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**BNP PARIBAS
CARDIF**



LIFESTYLE AND DIET

Document produced in the framework of the partnership between

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Introduction

A healthy lifestyle is defined as the balance between **good physical and mental health**, involving **diet**, **physical activity**, and **lifestyle habits** (sleep, addictions). Balancing one's lifestyle can **reduce the onset** of various pathologies, or **limit the development** of existing ones (diabetes, obesity, eating disorders, anxiety, depression, cardiovascular diseases, etc. quite a long list!). Throughout this newsletter, you will discover (or rediscover) the basics of a balanced lifestyle, how to integrate them into your daily life, and its beneficial effects on eating behavior and quality of life.

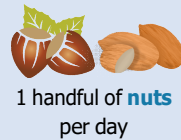
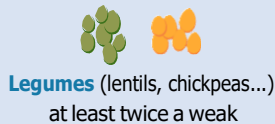
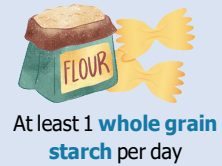
Reminder of the recommendations

First of all, it seems relevant to review the **current and official recommendations** for healthy eating and physical activity issued by Health Authorities (1). These recommendations are averages determined for an average adult without taking into account physical activity or any potential health problems. It is important to underline that there are no "good" and "bad" foods; they all important in a balanced diet, provided that they are consumed in the **adequate quantities and at the right frequency**. For this reason, the recommendations are divided into "**foods to promote**" and "**foods to avoid**" with a sub-section dedicated to **physical activity**.

These numerous recommendations can sometimes make your head spin, and seem difficult to integrate in our day-to-day lives. However, with our tips, good organization, and some effort, you will see that it is not mission impossible ! Below, we will review each recommendation and how to put it into practice.



To promote



Added fats can be consumed on a daily basis, in small amounts



* Fatty fish: salmon, tuna, mackerel, herring, sardines

In practice

Food groups	Quantity	Tips
Fruits & vegetables 	<ul style="list-style-type: none"> Try to have more vegetable than fruit during the day 1 serving = 80-100g = fist size 	Check seasonal fruit and vegetable calendars for new ideas *
Dairy products (milk, yogurt, cheese, plant based alternatives enriched in calcium)	1 serving = 30-50g = size of 2 fingers	Prefer fresh cheeses and soft rind cheeses , which contain less fat and salt than hard cheeses
Starches (pasta, bread, rice, potatoes, semolina, cereal) 	<ul style="list-style-type: none"> 1 serving of starch per main meal 1 serving = 100-200g cooked (1/3 plate) 	Prefer whole grain alternatives at least once a day for fiber and mineral intake *
Legumes (lentils, chickpeas, beans, split peas, broad beans)	1 serving = 60g uncooked = 6 level tablespoonfuls	Remember to soak raw legumes to facilitate cooking and digestion (except lentils), and rinse canned legumes to remove the salt from the brine *
Nuts (almonds, hazelnuts, walnuts, cashews, Brazil nuts, pistachios, etc.) 	1 serving = 30g = a small handful	Prefer the " unroasted and unsalted " versions to limit added fat and salt intake *
Water	1.5L per day = on average 7 to 8 large glasses of water	Fill a 1.5L water bottle and try to drink it all every day
Canola, walnut, olive oils 	<ul style="list-style-type: none"> 1 teaspoon of oil = 5mL 1 tablespoon of oil = 15mL 	When cooking replace animal fats (butter, cream, lard) with vegetable oils

Feel free to alternate varieties and consumption pattern (cooked / raw, hot / cold, mashed, soup, compote, spices and aromatic herbs...)

To limit



Alcohol: maximum 2 glasses per day and not every day



Sugary drinks, sugary products, fatty products, ultra-processed products



Meat (pork, beef, veal, mutton, lamb, offal): maximum 500g per week
Prioritize poultry



Salty products and salt



Cured meat: maximum 150g per week

In practice

Food groups	Quantity	Tips
Sugary drinks, sugary, fatty, ultra-processed products 	Occasionally	In adequat quantities , they have their place in a healthy and balanced diet in which pleasure remains essential
Cured meat 	Limit to the equivalent of 3 slices of ham or ¼ of dry sausage per week	Cooked meat is not to be banned from your diet, it must just be consumed reasonably
Meat (pork, beef, veal, mutton, lamb, offal) 	<ul style="list-style-type: none"> 1 serving = 100-125g = 1 hamburger patty Consume a maximum of 500g of meat excluding poultry per week 	Alternate meats with other sources of protein: poultry, fish, vegetable alternatives, eggs
Salty products and salt	Occasionally	Try alternatives labeled "- 25% salt" or "reduced salt" Reduce the addition of salt, spice mixes, stock, sauces and condiments
Alcohol 	1 glass = 10g of pure alcohol = <ul style="list-style-type: none"> 25cl of beer 10cl of wine and champagne 2,5cl of spirits 	Allow yourself the consumption of alcohol only in good conditions and without risk of driving afterwards

What about physical activity?




At least 30 minutes of dynamic physical activity per day



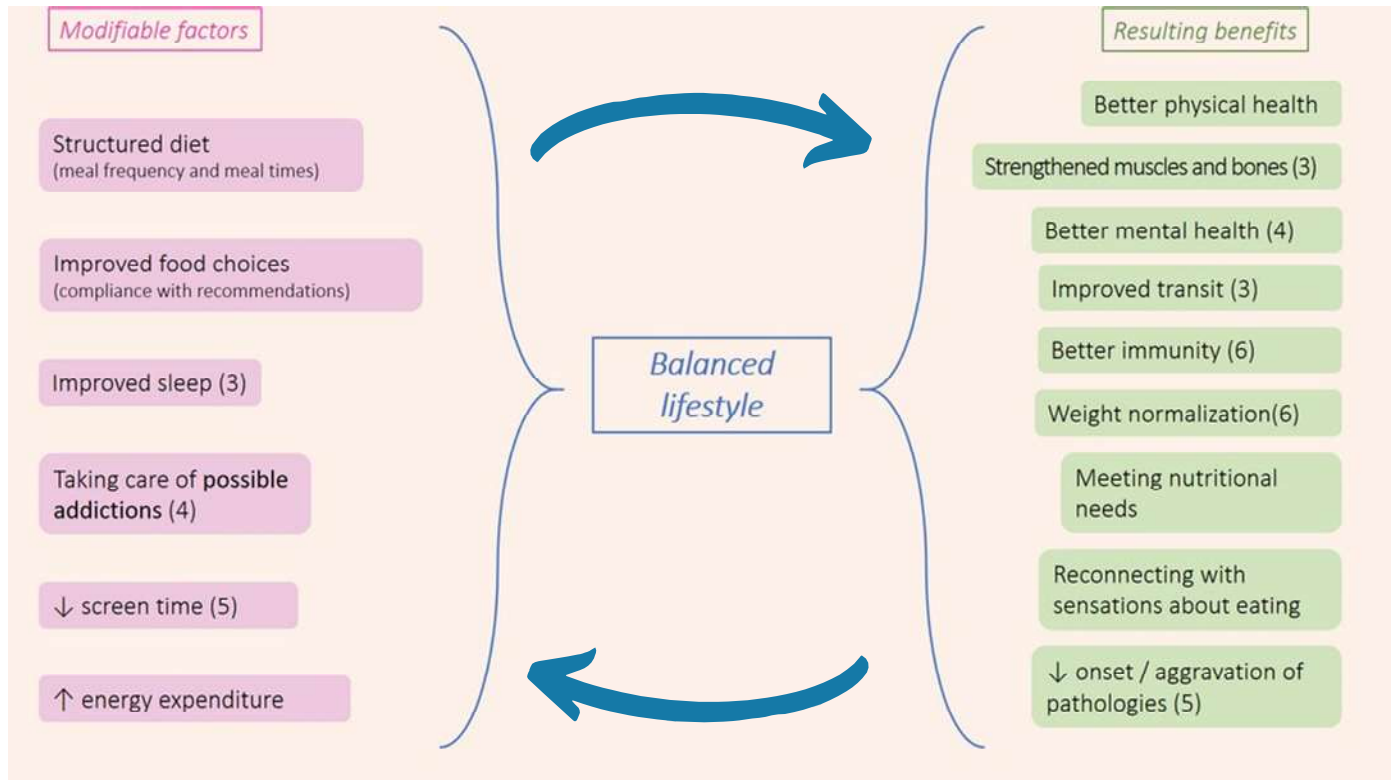
Limit the amount of **time spent sitting**: take time to walk around a bit every 2 hours **at least**

In practice

Physical activity	Quantity	Tips
Dynamic physical activity (supervised sport, cycling, walking, domestic activities, daily journeys, etc.) 	Moderate intensity (still able to have a conversation) to high intensity (having a conversation is difficult)	Walk or bike on a daily basis when possible, take the stairs , get off the bus 1 stop earlier in order to walk more , etc.
Sitting time	Reduce physical inactivity as much as possible	Schedule a reminder every 2 hours on your phone to remember to get up, walk a little, and stretch .

The benefits of a balanced lifestyle

By choosing a healthy diet that covers nutritional needs, increasing energy expenditure, and respecting one's internal clock, several positive effects will appear quickly. A balanced lifestyle will not only have effects on eating behavior and weight but also has many other benefits such as an improved mental health and transit.



At first sight, it may seem laborious to implement all of these recommendations and change one's lifestyle. However, it should be noted that each resulting benefit will facilitate the process by initiating a **virtuous circle**. For example: structuring your diet (3 meals and 1 snack) - improvement of your sleep - energy gain - increasing your physical activity with less effort - improvement of your sleep - etc...

It is therefore up to each individual to determine **where they feel capable of making the first efforts** among the list of modifiable factors. The benefits that will result from these first efforts will then facilitate the work on the remaining parameters. If you try to rebalance all the parameters at once, the process may seem overwhelming and you may end up feeling disappointed and frustrated. It is essential to **take your time** in making behavioral changes in order to establish a lasting change in lifestyle!

To learn more and deepen your knowledge of healthy eating, do not hesitate to consult the NutriActis guide for a healthy and balanced diet available on the website!



Conclusion

Therefore, a balanced lifestyle depends on diet, physical activity and lifestyle. However, we must not neglect the importance of **pleasure** in this balance. These recommendations should be followed without restricting your diet and depriving yourself. The body has the ability to **balance itself over several weeks**, so you may enjoy that larger meal, that second dessert, or that slice of cake from time to time, without fear of disturbing your lifestyle.

The best eating habits include food choices that match (7):

- your taste
- your budget
- your culture
- your way of life



Sources

- (1) Manger Bouger : <https://www.mangerbouger.fr/>
- (2) Zickgraf, H. F., & Barrada, J. R. (2022). Orthorexia nervosa vs. healthy orthorexia: relationships with disordered eating, eating behavior, and healthy lifestyle choices. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 27(4), 1313-1325.
- (3) Godos, J., Grosso, G., Castellano, S., Galvano, F., Caraci, F., & Ferri, R. (2021). Association between diet and sleep quality: A systematic review. *Sleep Medicine Reviews*, 57, 101430.
- (4) Dale, H., Brassington, L., & King, K. (2014). The impact of healthy lifestyle interventions on mental health and wellbeing: a systematic review. *Mental Health Review Journal*.
- (5) LeBlanc, A. G., Gunnell, K. E., Prince, S. A., Saunders, T. J., Barnes, J. D., & Chaput, J. P. (2017). The ubiquity of the screen: an overview of the risks and benefits of screen time in our modern world. *Translational Journal of the American College of Sports Medicine*, 2(17), 104-113.
- (6) <https://www.cdc.gov/nutrition/resources-publications/benefits-of-healthy-eating.html>
- (7) <https://guide-alimentaire.canada.ca/fr/recommandations-en-matiere-dalimentation-saine/prenez-habitude-de-manger-legumes-fruits-grains-entiers-proteines/>