

Attachment Lifestyle Check

You can use this attachment with filling in the Lifestyle Check questionnaire.

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Instruction measure waist circumference

1. Stand up straight
2. Apply a tape measure around your waist, on bare skin
3. Do not pull the tape measure too tight or expand or hold in the belly.
4. It is important that the measuring tape is measured at the correct height. Measure the waist circumference between the lower rib and the top of your pelvis at the end of the exhalation, you will reach around belly button height.

The exercise standards

Adults exercise standard

- Exercise is good, more exercise is better.
- Exercise at least 150 minutes a week moderate intensity, such as walking and cycling, spread over several days. Exercise longer, more often and / or more intensively provides additional health benefits.
- Do at least twice a week bone- and muscle strengthening activities, for the elderly combined with balance exercises.
- Avoid sitting still a lot.

Children's exercise standard 4-18 year old

- Exercise is good, more exercise is better.
- Do moderate intensive exercise for at least an hour every day. Longer, more often and / or more intensive exercise gives extra health benefits.
- Do at least three times a week bone- and muscle strengthening activities.
- Avoid sitting still a lot.

Moderate intensity exercise

With moderately intensive exercise, your heart rate and breathing increase, but you can still keep talking. Examples are: cycling, badminton, walking the dog, cleaning windows, swimming slowly, climbing stairs, horse riding, rowing, volleyball and walking.

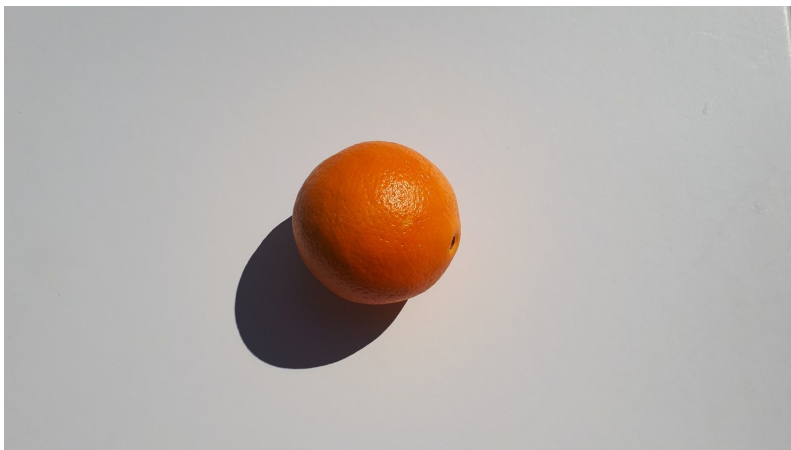
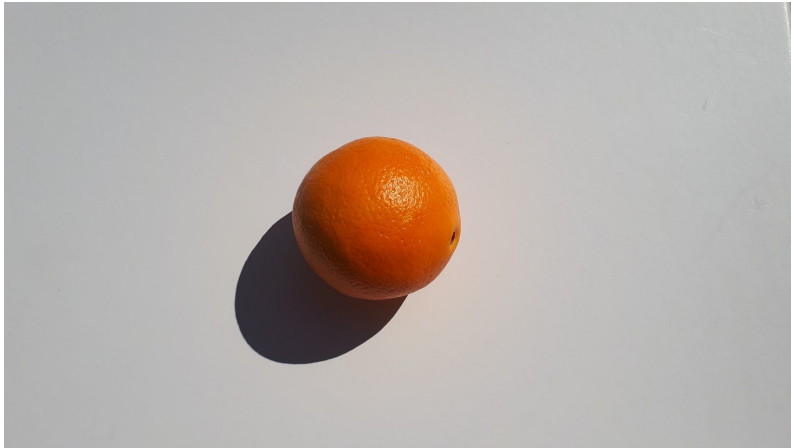
Bone- and muscle strengthening activities

Bone-strengthening activities consist of strength training and activities that load the body with its own weight, such as jumping, lifting weights, climbing stairs, walking, running and dancing.

Muscle strengthening activities (strength training or the combination of strength and duration activities) include activities to improve strength, endurance and muscle size. Examples are strength training exercises with your own body weight and duration activities such as cycling and swimming.

Vegetables and fruit

To estimate how much fruit and vegetables you eat every day we have made some pictures of how much different kinds of fruit and vegetables weigh in grams. You can also try to weigh your fruit and vegetables yourself on a kitchen scale, of course without the peel to know how much certain fruits and vegetables weigh.



An orange without peel weighs about 150 grams.



A medium banana weighs about 100 grams without the peel.



A medium tomato weighs about 100 grams.



A small broccoli weighs about 250 grams without a stump (see board).



15 almonds weigh about 15 grams (1 serving of nuts).

Oily fish

The fatty acids in fish (omega 3 fatty acids) protect against cardiovascular disease. The advice is therefore to eat fish once a week. Fatty fish, in particular, contains many beneficial fatty acids. Some examples of oily fish:

- Salmon
- Herring
- Mackerel
- Sardines
- Eel

Meat replacements

We use this definition for all protein-rich foods that replace the piece of meat / fish in the hot meal. Of course there is a different nutritional value per product, but meat substitutes provide a number of nutrients that are also present in meat (protein, iron, vitamin B1, vitamin B12). You could also speak of vegetarian options.

- Legumes (including lentils, chickpeas, soy products such as tempeh or tofu)
- Nuts
- Eggs
- Mushrooms
- Ready-to-eat meat substitutes (vegetarian "meat" eg Vega minced meat, vegetarian burgers, vegetarian stir-fry strips)

Dark green leafy vegetables

Non-heme iron is found in both animal products and plant foods, such as bread and whole grain products, legumes, nuts and dark green vegetables such as:

- Endive
- Spinach
- Swiss chard
- Purslane
- Bok choy
- Kale
- Broccoli
- Green beans
- Arugula

Whole grains products

Eating whole grains lowers the risk of certain heart disease and type 2 diabetes. Whole grain products are also rich in carbohydrates, fiber, iron and B vitamins. If it says "whole grain" on the bread package, the whole grain of wheat has been used and the bread is therefore

whole grain. You cannot tell from the color of the bread whether it is whole grain. Multigrain means that multiple grains are used in the bread, sometimes whole grain, sometimes not. Multigrain is often a healthier choice than white bread, but whole grain bread is preferred. For products such as pasta, wraps, crackers, etc., it is not always the case that it is 100% whole grains if there is whole grains "on the package, as is the case with bread. The product consists partly of whole grains.

- Whole wheat (spelled) bread and buns
- Sourdough Bread
- Whole wheat pasta
- Brown rice
- Whole grain bulgur
- Whole grain couscous
- Whole wheat wraps
- Quinoa
- Whole grain crispbread, rusk and crackers
- Rye bread
- Whole grain currant bread and muesli bread
- Oatmeal, muesli, brinta, Weetabix, spelled flakes and other whole grains
- Whole wheat noodles

Processed food

There is also a category of products that are highly processed and contain a lot of calories, sugar, saturated fat and salt per serving, and few vitamins, minerals and fiber. These are called ultra-processed foods. It is often conceived in such a way that we can easily eat too much of it: it is convenience food. Think of:

- Soft drink
- Refined grains
- Fried food
- Processed meat such as cold cuts, sausage, hamburger
- Ice cream and ready-made desserts
- Biscuits (salty and sweet) and cakes
- Sweet (dairy) drinks
- Sweets and chocolate
- Ready-made pizza
- Sweetened cereals such as cornflakes and cruesli
- Savory snacks such as chips and pretzels

Concepts

Refined grains

Flour is created because the bran and germ particles are sieved out (refining) when the grain grains are ground. Flour is white in color because the remaining part, the flour core, is white in color. White bread, "brown" bread, white rice, white pasta, pizza, lasagna, baguettes, cookies, muffins, donuts and many other pastries consist in part or entirely of white flour.

Due to this process, fiber is lost and at the same time large parts of the germ and the outer protein-containing layer of the grain are removed. This mainly leaves the flour core. The core is very rich in carbohydrates in the form of starch and thus in calories, but it is a lot poorer in nutrients overall.

Red meat

There is also a difference between red and white meat. Red meat comes from cattle, calf, sheep, lamb, goats and pigs. Even though the meat of these animals is not always clearly red in color, this meat is counted as red meat. White meat comes from chicken and other poultry.

Processed meat

This contains all meat products, such as sausage, ham or pâté and processed meat such as hamburger, sausage and marinated meat. This concerns meat that has been processed prior to sale to influence the taste or expiration by means of smoking, salting, drying and / or the addition of preservatives. This may include red or white meat.