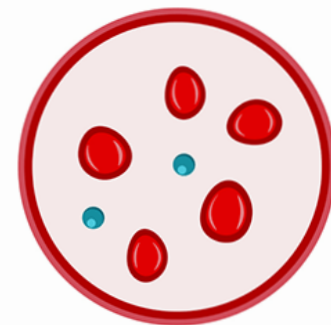
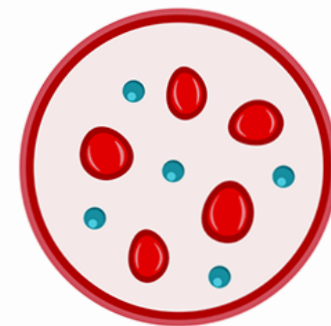
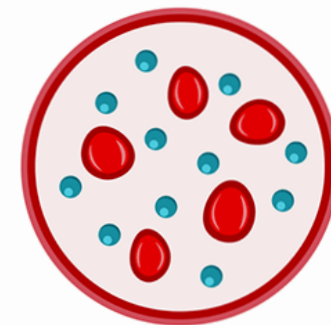
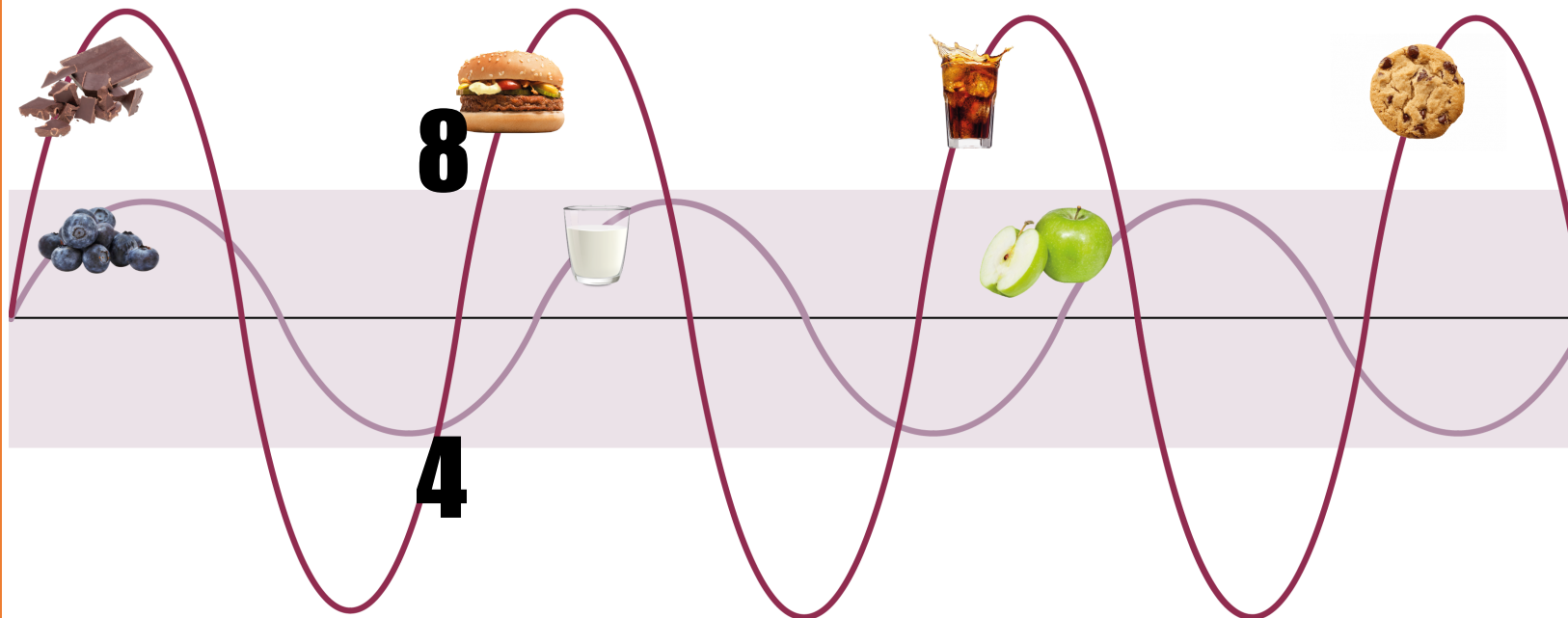
HYPER

(Hyperglycaemia)



HYP0

(Hypoglycaemia)



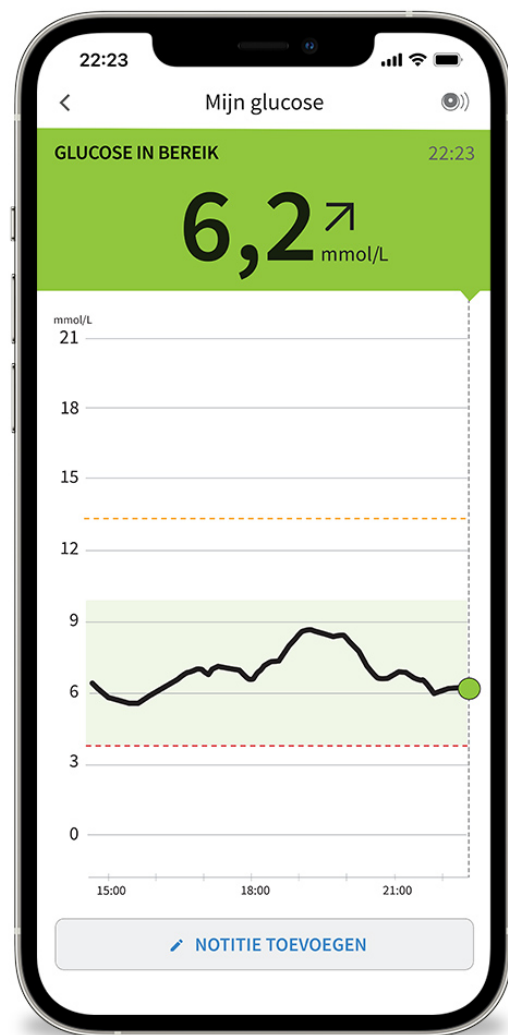
HYPER

(Hyperglycaemia)



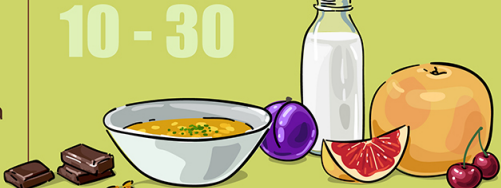
HYPO

(Hypoglycaemia)





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 

WHAT STABILIZES THE BLOODSUGAR?



GO TO
menti.com

FILL IN THE CODE
4325 1718

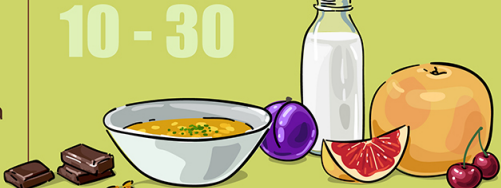
SHORT EFFECTIVE MOVEMENT

2 MINUTES





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 

JESSIE INCHAUSPÉ
AS SEEN ON CHANNEL 4

*'A must for anyone who wants
to improve their health.'*

Professor Tim Spector



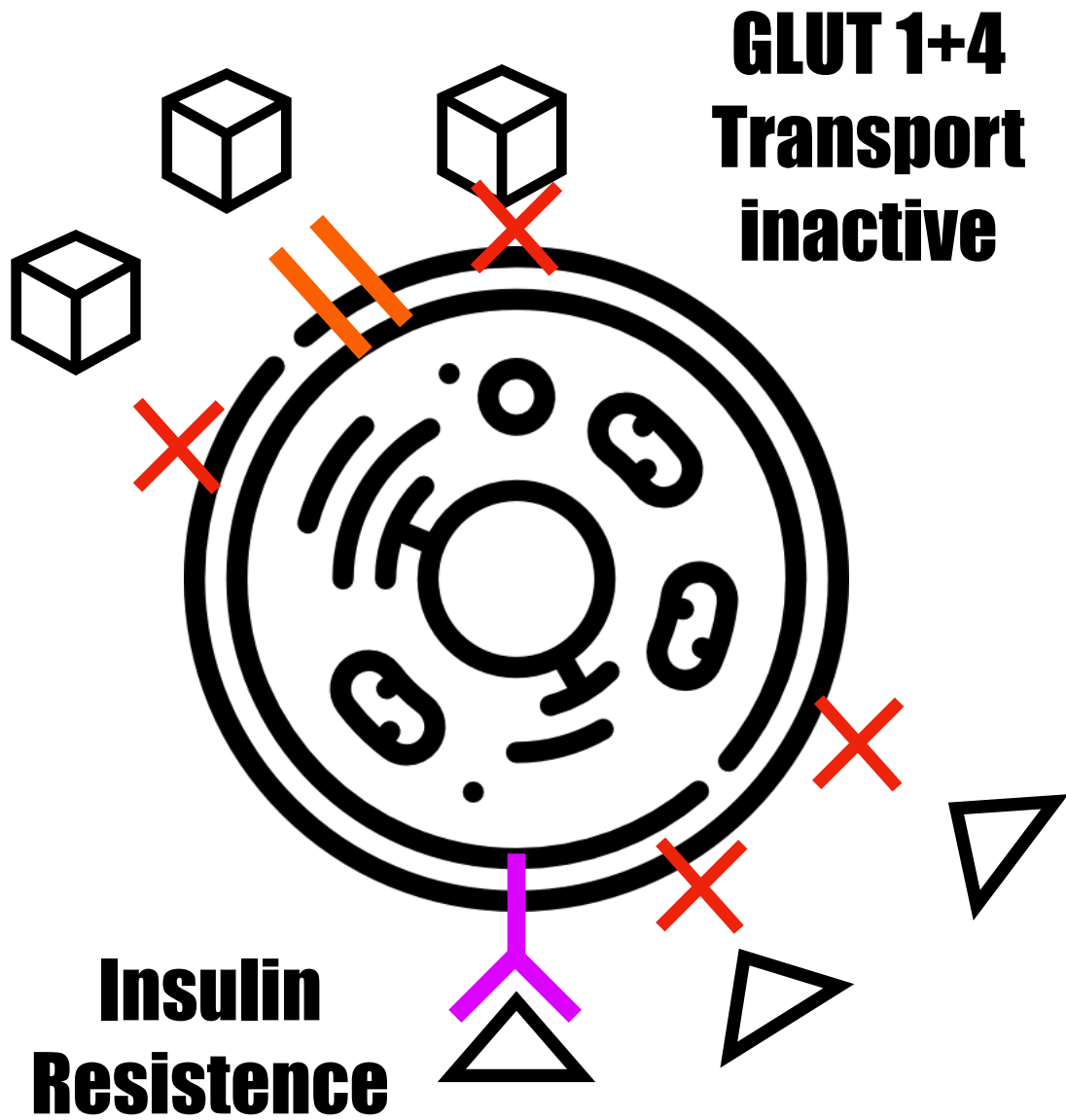
GLUCOSE REVOLUTION

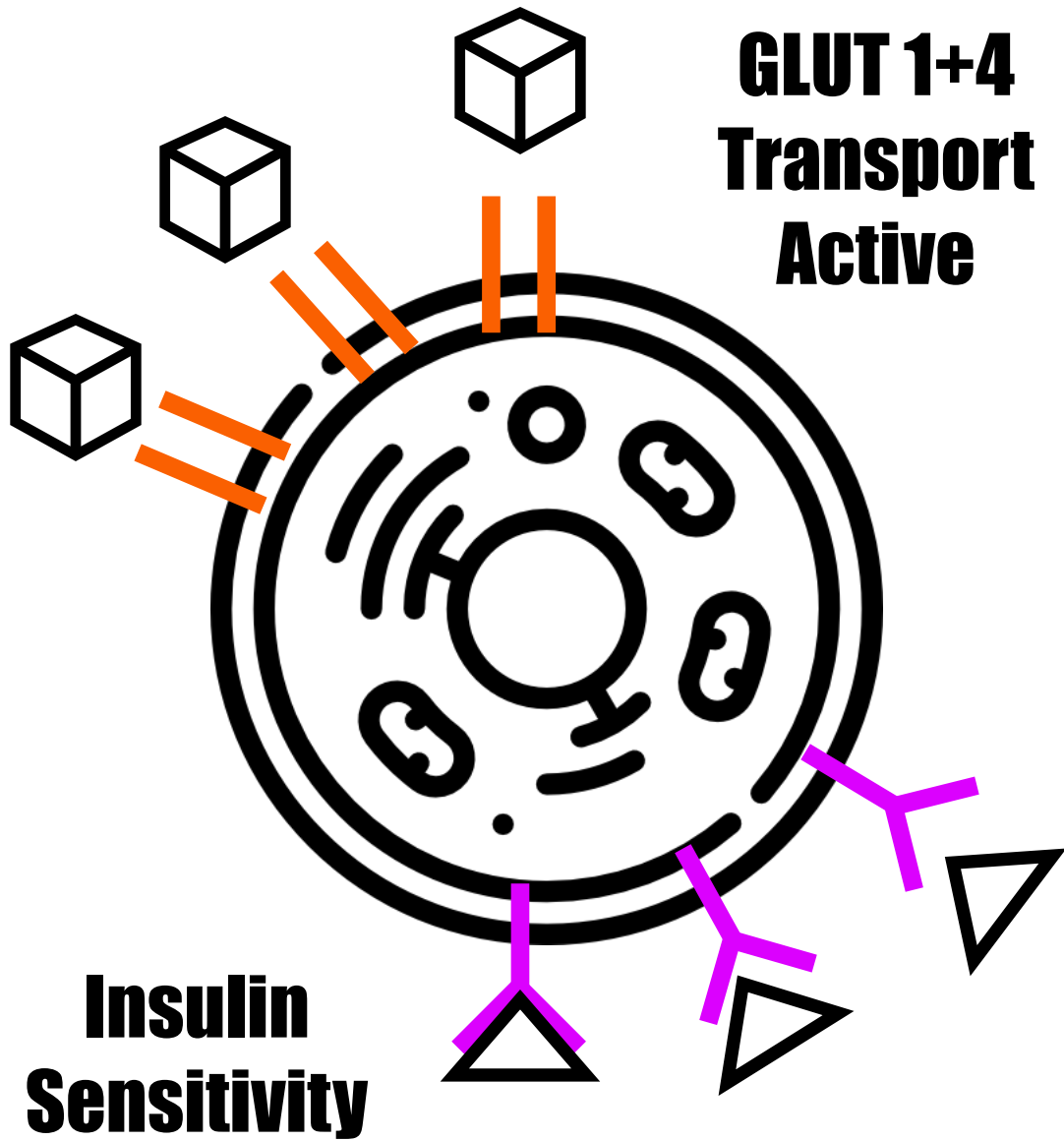


**STOP CRAVINGS
GET YOUR ENERGY BACK
FEEL AMAZING**

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



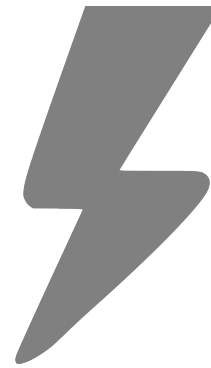


Optimize protein

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

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

<https://www.voedingscentrum.nl>



1 egg - 6 gram

Protein per 100 gram:

Chicken - 25 gram

Red lentils - 20 gram

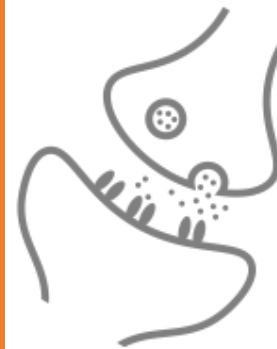
Chickpea - 10 gram

Minced beef - 25 gram

Tempeh - 12 gram

Oats - 13 gram

Protein shake - 20-30 gram

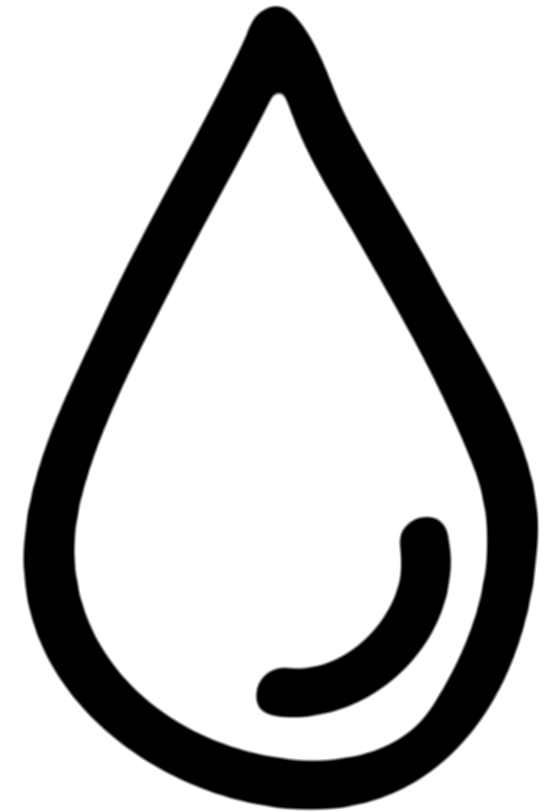
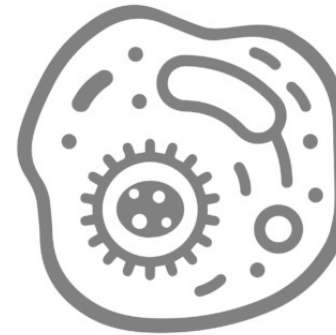
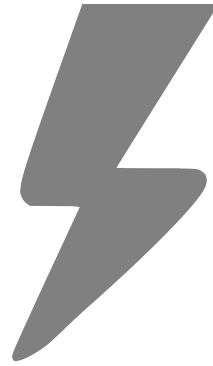


Don't forget (Healthy) fats

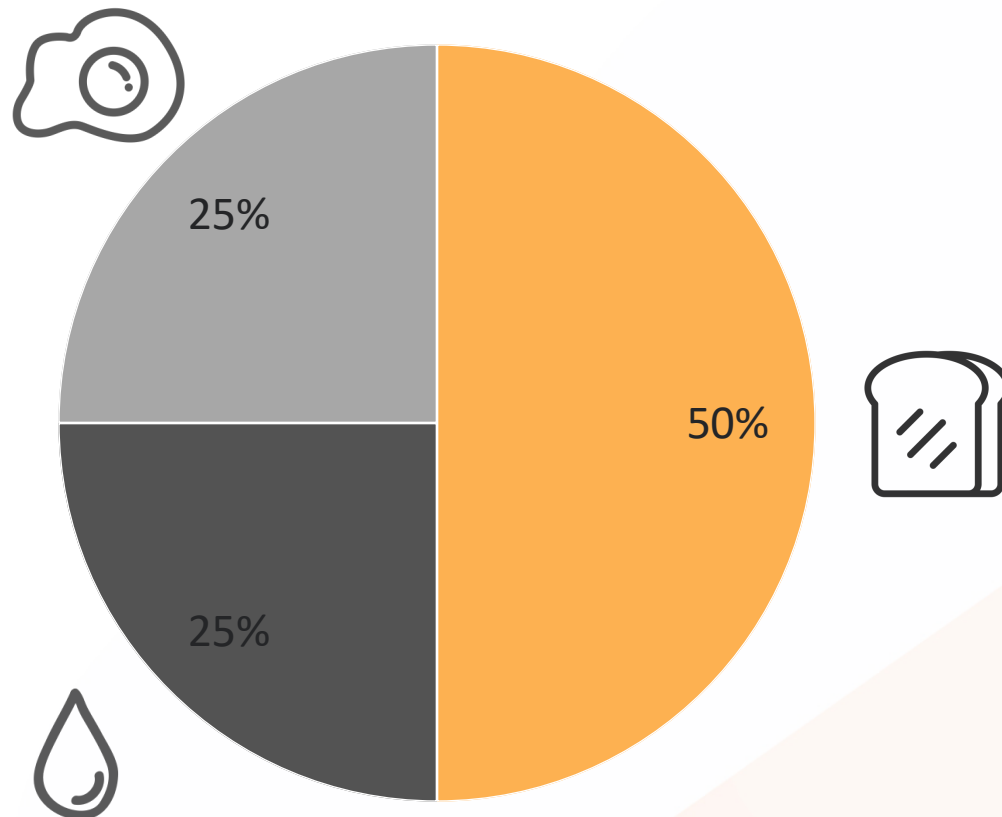
Nuts, Seeds,
Avocado, Oliveoil, Diary,
Butter, Meat, Poultry, Fish

(Often also found in proteinsources)

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



● Carbohydrates ● Fats ● Protein



Popular food apps: Virtuagym of Myfitnesspal



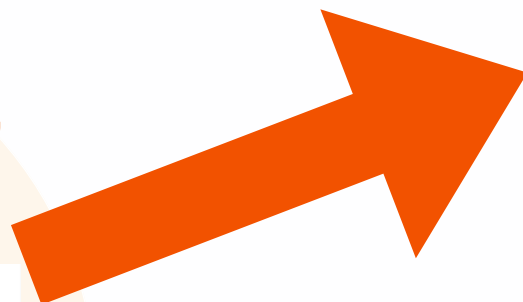
VIRTUAGYM FOOD APP

● Carbohydrates

● Protein

My advice:

Use it for maximum 3 days,
To not get obsessed





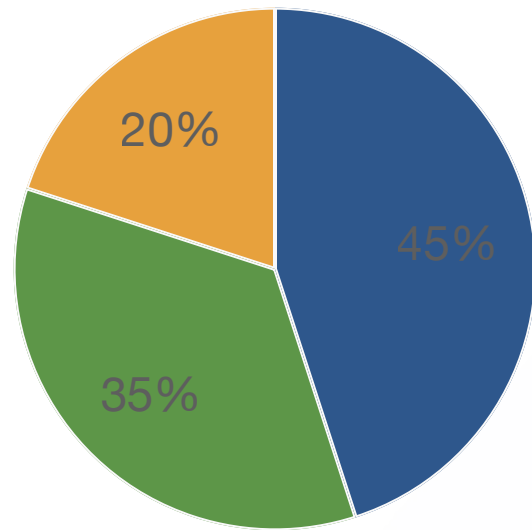
Carbs



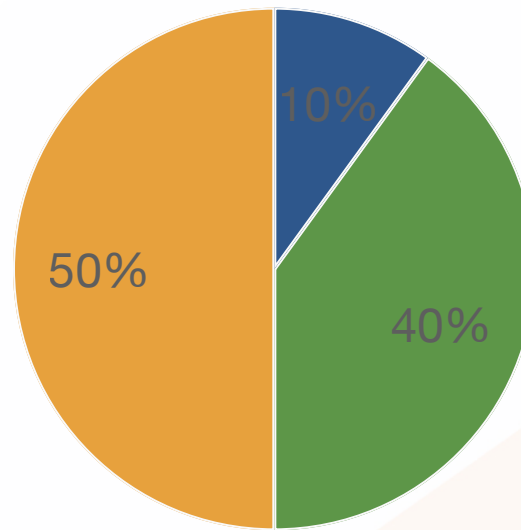
Fats



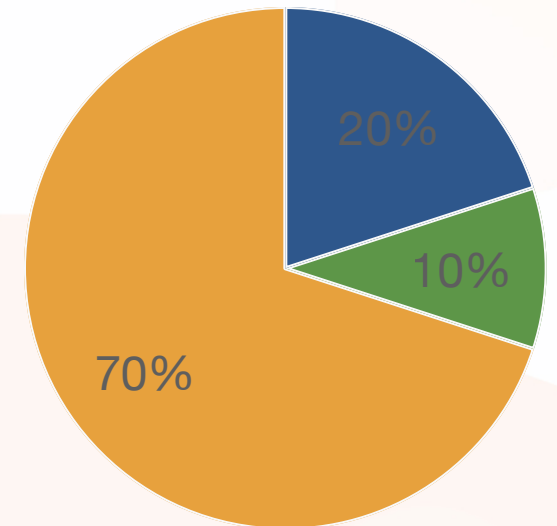
Protein



POLAR TYPE

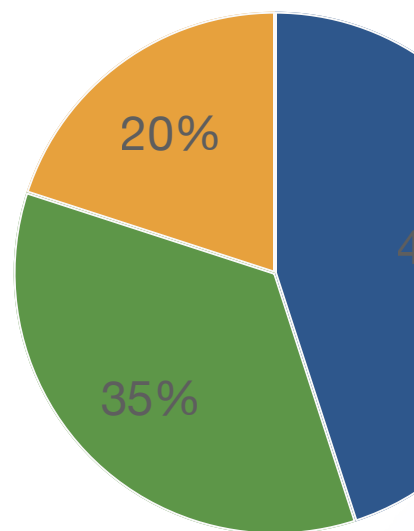


VARIABLE TYPE

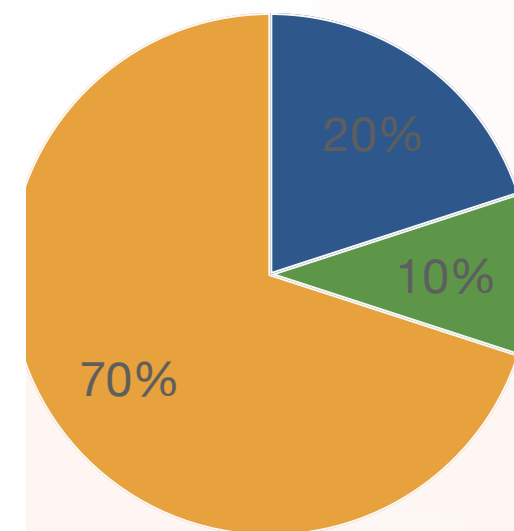
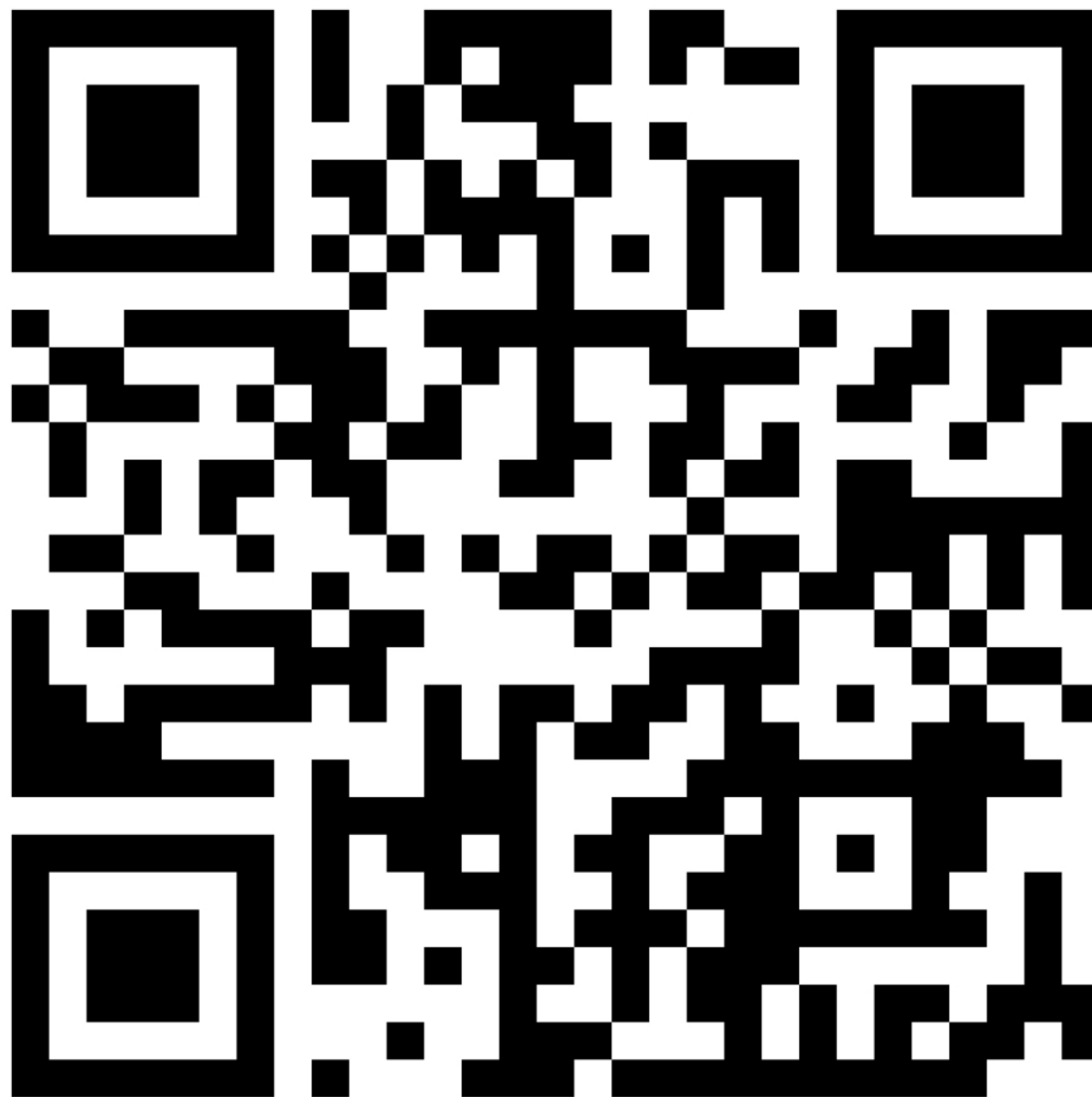


EQUATORIAL TYPE

We're all different, find out your type



POLAR TYPE



QUATORIAL TYPE

Protein

MACRONUTRIENT BALANCE

350 / 500 KCAL



100 gram

Fruit or vegetables

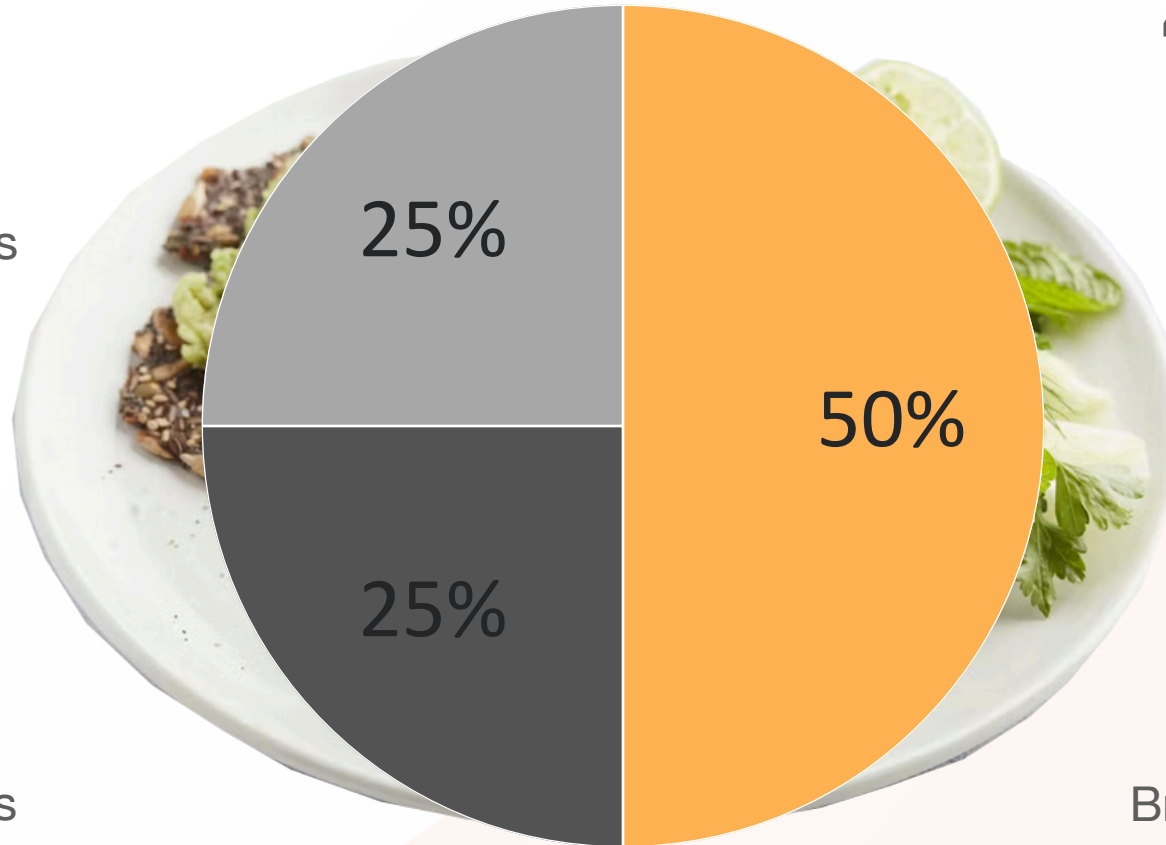
On average 2 gram vegetables
per gram of protein



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



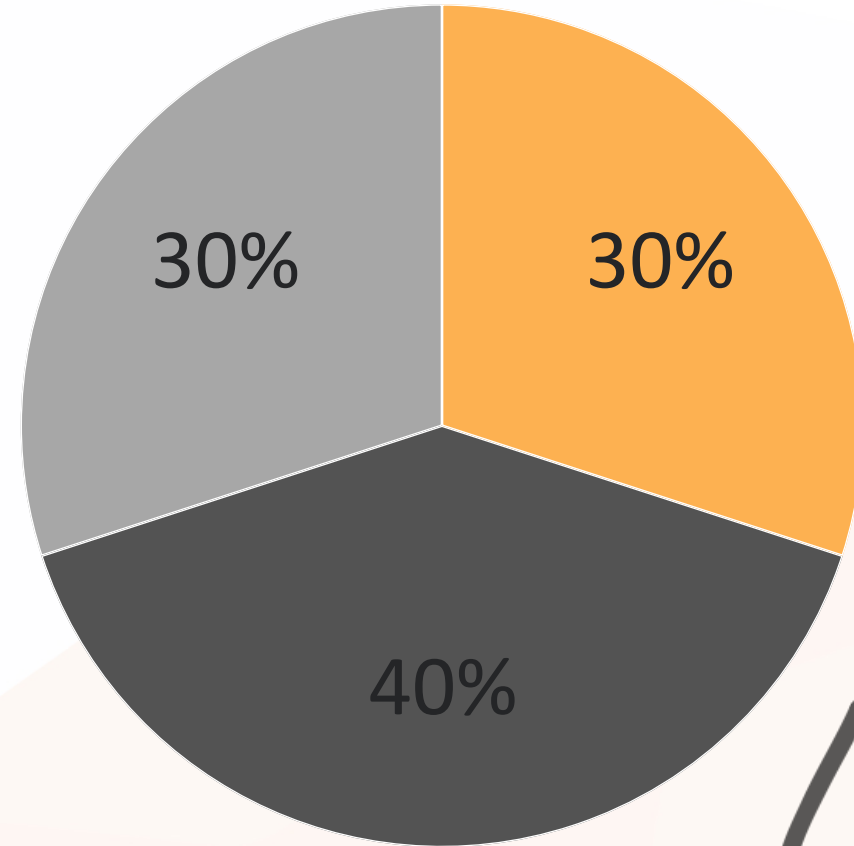
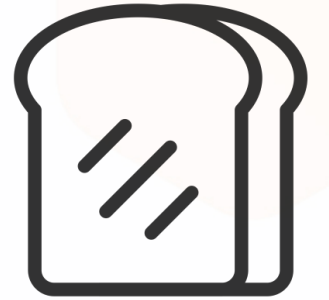
90 gram

Bread (3 whole wheat slices)

60 gram

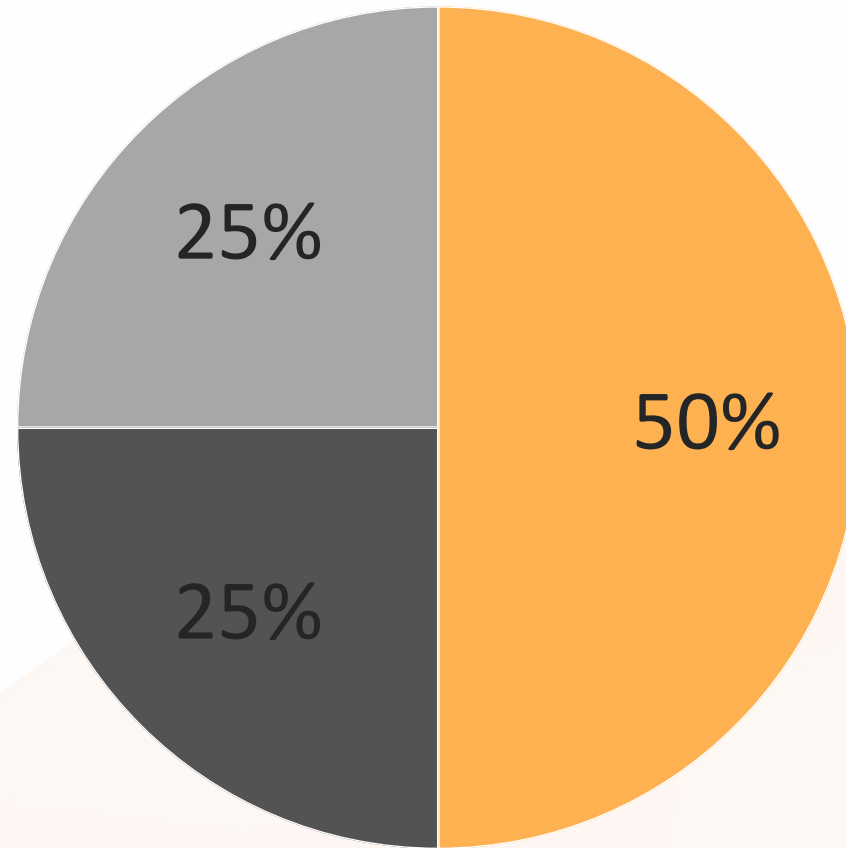
Oats

● Carbohydrates ● Fats ● Protein



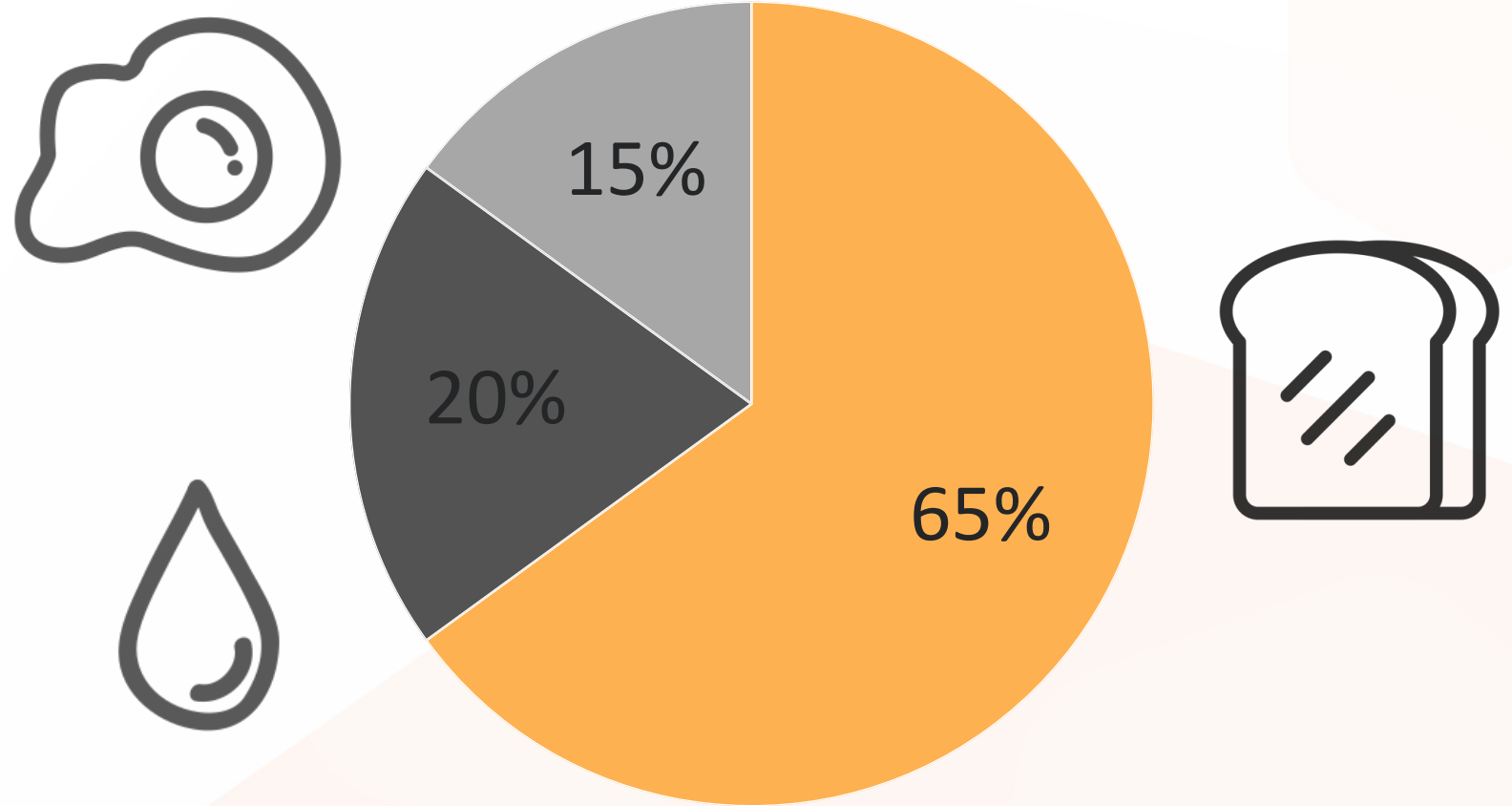
CHILL ENERGY

● Carbohydrates ● Fats ● Protein



FAST ENERGY

● 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



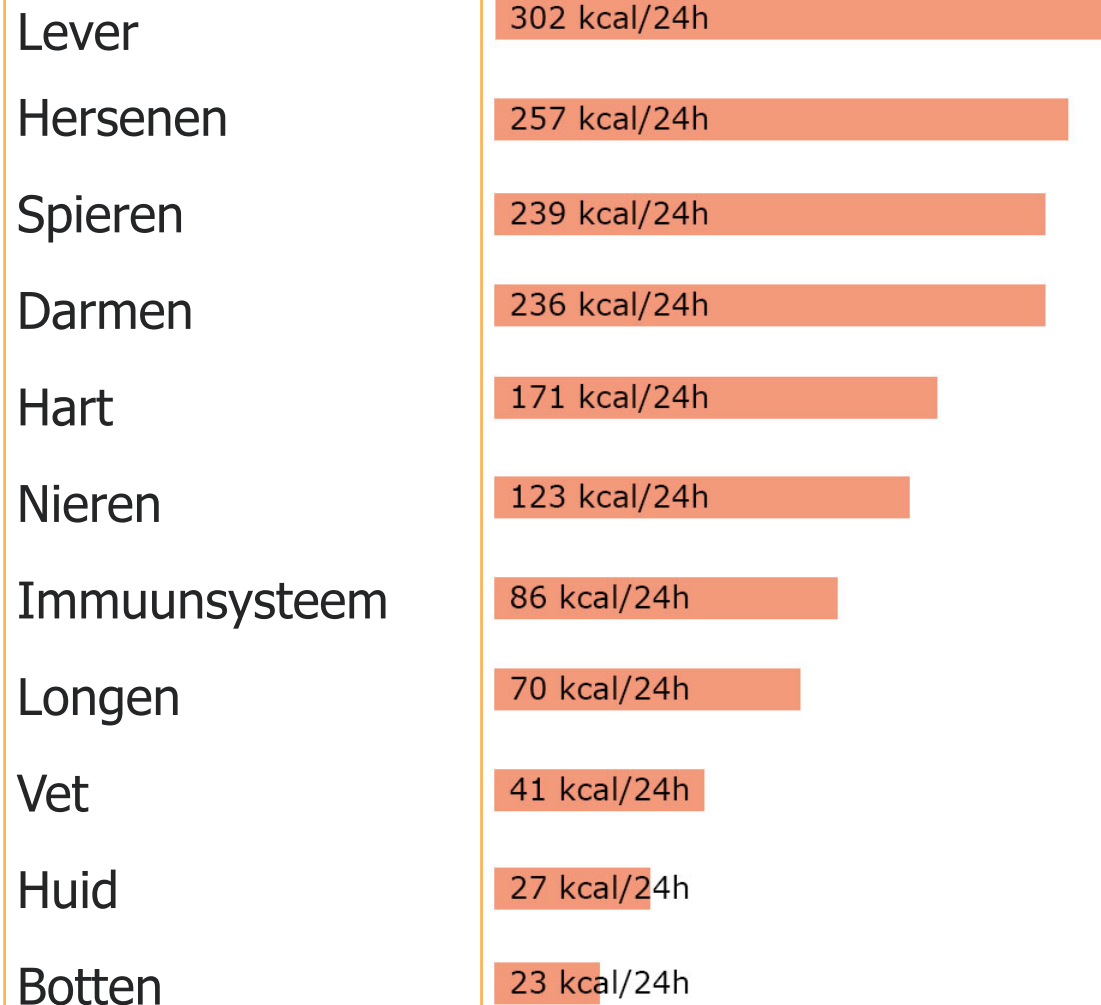
100 gram

Chicken/fish/meat

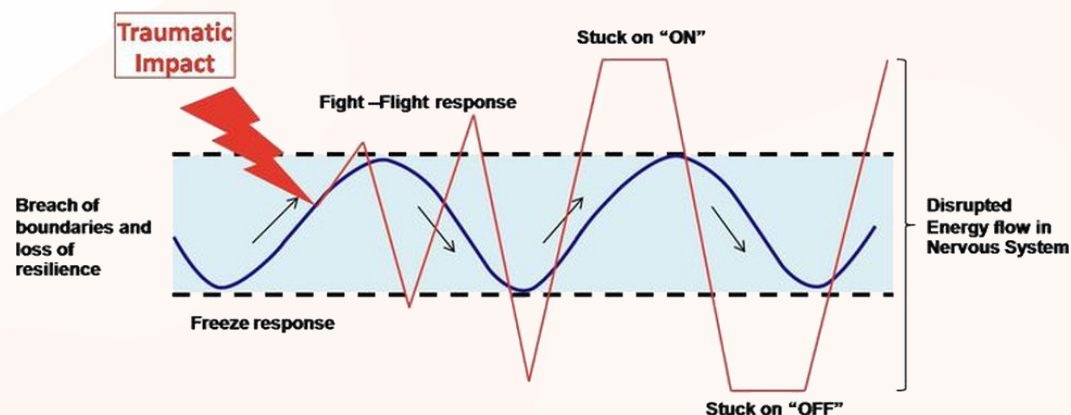


100 gram

Lentils/beans (uncooked)



Too much / too little = STRESS



*

STRESS

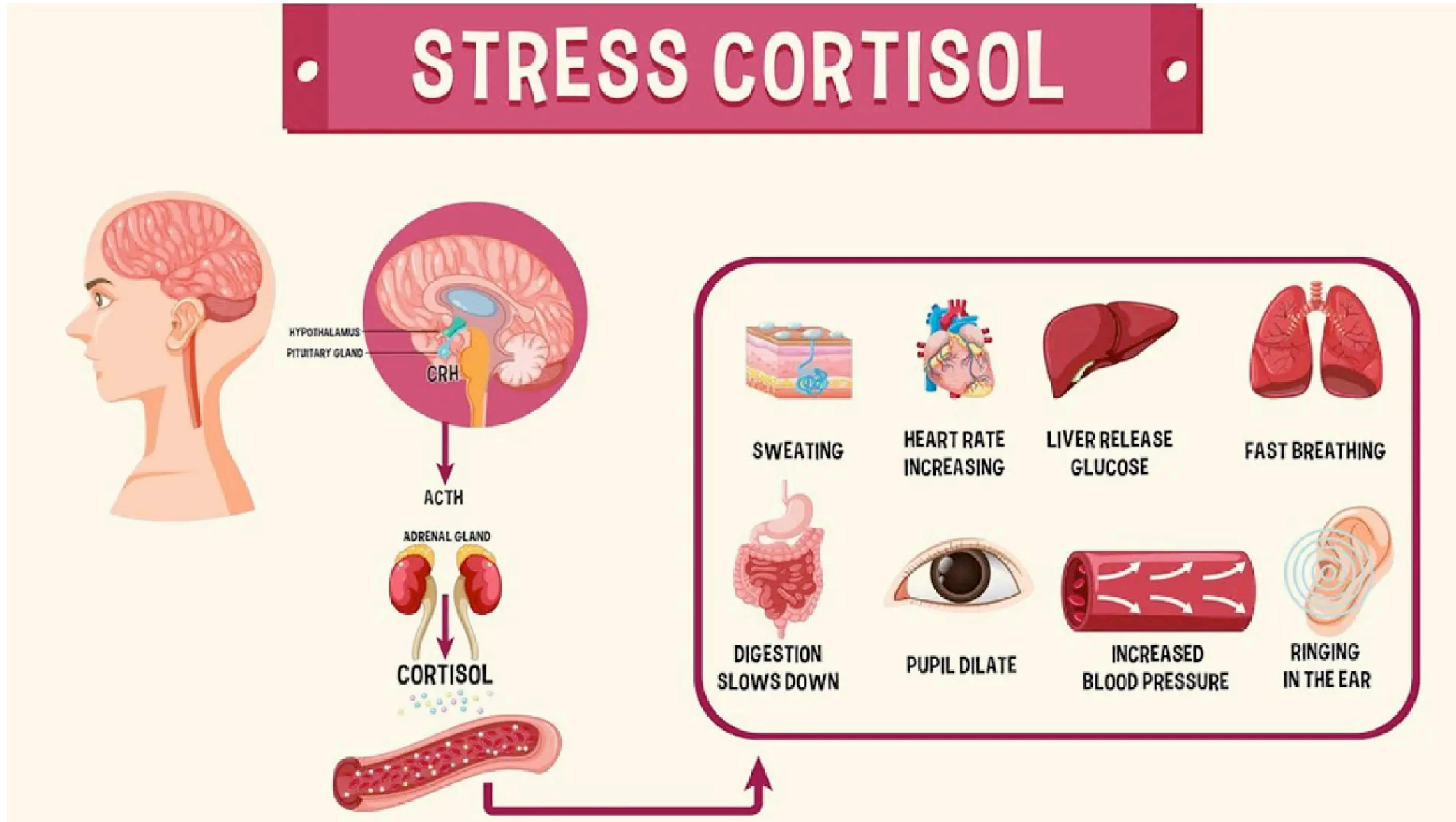
**Which hormone is
responsible for stress
And is able to elevate our
bloodsugarlevel?**



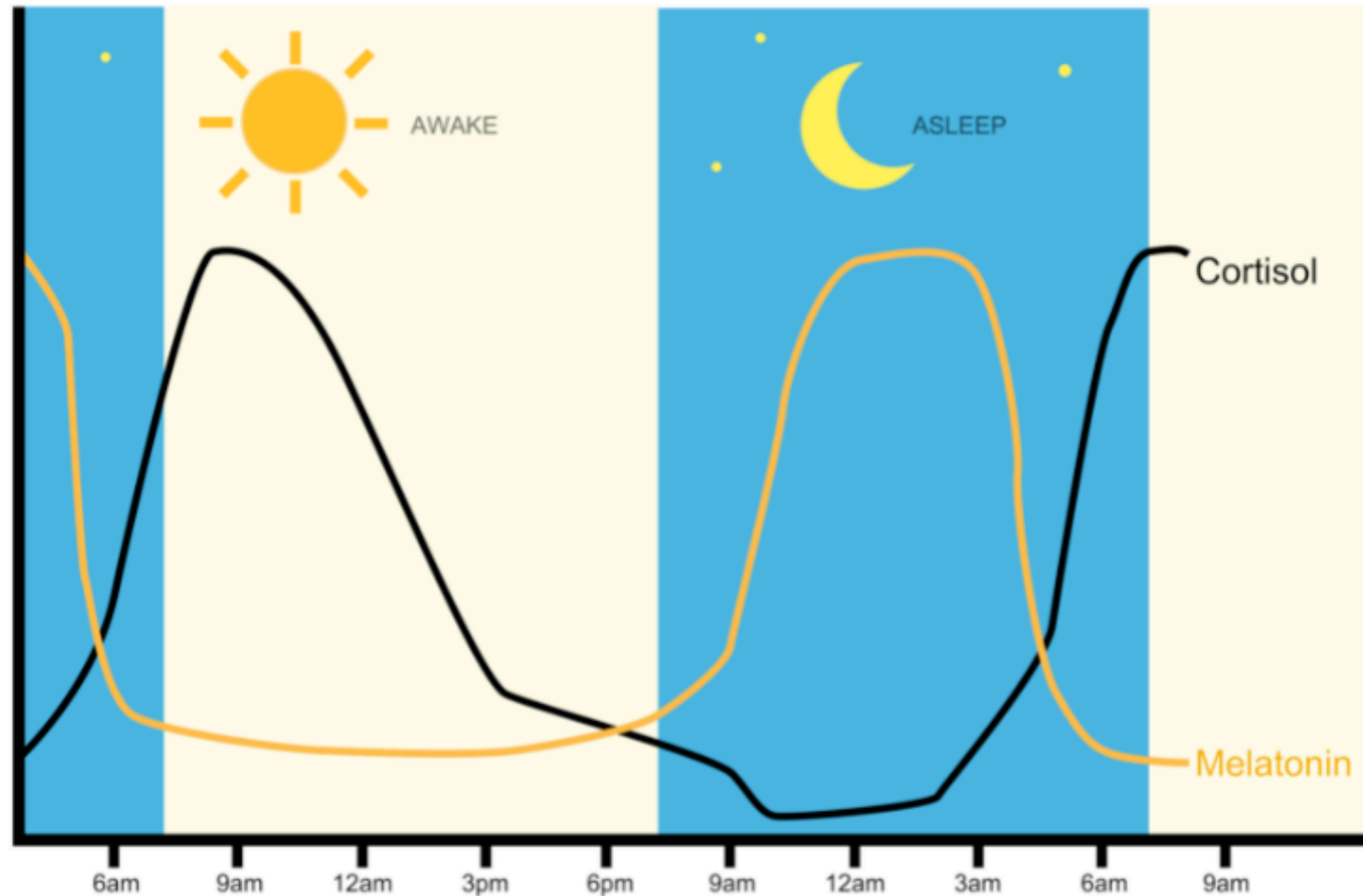
GO TO
menti.com

FILL IN THE CODE
4325 1718

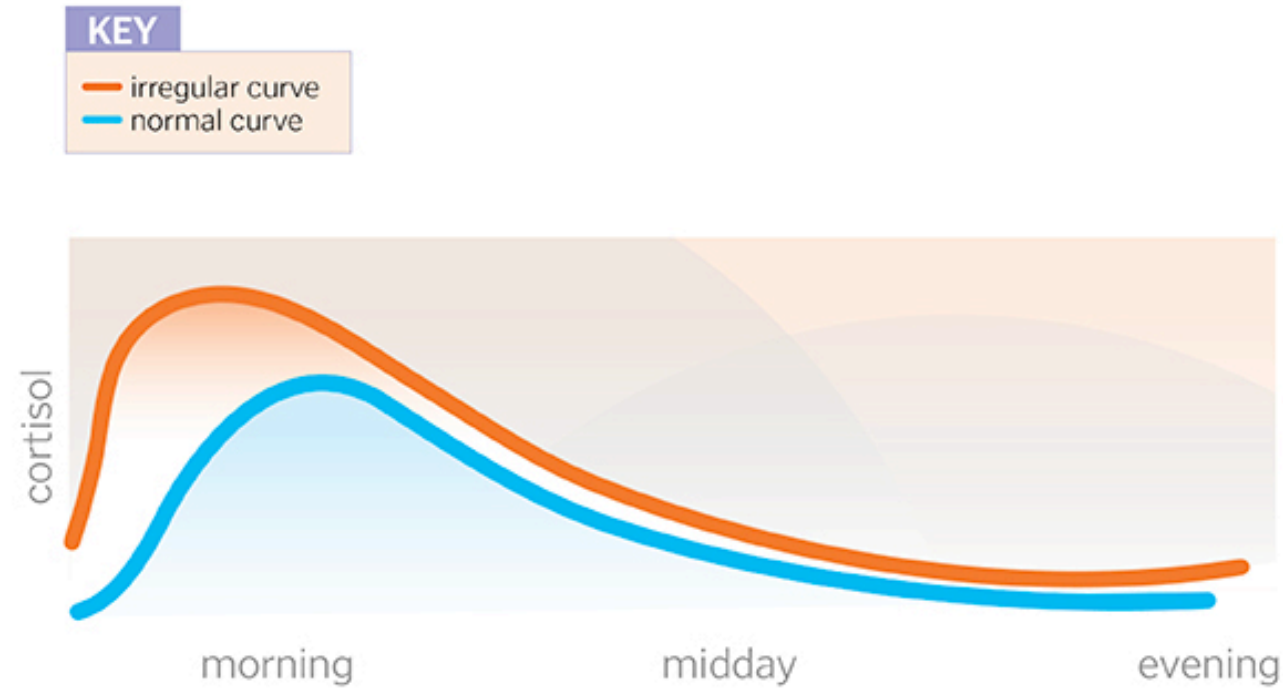
CORTISOL



SLEEP/WAKE CYCLE

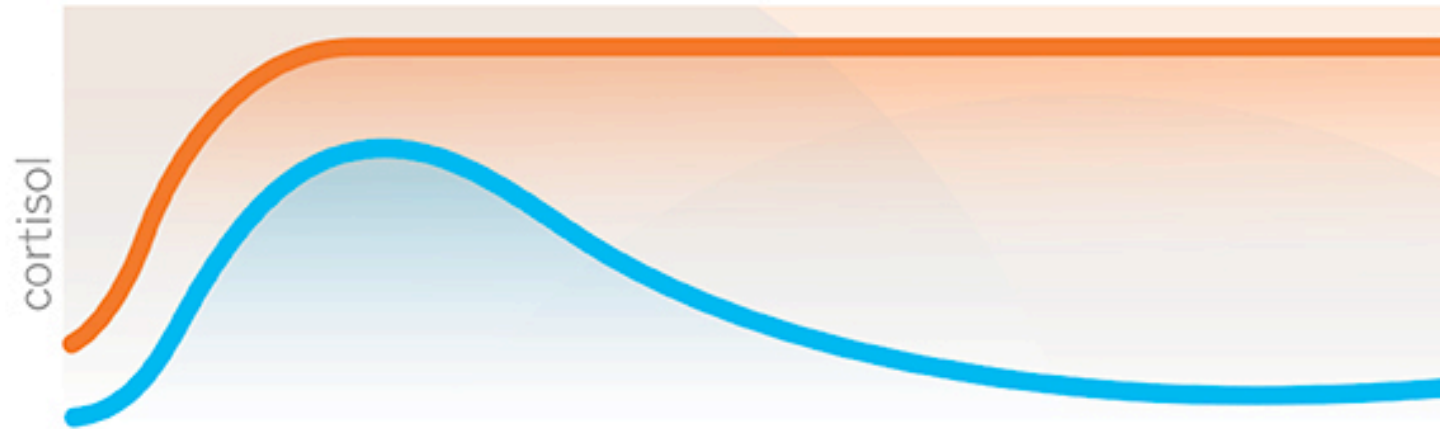
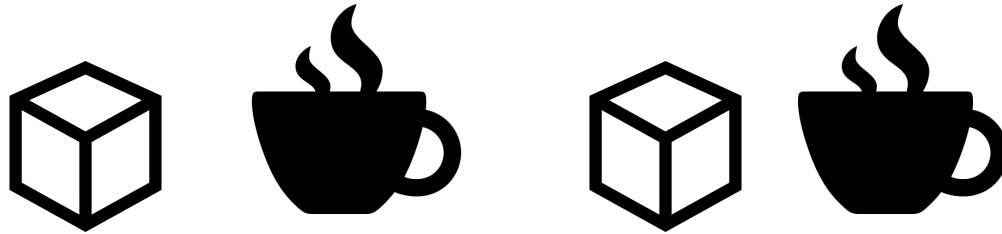


CORTISOL OUT OF BALANCE

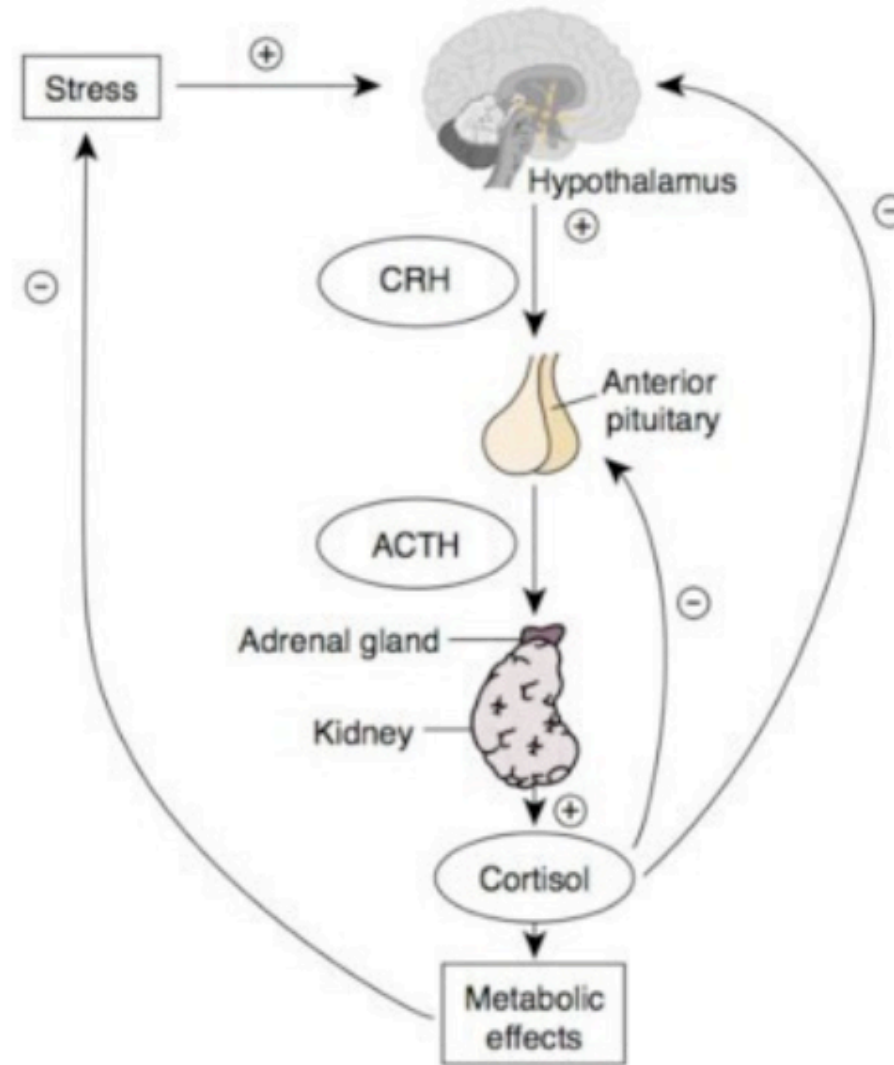


CORTISOL DISBALANCE

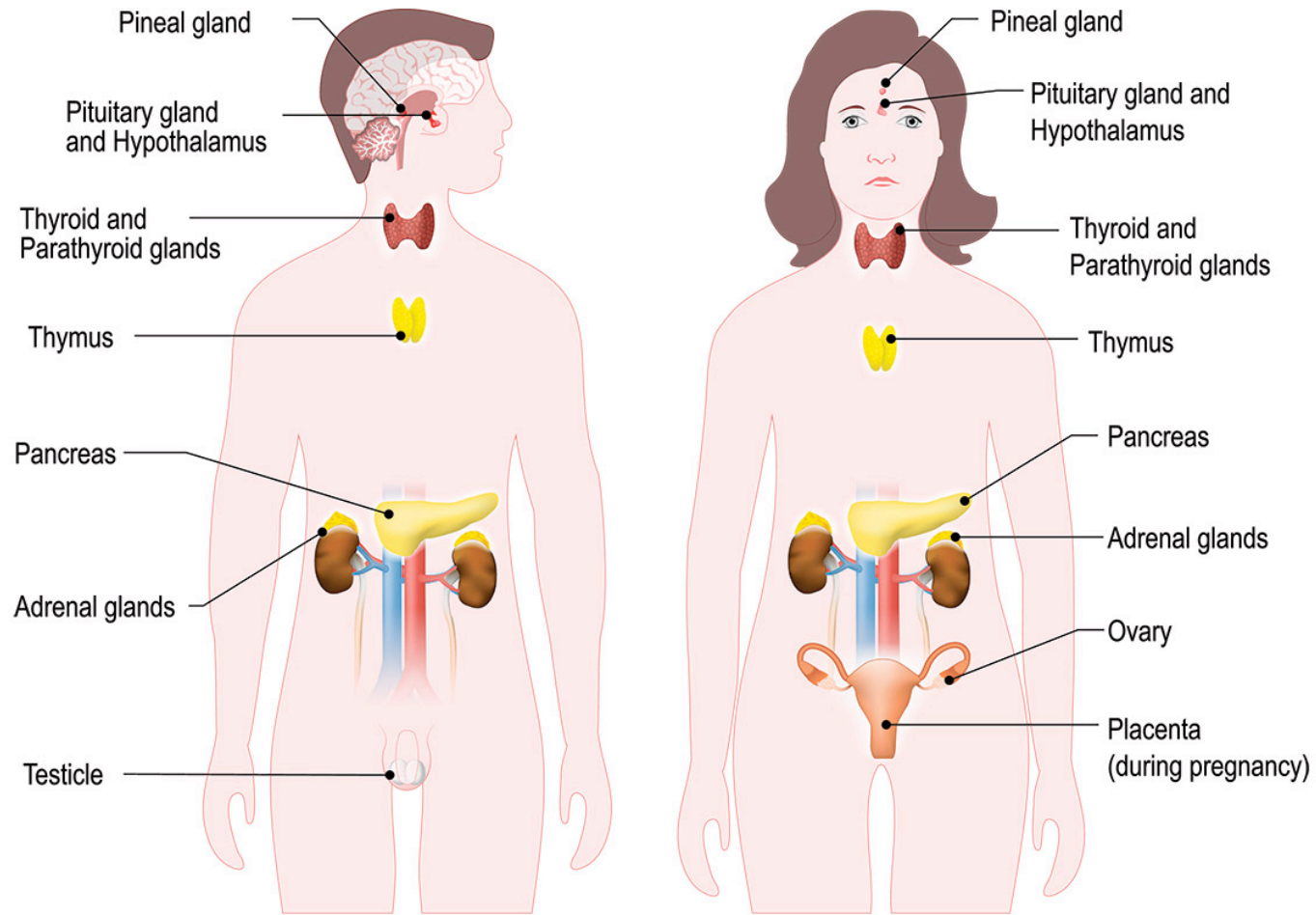
POSSIBLY DUE TO SUGAR + TO MUCH CAFFEINE



HPA AXIS



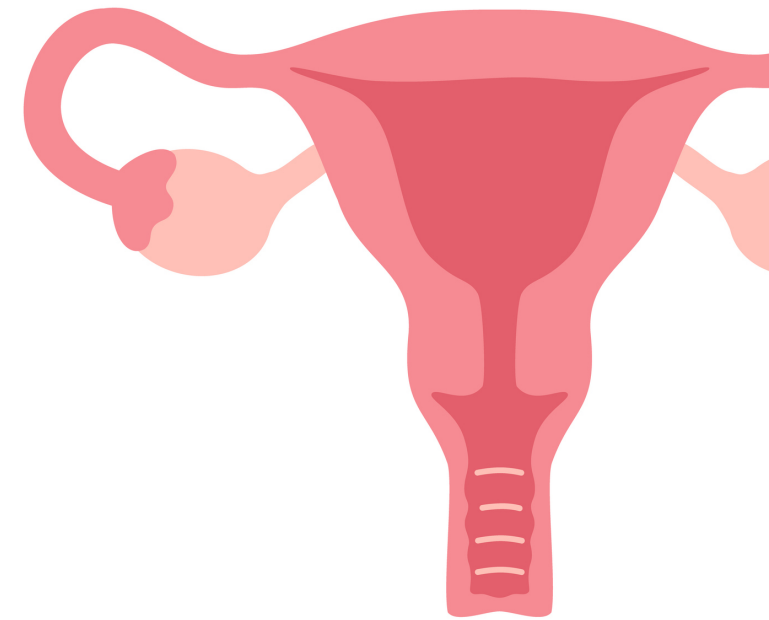
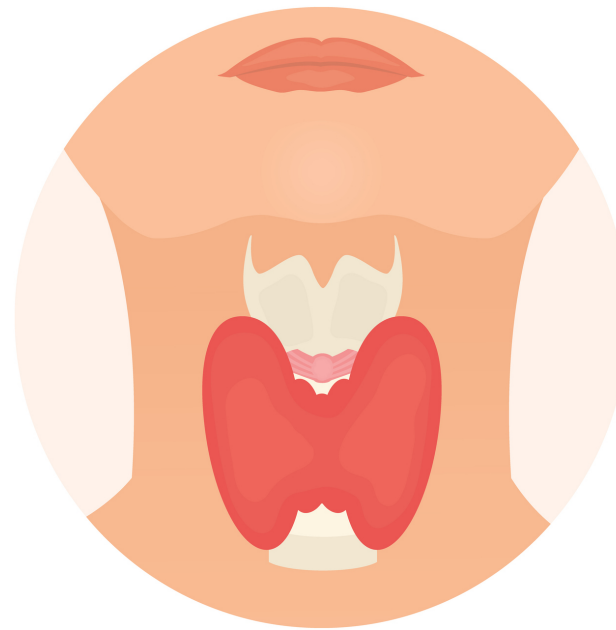
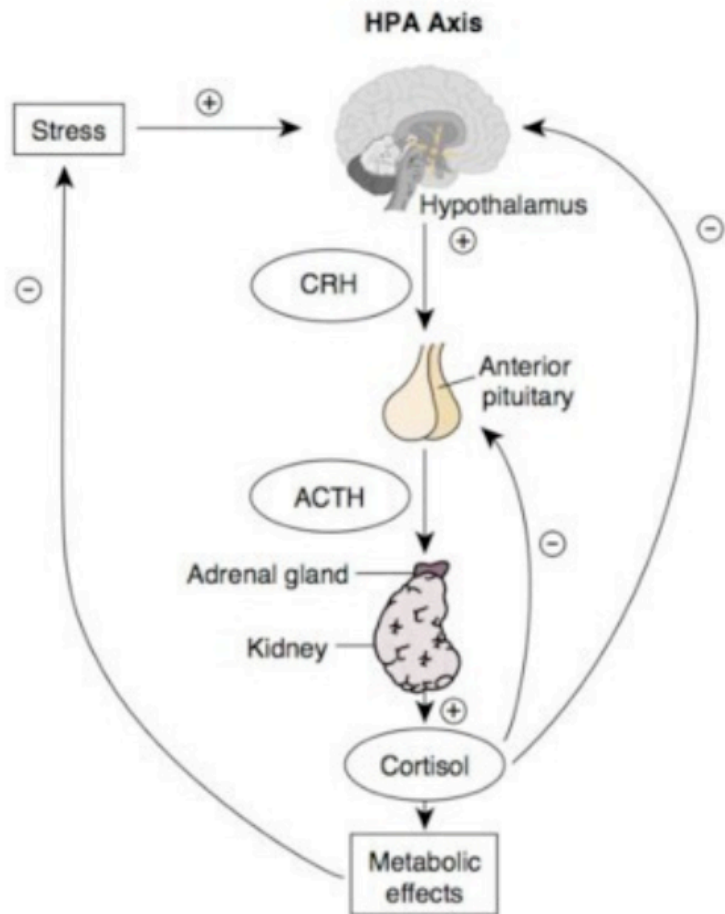
ENDOCRINE SYSTEM



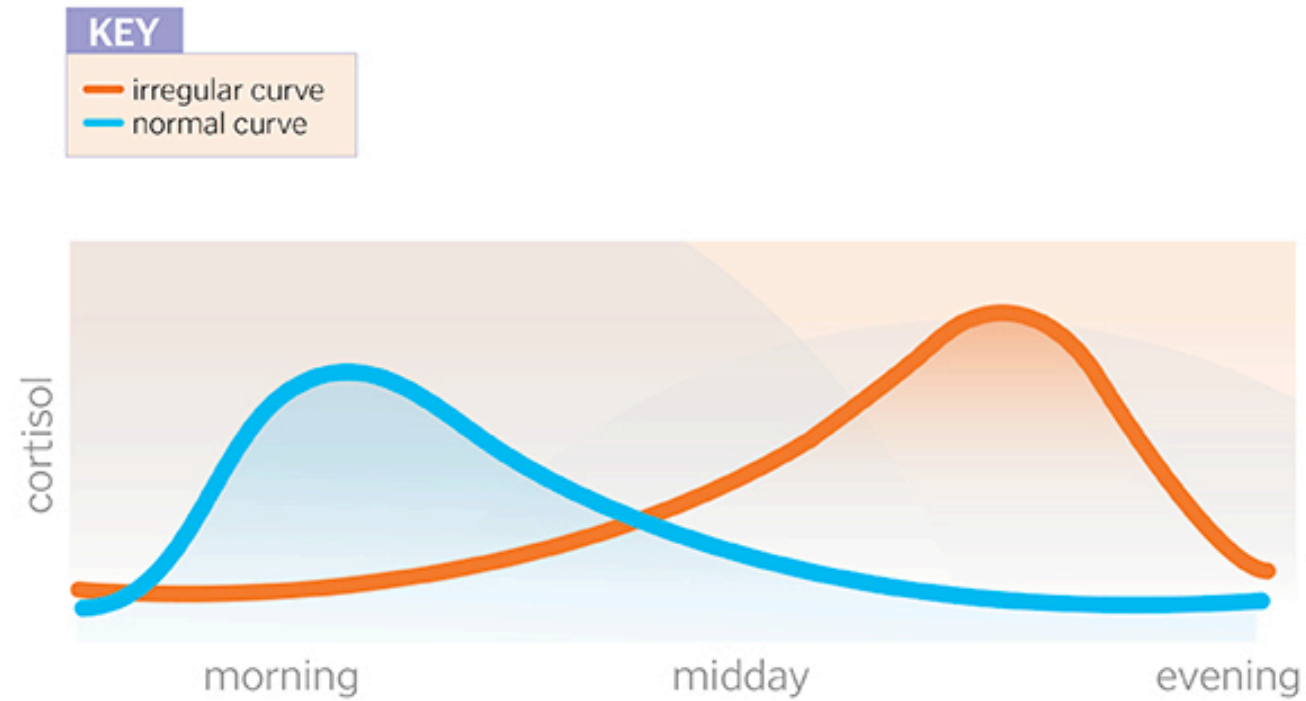
TESTOSTERON

OESTROGEN

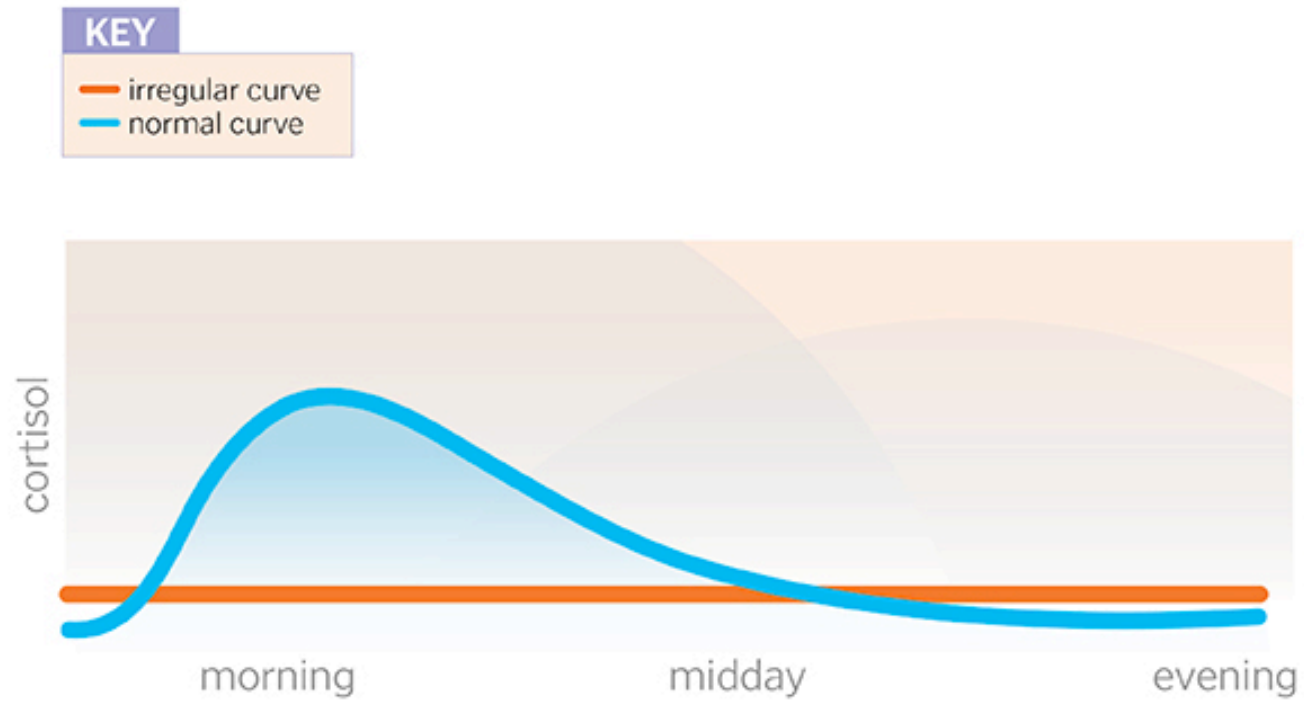
WHEN HPA IS ON, HPT & HPG ARE OFF



CORTISOL DISBALANCE



CORTISOL BURN OUT





WORK IN:

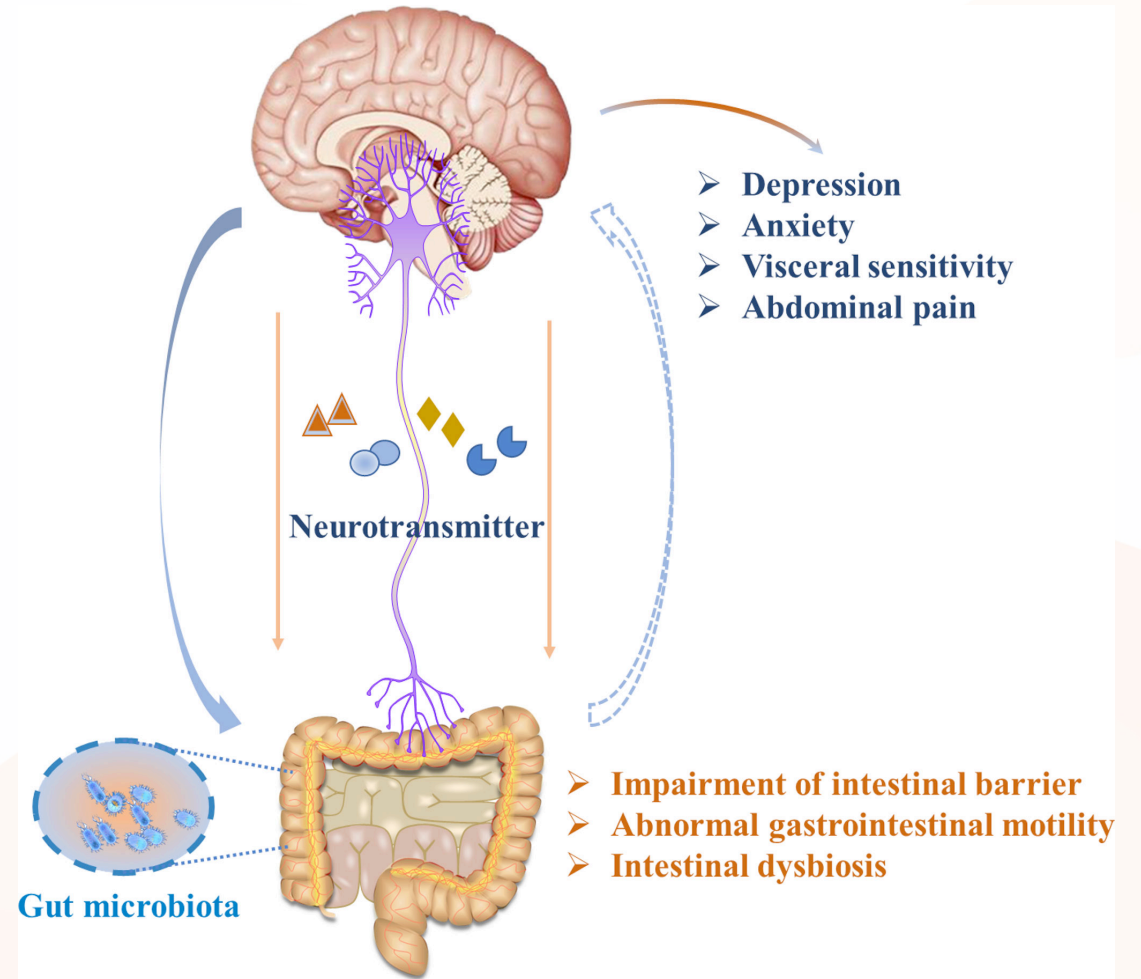
BREATH

FOR stress management

2 MINUTES

4 7 8

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

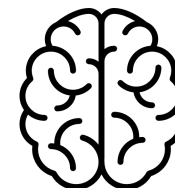
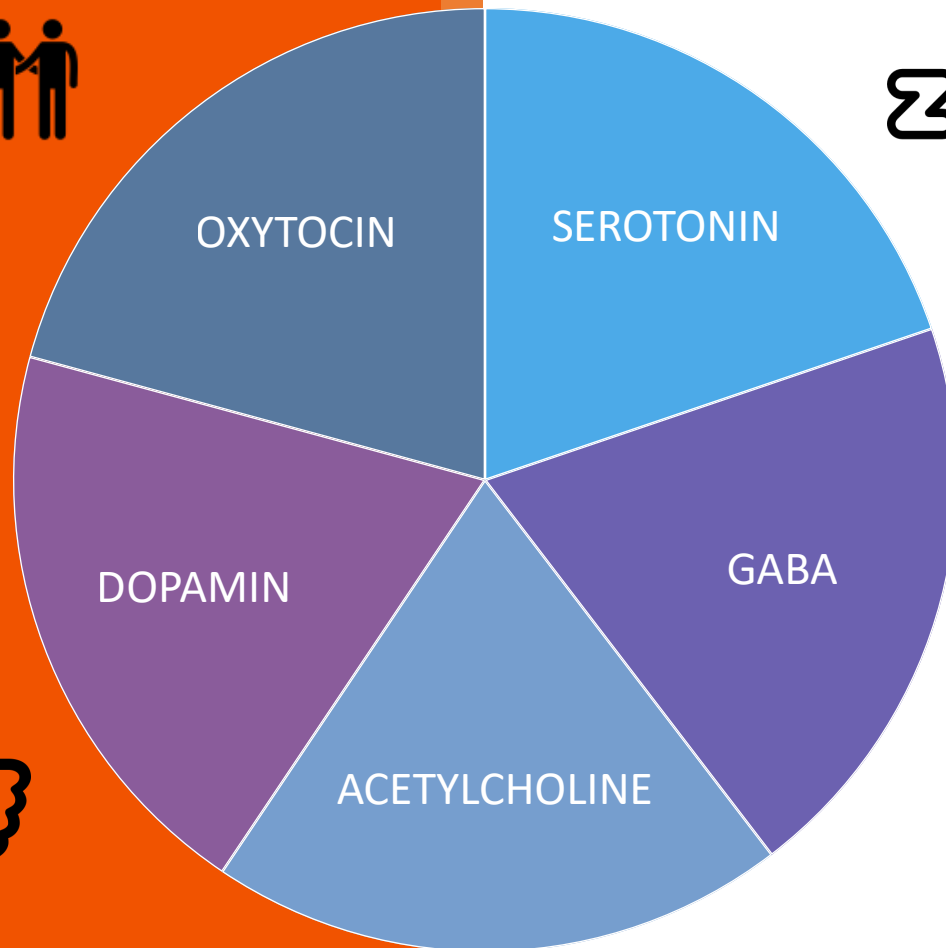
Magnesium,
Zink, b6, vit-c

*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



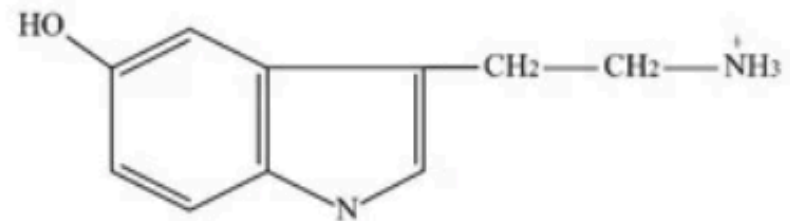
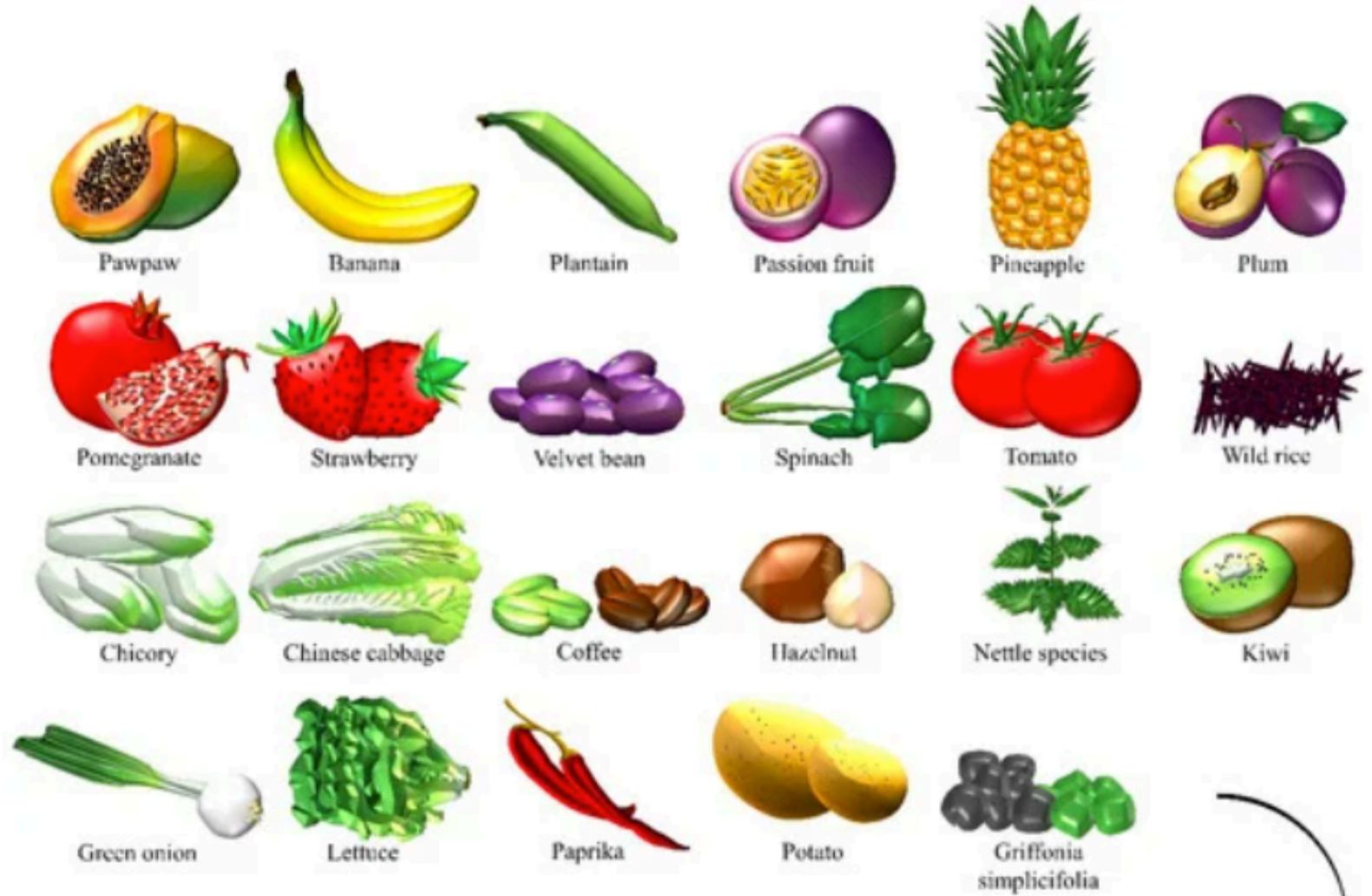
Chestnut



SEROTONIN



z z z z





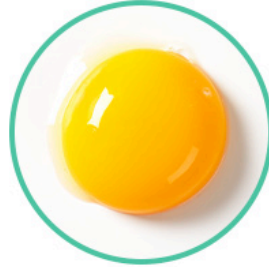
**SEROTONIN +
GABA**

**BREATH +
relax MOVEMENT**
FOR stress management

4-7-8-10 BREATH

ACETYLCHOLINE

Choline Sources:



EGG YOLKS



BEEF LIVER



PASTURED MEATS



DAIRY PRODUCTS



ALMONDS



PEANUTS



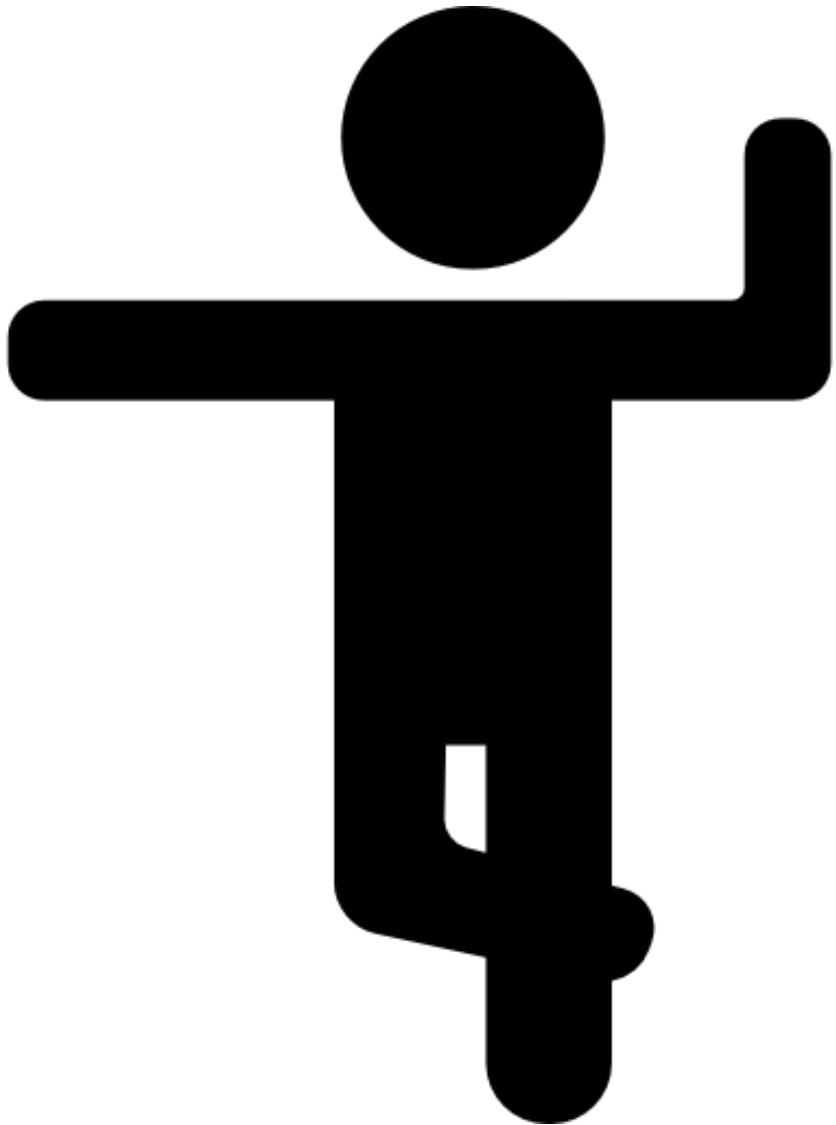
ORGANIC SOY



FLAX SEEDS



BROCCOLI



ACETYLCHOLINE

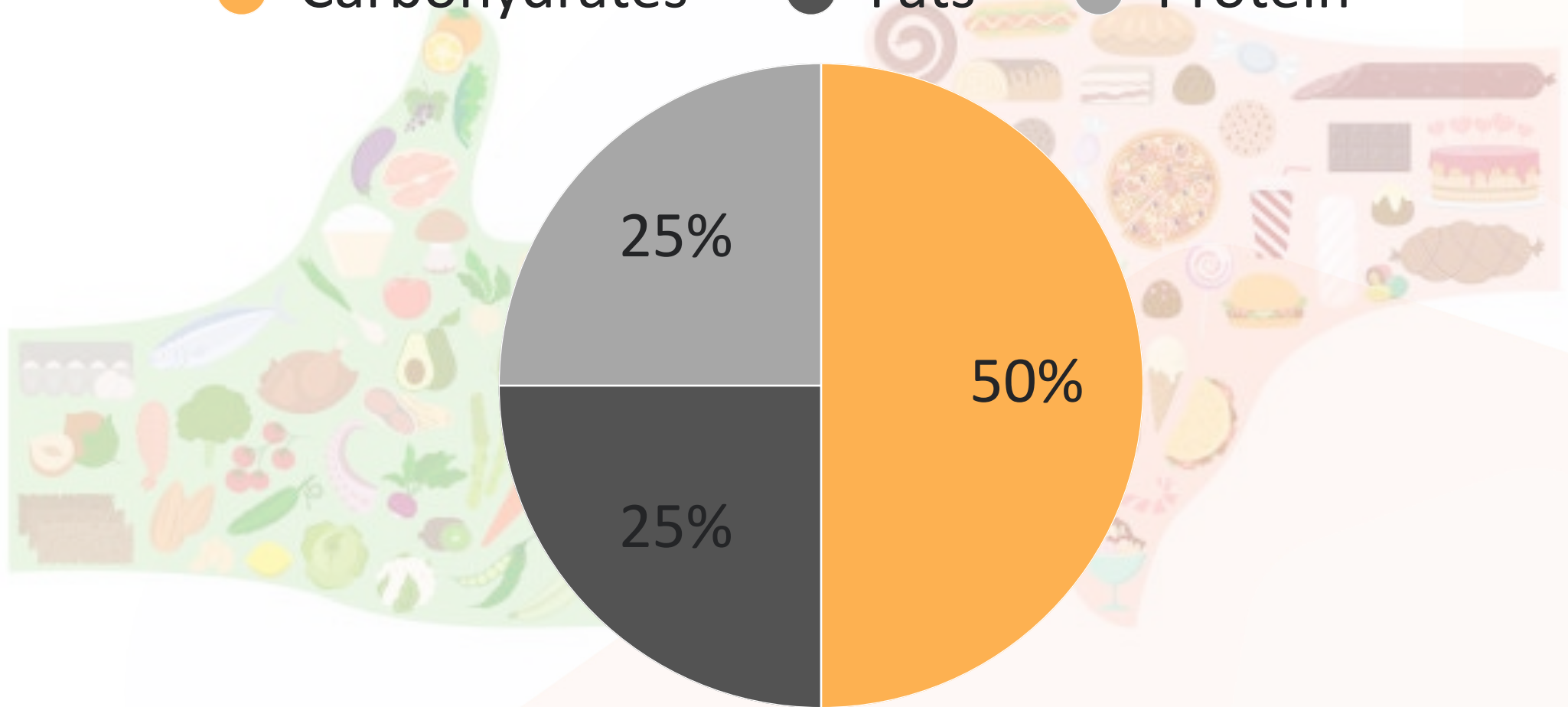
EAT UNPROCESSED FOOD



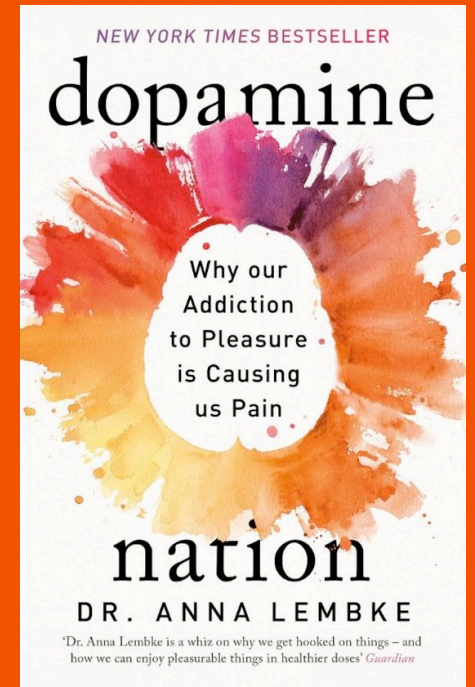
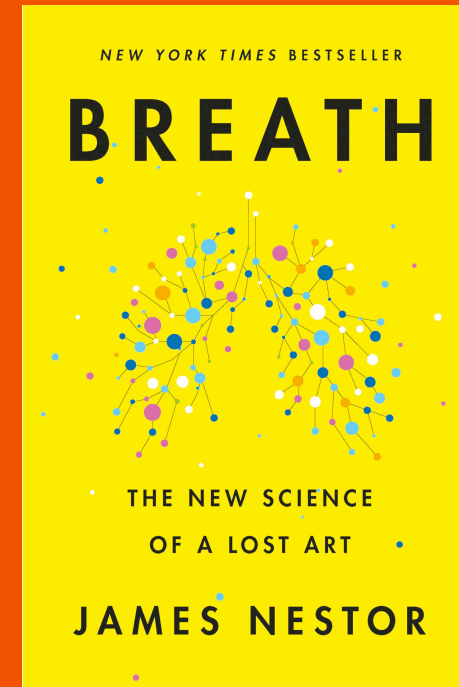
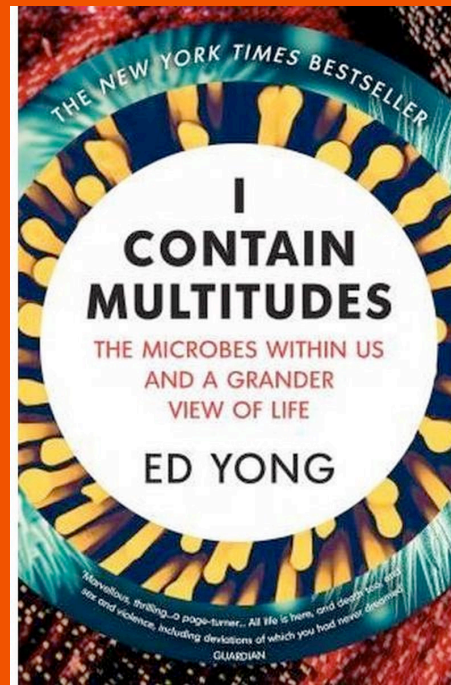
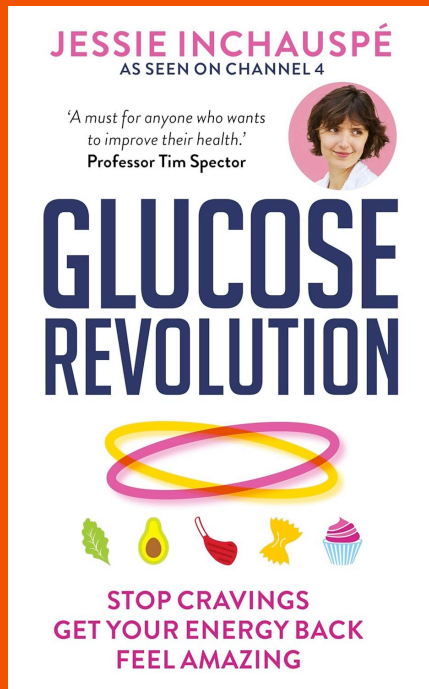
[illegible]

IN THE RIGHT BALANCE

● Carbohydrates ● Fats ● Protein



BOOKS





ABN·AMRO

| helloyouyou

Werk tijdens je werk ook aan jezelf.

How was your Experience ?

Give us your opinion and help us grow!



Scan
me



THE END

THANKS FOR THE ATTENTION

