Nordic Wellness consulting Paris

HEALTHY EATING GUIDE

@victoria_sumelius - the Nordic Health Coach

What you'll learn :

- What's part of a balanced diet
- How to create a balanced plate
- What food causes harm
- What foods are healing
- Mindful eating tips

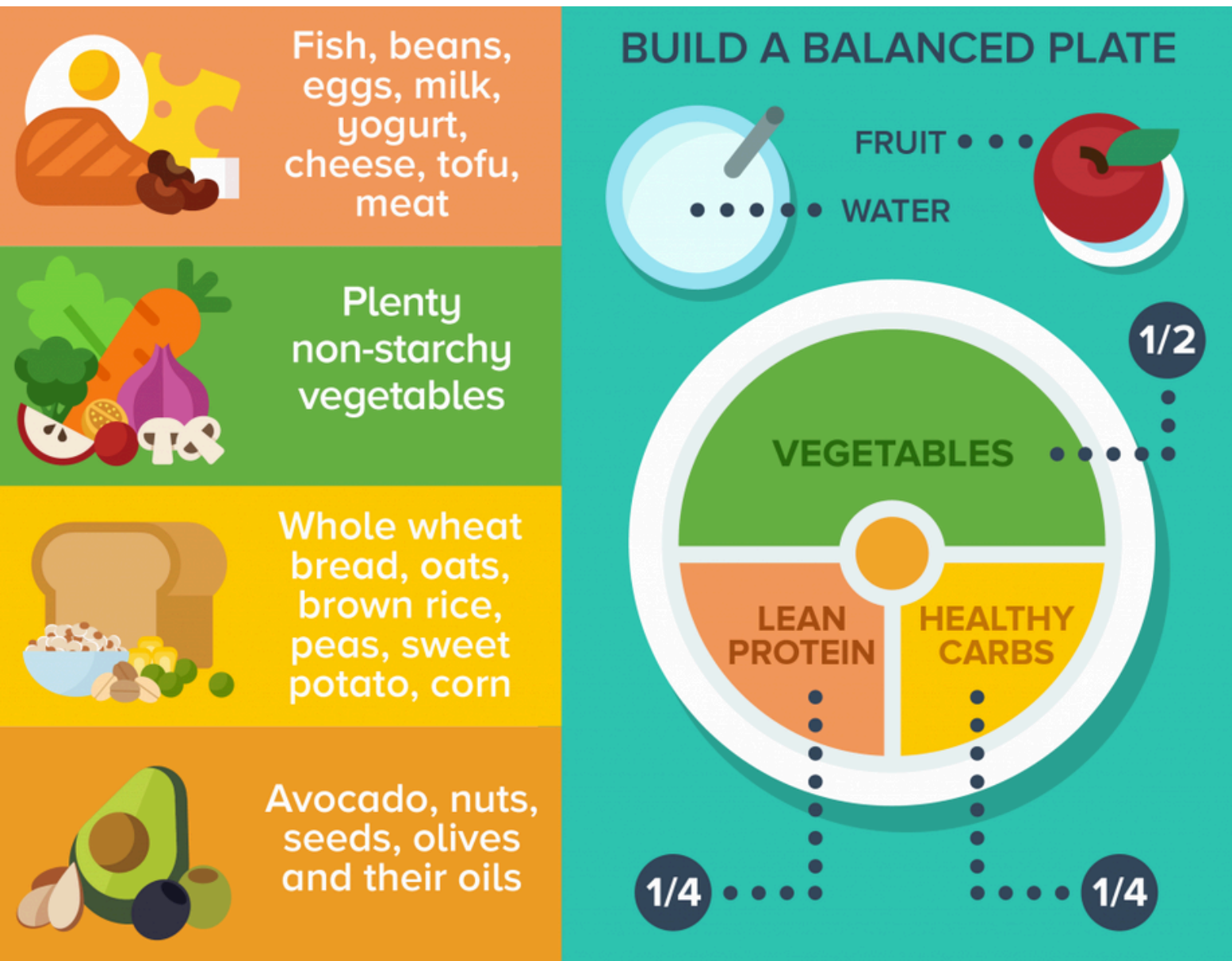# What's part of a balanced diet ?

It's never been about *just* the food on your plate.

Nourish yourself *on* and *off* the plate.

Here's how you can build a balanced plate :

Fish, beans, eggs, milk, yogurt, cheese, tofu, meat

Plenty non-starchy vegetables

Whole wheat bread, oats, brown rice, peas, sweet potato, corn

Avocado, nuts, seeds, olives and their oils

BUILD A BALANCED PLATE

FRUIT

WATER

VEGETABLES

1/2

LEAN PROTEIN

HEALTHY CARBS

1/4

1/4
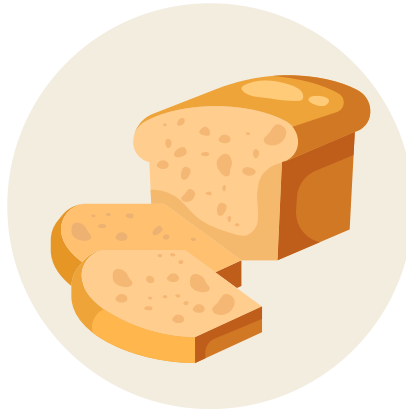
What food causes harm ?

Refined carbs

Gluten

Dairy (Casein)

Canned soda

Red/processed meat

Fast food

Fried food

Vegetable oil (Omega 6)

Sugar

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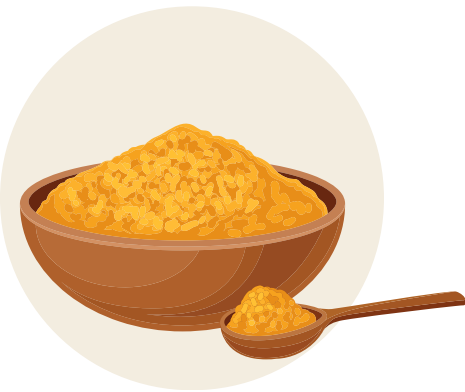
What foods are healing ?

Turmeric

Ginger

Garlic & Onion

Fermented food

Berries

Mushrooms

Leafy veggies

Avocado

Matcha green tea

Mindful eating tips :

TAKE A **DEEP** BREATHE...

HAVE A GLASS OF **WATER**.

1 EAT SLOWLY

2 NO MULTI-TASKING

mindful eating

3 SHARE YOUR MEAL

4 SAVOUR EVERY BITE

... CHEW **EVERY** BITE !

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More mindful eating tips :

Intermittent fasting

No sugar in the morning

Eating sitting down

Not eating in a rush

Chewing slowly

Savouring every bite

Not eating something I don't enjoy

Not eating to please others

Not eating when not hungry

Want to learn more ?

Book a *free* 20min discovery call :

- this is your opportunity to figure out
if my personal coaching approach
is the right fit for you.
No strings attached

HEALTHY MADE EASY
in Paris📍

No BS. Wellness, the Nordic way.

Who's a good fit ?

If this is You, you're a *Great fit* :

- You want to enhance overall wellness

- You deal with high levels of stress and seek a better work-life balance

- You have a hectic schedule and need help to prioritize your wellness

- You have limited knowledge on what's required to reach your wellness goals

- You want support to reach your wellness goals quicker

- You want to speed up results

These are just some of the many things that I see my clients struggle with when they initially reach out. But it doesn't have to be this way!

Take the next step

MAKE EVERY DAY COUNT WITH THE 'HABIT REFORM' PROGRAM