Informationsblatt für gesunde Ernährung

Information von der steiermärkischen Gebietskrankenkasse Graz aus der Vorsorgeuntersuchungsstelle

BASIS = PFLANZLICH = SCHUTZ

Die pflanzliche Ernährung, wie Gemüse, Obst und Salat, liefert Schutzstoffe in Form von Vitaminen, Vitalstoffen, Mineralien und Ballaststoffe.

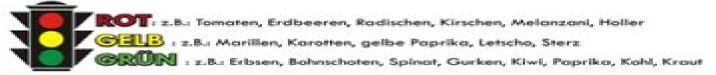
Optimale Verteilung der Mahlzeiten über den ganzen Tag



Zum Frühstück: Z.B. Müsli, Marmelade, Honig, Tee, Kaffee, Orangensaft Über den Tag verteilt: **BOT-CIIV-CE**

(Jede Farbe weist beim Gemüse, Obst und Salat auf andere Inhaltsstoffe und somit auf andere Schutzstoffe hin. Deshalb ist Abwechslung sehr wichtig!)

2x pro Woche sollte @cm@co in jeder Farbe gegessen werden. Dabei sollte auch beim Salat auf die Abwechslung nicht vergessen werden. Äpfel, aber auch alle anderen @betserten sind sehr gesund, wie z.B. Beeren



Tierisch = Cholesterin = Baustoff

Erwünscht ist: 2x täglich tierisch am Tag (besonders in Form von Milchprodukten) = 2x Cholesterin/Tag; Baustoffe sind wichtig für den Knochenaufbau:

Beispiele:

1 x 5 dag Schnittkäse 45% oder 1 x 1 Joghurt + Liptauer mit Magertopfen oder 1 x 1 Joghurt + 1 /4 Liter Milch

2xtäglich

Fleisch, Wurst und Eier werden viel zu oft gegessen und sollten zugunsten von fleischlosen Speisen und Fisch verringert werden. Essen Sie höchstens 2 bis 3 Fleischmahlzeiten pro Woche!

Fisch, Fleisch, Ei oder Wurstwaren (max. 5 dag/d) sollten nur einmal am Tag und nur 3mal die Woche gespeist werden. Fisch und Fleisch möglichst nicht panieren (sonst würde das zusätzlich Ei bedeuten!) Der Fisch beinhaltet die für uns gesündesten Fettsäuren! Meeresfisch ist außerdem der beste Jodliferant.

Triglyceride = Fette = Benzin oder Speicher

Fette gibt es im Tier- und Pflanzenreich. Alle Pflanzenöle sind cholesterinfreil

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BM King

Obst Zum Fr Hst Ck Eier Abend Ebook:

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Table of Contents Obst Zum Fr Hst Ck Eier Abend Ebook

- 1. Understanding the eBook Obst Zum Fr Hst Ck Eier Abend Ebook
 - The Rise of Digital Reading Obst Zum Fr Hst Ck Eier Abend Ebook
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Obst Zum Fr Hst Ck Eier Abend Ebook
 - Exploring Different Genres
 - o Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Obst Zum Fr Hst Ck Eier Abend Ebook
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Obst Zum Fr Hst Ck Eier Abend Ebook
 - Personalized Recommendations
 - Obst Zum Fr Hst Ck Eier Abend Ebook User Reviews and Ratings
 - Obst Zum Fr Hst Ck Eier Abend Ebook and Bestseller Lists

- 5. Accessing Obst Zum Fr Hst Ck Eier Abend Ebook Free and Paid eBooks
 - Obst Zum Fr Hst Ck Eier Abend Ebook Public Domain eBooks
 - Obst Zum Fr Hst Ck Eier Abend Ebook eBook Subscription Services
 - o Obst Zum Fr Hst Ck Eier Abend Ebook Budget-Friendly Options
- 6. Navigating Obst Zum Fr Hst Ck Eier Abend Ebook eBook Formats
 - ∘ ePub, PDF, MOBI, and More
 - Obst Zum Fr Hst Ck Eier Abend Ebook Compatibility with Devices
 - Obst Zum Fr Hst Ck Eier Abend Ebook Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Obst Zum Fr Hst Ck Eier Abend Ebook
 - Highlighting and Note-Taking Obst Zum Fr Hst Ck Eier Abend Ebook
 - Interactive Elements Obst Zum Fr Hst Ck Eier Abend Ebook
- 8. Staying Engaged with Obst Zum Fr Hst Ck Eier Abend Ebook
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Obst Zum Fr Hst Ck Eier Abend Ebook
- 9. Balancing eBooks and Physical Books Obst Zum Fr Hst Ck Eier Abend Ebook
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Obst Zum Fr Hst Ck Eier Abend Ebook
- 10. Overcoming Reading Challenges
 - o Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Obst Zum Fr Hst Ck Eier Abend Ebook
 - Setting Reading Goals Obst Zum Fr Hst Ck Eier Abend Ebook
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Obst Zum Fr Hst Ck Eier Abend Ebook
 - Fact-Checking eBook Content of Obst Zum Fr Hst Ck Eier Abend Ebook
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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