

## COMPLETE HEALTHY FOOD PROGRAM

Group classes to learn the principals of healthy nutrition, which products, where to buy and how to cook them.

5 sessions

*(theory + handouts + recipes + ingredients)*

### 1. Carbohydrates

Why they became the main food in modern diet. How the industry changed them, Are the ones that we eat every day a real source of nutrients? The difference between refined and whole. All we need to know about Gluten. Learn how to prepare whole gluten free grains and make them yummy.

### 2. Fats

Are they really bad for us? Last researches tell the truth. The "zero % phenomenon". How it tricked us. Why fats are vital for our body. The truth about cholesterol. How to recognize the good fats from the bad fats and how to use them.

### 3. Sugar

How is our relationship with sugar? Why do we crave it? Where are the "bad" sugar and where the "good". How to satisfy our sweet tooth in the best way.

### 4. Protein

The most popular diets are based on a large amount of protein. How they may represent a problem. Inflammation. It is a matter of quality. How to choose the best sources of animal products. Meats, dairy, eggs, fish.

### 5. Vegetables, fruit, legumes

We tend to be vitamins and mineral deprived. How important is to learn how to "supplement" with real food. Fibers the cleaners. Learn how to prepare legumes and digest them properly. Not all soy is good, why.

