

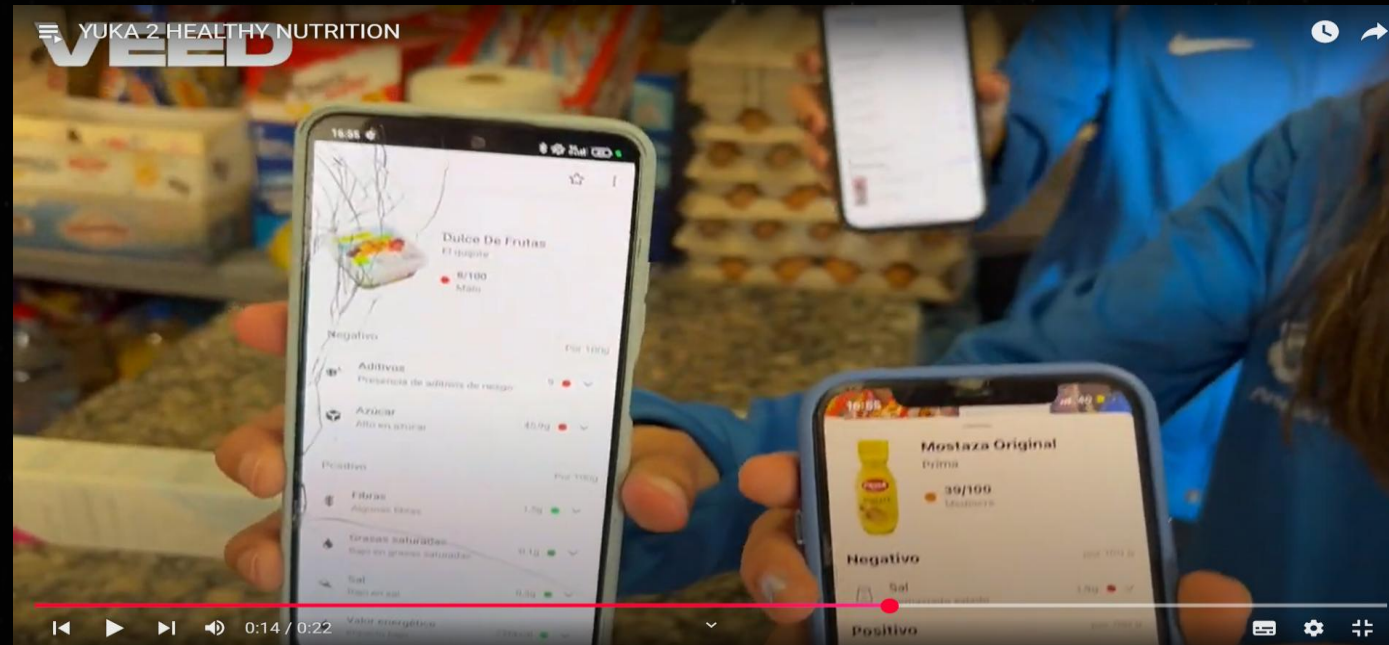


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Decoding Healthy Eating with Yuka: A Club Initiative

Our club embarked on a mission to bridge technology and healthy eating. Using the Yuka app, we analyzed food QR codes. We then created a list of 30 healthy and 30 unhealthy foods. This initiative aligns with our healthy active life project, emphasizing good nutrition.

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Yuka's Evaluation Criteria: A Closer Look

Nutritional Quality (60%)

Yuka assesses the balance of nutrients. Calories, sugars, saturated fats and salt are all considered. Proteins, fiber and fruit/vegetable content are also important.

Additive Presence (30%)

The app considers the amount and type of additives. Products are classified by risk level. This classification is based on scientific studies.

Organic Dimension (10%)

Yuka gives a bonus to certified organic products. This recognizes lower pesticide exposure. It also highlights sustainable practices.

Nutri-Score: The Foundation of Nutritional Quality

Yuka uses the Nutri-Score system. This system simplifies nutritional information. It assigns a grade from A to E. 'A' is the healthiest choice. 'E' indicates the least healthy.

Calories

Excessive calories contribute to weight gain. Moderation is key for maintaining a healthy weight.

Sugars

High sugar intake can lead to various health issues. Look for products with lower sugar content.

Saturated Fats

Saturated fats can negatively impact heart health. Choose products with unsaturated fats instead.

Decoding Additives: Navigating the Risks

1

Risk Assessment

Yuka classifies additives based on risk level. This is determined by scientific studies.

2

Additive Types

Additives include preservatives, colours, and flavour enhancers. Some may pose health risks.

3

Informed Choices

Knowing about additives empowers better choices. Aim for products with fewer harmful additives.

Organic Certification: The Sustainable Choice



Reduced Pesticides

Organic farming minimizes synthetic pesticides. This benefits both health and the environment.



Sustainability

Organic practices promote soil health. They also reduce water pollution.



Nutrient Density

Some studies suggest organic foods have higher nutrients. They also often taste better.





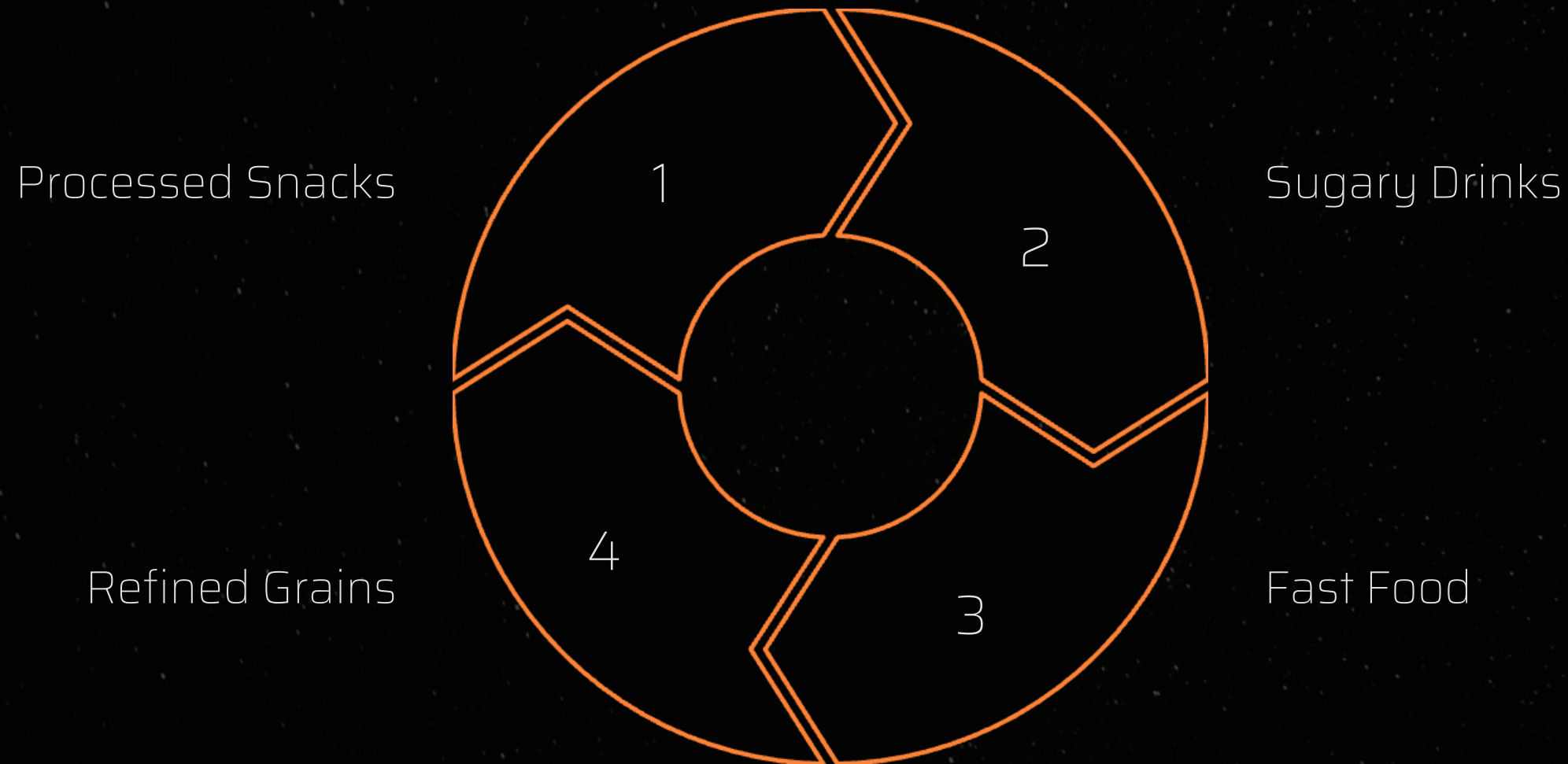
Club Findings: Healthy Food Highlights

1 Fresh Produce
Fruits and vegetables consistently score high. They are naturally rich in nutrients.

2 Whole Grains
Oats, quinoa, and brown rice are excellent choices. They provide fiber and sustained energy.

3 Lean Proteins
Chicken, fish, and beans are protein sources. They are low in unhealthy fats.

Club Findings: Unhealthy Food Red Flags



These options are typically high in sugar, unhealthy fats, and additives. They offer little nutritional value. Regular consumption can lead to health issues.

Takeaways and Next Steps for a Healthier You

1

Download Yuka

Take advantage of the tools at your disposal.

2

Scan Products

Make informed decisions at the grocery store.

3

Choose Wisely

Prioritize whole, unprocessed foods.

4

Share Knowledge

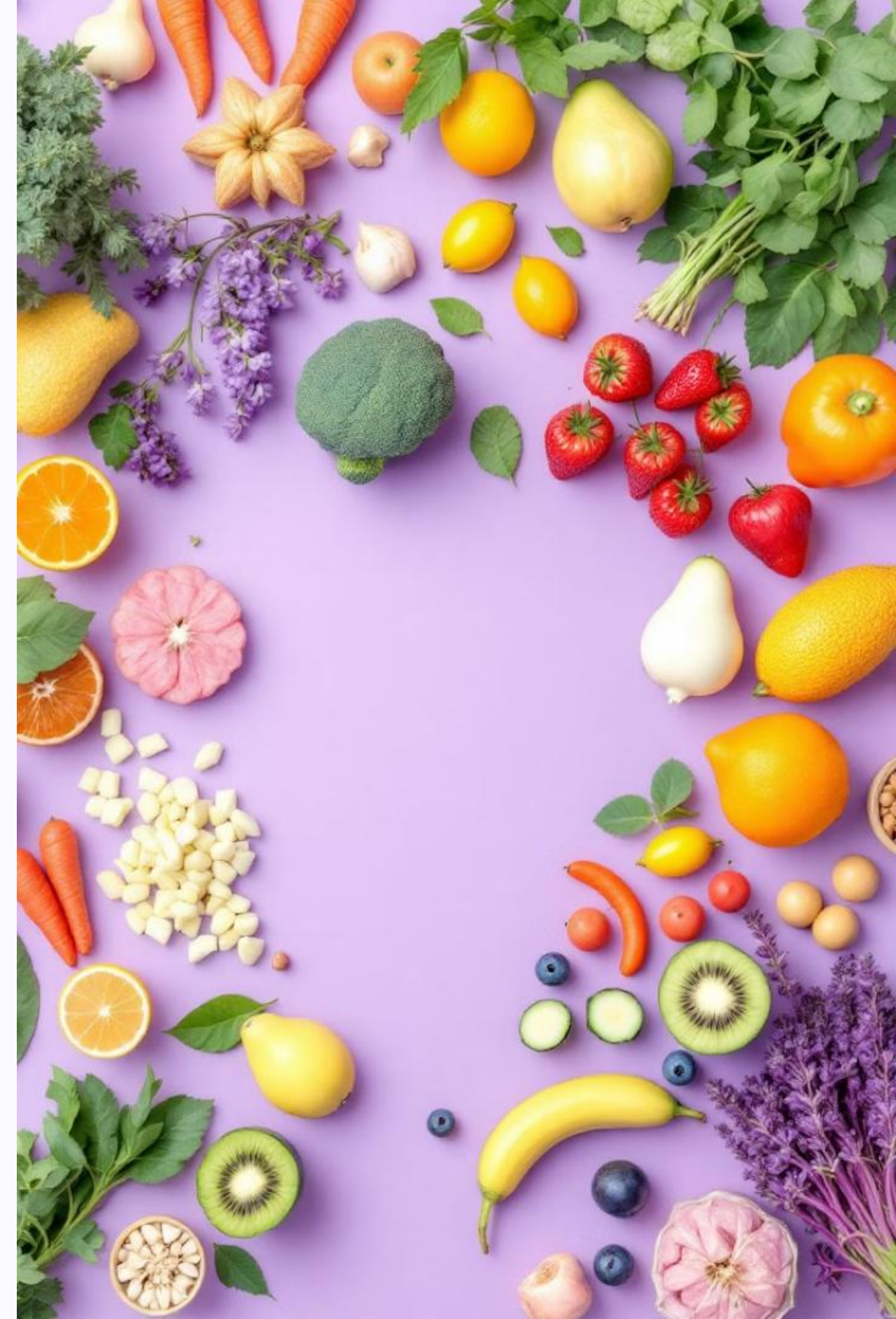
Educate friends and family about healthy eating.



Navigating the World of Healthy and Unhealthy Foods

Let's explore the landscape of nutrition, distinguishing between foods that fuel our bodies and those that may detract from our well-being.

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Fruits: Nature's Sweet Treat



Apples

Rich in fibre, vitamins, and antioxidants.



Berries

Packed with antioxidants and vitamins.



Oranges

Excellent source of vitamin C.



Kiwi

High in vitamin K and vitamin C.

Vegetables: The Foundation of Health

Carrots

Excellent source of beta-carotene.

Broccoli

Rich in vitamins and fibre.

Spinach

High in iron and vitamins.

Red Peppers

High in vitamin C and antioxidants

Healthy Fats and Protein



Avocados

Source of healthy fats and nutrients.



Almonds

Good source of healthy fats and protein.



Salmon

Rich in omega-3 fatty acids.



Eggs

High-quality protein and nutrients

Grains, Seeds and Legumes

1 Quinoa

Complete protein and fibre-rich.

2 Lentils

Great source of plant-based protein.

3 Oatmeal

High in soluble fibre.

Foods to Limit or Avoid

1

Sugary Drinks

Empty calories, high sugar.

2

Processed Sausages

High in sodium and unhealthy fats.

3

Frozen Pizzas

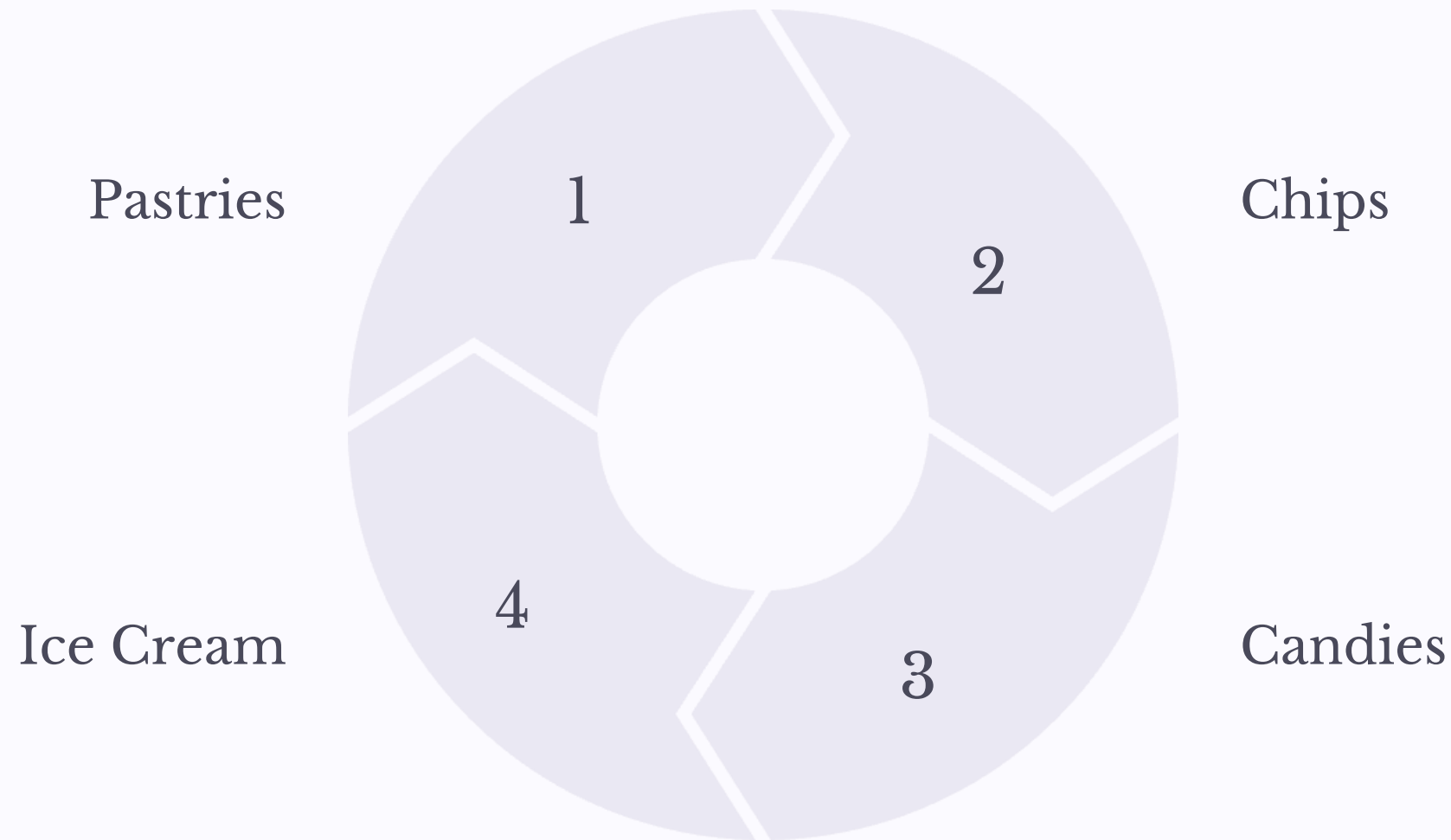
High in sodium and unhealthy fats.

4

Fast Food

High in sodium and unhealthy fats.

Limit Unhealthy Foods



These foods are high in sugar, unhealthy fats, and/or sodium. Consuming excessive amounts of these foods may lead to weight gain and other health problems.

Key Takeaways

1 Embrace Variety

Eat a wide range of fruits, vegetables, and whole foods.

2 Read Labels

Be mindful of added sugars, sodium, and unhealthy fats.

3 Home Cooking

Prepare meals at home to control ingredients and portion sizes.



Nourish Your Body: A Guide to Healthy Eating

Embark on a journey to a healthier you. Discover the secrets to balanced nutrition. Learn how to fuel your body with the right foods. Unlock your potential through mindful eating habits.

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Prioritise a Balanced Diet

Protein

Supports muscle growth. Essential for development.

Sources: Chicken, fish, eggs.

Carbohydrates

Provides sustainable energy. Fuel your day.

Sources: Brown rice, oatmeal, whole grains.

Healthy Fats

Key for brain function. Enhances health.

Sources: Avocados, olive oil, oily fish.

Stay Hydrated

1 Water is Essential

Drink 1.5 to 2 litres daily.

3 Avoid Sugary Drinks

Limit soft drinks and juices.

2 Physical Performance

Water promotes performance.





Embrace Fruits and Vegetables



Fiber



Vitamins



Minerals

Include at least 5 servings a day. Prefer whole fruits, not juices.

Regular Meal Times

1

Breakfast

Fuel your morning.

2

Lunch

Sustain your afternoon.

3

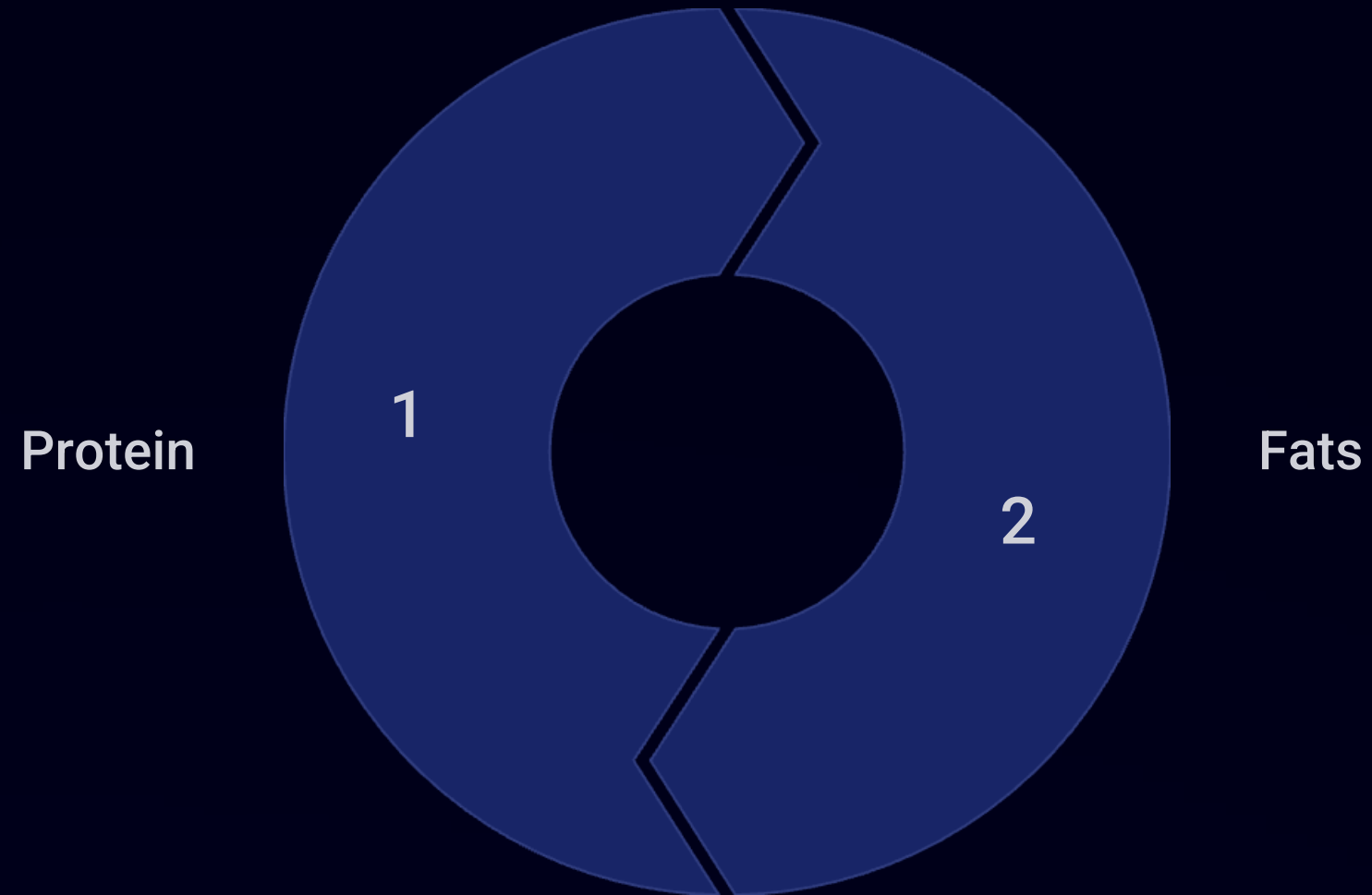
Dinner

Nourish your evening.

Avoid skipping meals to maintain energy and concentration.



Breakfast Boost



Include protein and healthy fats to maintain satiety.

Limit Processed Foods

1

Refined Flours

2

Added Sugars

Avoid excess ultra-processed products with refined flours and added sugars.



Key Takeaways

Balance

A mix of protein, carbs and fats.

Hydration

Drink water throughout the day.

Regularity

Set consistent meal times.

Prioritise a varied and balanced diet. Remember to stay hydrated. Eat fruits and vegetables.