

1st month of coaching

PLUMPED SKIN

DIET

Plumped skin through what you eat

TO BE LIMITED
This increases wrinkles

TO BE SELECTED
for a plumped skin

SUGAR 1
→ Glycation
↳ Collagen & elastin
Less firm and elastic skin

3 WATER IN ALL ITS FORMS
→ Hydration
More hydrated skin

HEAVY COOKING 2
↳ Nutrients
→ Glycation
Accelerated aging

4 OMEGA-3
↳ Inflammation
↳ Barrier function
Smoothed skin

5 VITAMIN C
Slow aging

6 POLYPHENOLS
↳ Oxidation
→ Youthful proteins

1 Hunt down the friend of wrinkles: **sugar**

STOP

SODAS red and black American soda
330ML = 6 SUGARS
250ML = 4 SUGARS
fizzy orange drinks

PROCESSED CAKES AND CEREALS
1 BOWL OF CEREALS = 6 SUGARS
2 CHOCOLATE BISCUITS = 2 SUGARS

INFO
The WHO (World Health Organisation) recommends not to exceed 25 g of free sugars/day or 5 squares.

BUT ALSO: especially those based on concentrates
fruit juices, syrups, compotes with added sugars, chocolate bars and white bread!

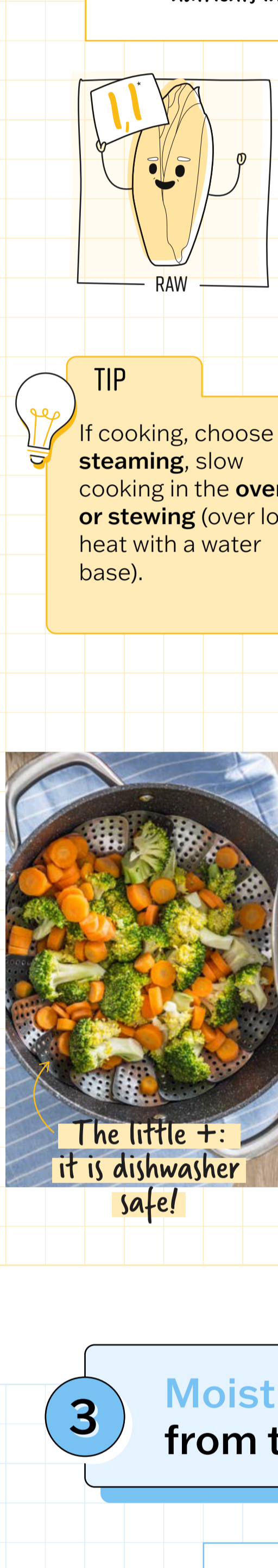
ALTERNATIVELY, YOU CAN CHOOSE

TEA
Cold tea is a good option. The famous iced tea you usually buy... but in a **sugar-free** version!

WATER
With **pieces of fruit** (strawberries, oranges, squeezed lemon), **mint** or **spices** (e.g. ginger).

TIP
If you drink lemon juice in water, use a **straw** (e.g. glass) to preserve tooth **enamel**.

HOME-MADE CAKES
Home-made fruit cakes that will provide a **natural sweet note**. And if you do not have time, choose cookies with **wholemeal flour** and a **high fibre content**.



Practical idea
Recipe idea: **Banana bread ... without added sugars**

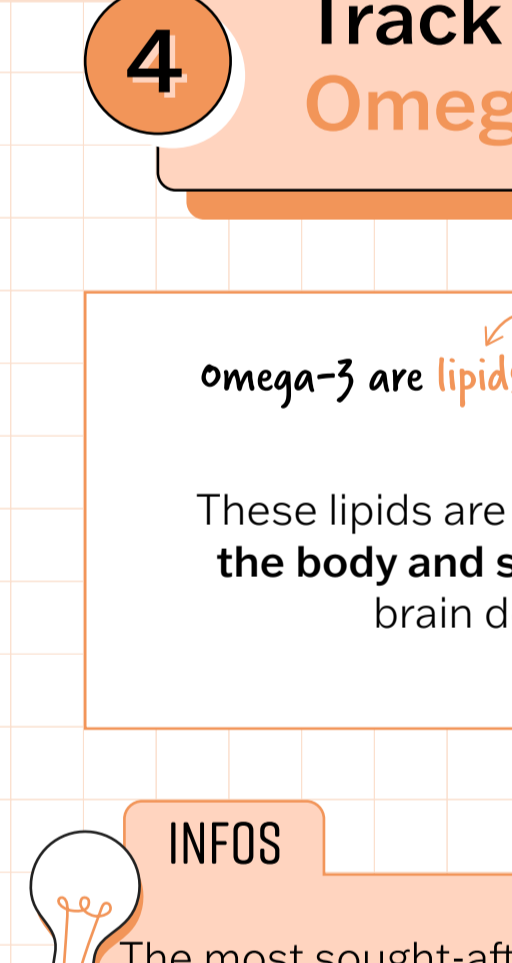
- Mix 100 g of wholemeal flour, 70 g of rice flour and 70 g of chestnut (or spelt) flour with a packet of yeast.
- Crush 3 bananas and add them to the flour together with 3 eggs already beaten.
- Stir in 5 tablespoons of almond (or spelt) milk.
- Add a vanilla pod or a pinch of cinnamon.
For the gourmets, add pecans or a few dark chocolate chips (70% minimum).
- Bake for 60 minutes at 165°C. Let cool before unmoulding, and enjoy!

2 **Cooking: the softer the better**

To benefit the most from the vitamins and other nutrients in fruits and vegetables, eat them **raw**.

RAW vs **BOILING**
mg of fibers /100g
Raw endive is 20x more concentrated in fibre than cooked endive!

TIP
If cooking, choose **steaming**, slow cooking in the **oven** or **stewing** (over low heat with a water base).
3x more of B9
STEAMED vs **BOILING WATER**
Steamed broccoli is 3 times richer in vitamin B9 than boiling broccoli.



Practical idea
The small accessory that costs less than €10 makes all the steamers tremble!

Named **Marguerite**, this little accessory fits into any pot to revolutionise the way you cook. Steaming does not require more effort or investment.
It's Novexpert founder Cyrille's favourite utensil, and he even takes it with him on camping trips!

Steaming doesn't require any extra effort or investment.

3 **Moisturize your skin from the inside**

Fill your kitchen with **water-rich foods**.

HERE IS A SELECTION OF SEASONAL FRUITS AND VEGETABLES CONTAINING MORE THAN 90% WATER

- SPRING:** Strawberry, salad (oak leaf, lettuce), asparagus, endive
- SUMMER:** Watermelon, melon, cucumber, salad (oak leaf, lettuce), radish, tomato, zucchini
- AUTUMN:** Squash (pumpkin, potimarron), celery, salad (lettuce)
- WINTER:** Squash (pumpkin, potimarron), spinach, celery, endive

TIP
Also, think about **water** (garnished with fruit, mint or natural), **tea**, **coffee** etc. However, sodas and syrups are not a good idea because of their sugar content!

Practical idea
To reach the goal of 1.5 L of water per day, take a bottle (glass or stainless steel) and set the goal of finishing it at 11:00, 16:00 and 20:00!

And if you like **connected objects**, remember that there are bottles that light up and send you a notification to remind you to drink!

4 **Track the Omega-3!**

omega-3 are **lipids** that we cannot produce, or only produce in small quantities.

These lipids are **essential to the proper functioning of the body and skin**: reduce cardiovascular risk, better brain development, less dry skin, etc.

INFOS
The most sought-after **Omega-3: ALA* & DHA + EPA****
*Alpha-Linolenic Acid
**Docosa-Hexaenoic Acid + Eicosapentaenoic Acid
In France, **99%** of adults have an **inadequate intake of ALA and 90% of DHA + EPA.**

THE LIST OF OMEGA-3-RICH FOODS:

	ALA*	DHA*	EPA*
Cod liver oil	1,79	11,4	
Sardines (cooked, baited)	0,18	1,02	1,24
Mackerel (cooked, baited)	0,25	1,52	1,25
Salmon (steamed)	0,18	1,11	0,64
Herring (smoked)	0,07	1,18	3
Camelina oil	30	0	0
Rapeseed oil	7,54	0	0
Linseed oil	53,3	0	0
Flax seeds	16,7	0	0
Chia seeds (dried)	17,8	0	0
Walnuts (dried)	7,5	0	0

*g/100g

Practical idea
Think canned fish!

Sardines cooked on a griddle in summer are nice, but it leaves a bit of a smell. Since you won't be cooking them every week, think of canned sardines or mackerel.

6 **Boost your days with vitamin**

Eat vitamin C-rich foods at least 2 times a day.

VITAMIN C STARS:

- FRUITS:** Guava (pulp) 228, Blackcurrant 181, Kiwi 82, Papaya 65, Orange 47
- VEGETABLES & HERBS:** Parsley (fresh) 177, Thyme (fresh) 160, Kale 145, Pepper (red or yellow) 121, Broccoli 106

To make the most of the **Vitamin C** contained in fruits and vegetables, enjoy them **raw** or **cook them gently, such as steaming**.
Cooking them in boiling water can destroy up to 55% of the vitamin C they contain. It would be a shame to waste so much potential!

Practical idea
Think kiwis!

A good way to **increase your intake of vitamin C** is to adopt the **"1 kiwi a day"** rule, at breakfast for example. You can choose from many kiwifruit varieties mainly in **autumn** and **winter**.

6 **Fight against oxidation with fruits et vegetables**

It's not just **vitamin C** that protects your body and your skin!

Polyphenols are also champions of **protection**. This large family includes flavonoids (including anthocyanins), resveratrol, phenolic acids, etc.

HERE IS A LIST OF **FRUITS AND VEGETABLES RICH IN POLYPHENOLS**: *Choose local and organic products, and adapt your menu to the seasons.*

TIP
To spot a fruit/vegetable rich in **anthocyanins** (one type of polyphenol), rely on **its colour**. They are **orange** (blood orange, vine peach, sea buckthorn) or **purple** (eggplant, blueberries, blackcurrant).