1st month of coaching

STRONG HAIR

comes from food

Hair strength

AVOID

TO BE ENCOURAGED For **healthy** hair

What **speeds** hair fall

OMEGA-3 SWEET DRINKS 1 ✓ Inflammation

→ Blood circulation Increased hair density WHITE BREAD, **PASTRIES** ✓ Insulin

→ Hormonal factor in hair loss Hormonal factor in hair loss Accelerated hair loss Decreased hair loss Stimulated hair growth Deteriorated hair cycle **VITAMIN C ADDITIVES** ▶ Oxidation

→ Absorption of iron

SODAS The WHO (World Health Organization) recommends that adults consume no more than 25g of free sugars a day, which is less than a can of the well-known red and black American soda...

330MI

6 SUGARS

FRUIT JUICES

TEA

KOMBUCHA

fermented drink from

a low-sugar

Asia.

Cold tea is a good alternative; it

is like the famous iced tea you

are used to buying... but in a

Hunt down sugar,

mission n°1: drinks

DRINKS TO CUT OUT

250ML

TOMATO JUICE

Kombucha also takes care of

your microbiota, thanks to

the **probiotics** it contains!

one glass a day if you like.

Place 2 (preferably green) teabags in a

Add a small handful of crushed mint

Fill the bottle with water. Place in the

Remove teabags and mint leaves.

Add fresh lemon juice, serve chilled and preferably drink through a straw.

Alternative

Wholemeal bread

shortbread biscuit,

food is cooked, the higher the

The glycaemic index increases

with cooking time!

HERE IS ONE PIECE OF

ADVICE TO AVOID THEM:

AS MUCH AS POSSIBLE.

LIMIT READY-MADE MEALS

Instead, try batch cooking

provide simple recipes for batch

Ilmn

GI 59

16mn

GI 65

glycemic index.

Low GI <55

oatmeal cookie

Dark rye bread

All-butter

GI*

45

40

55

Start slowly and build up to

fruit juice.

3 to 5 times less sweet than

4 SUGARS

Fruit juices, especially Syrups must contain at least 55% those labelled "from sugar to qualify for the label. concentrate". They That does not leave much room for fruits! contain no vitamins, but a lot of sugar and water.

REPLACE THESE DRINKS WITH:

250ML

3+ SUGARS

SYRUPS

sugar-free version! **✓** WATER with pieces of fruit (strawberries, oranges or squeezed lemon), mint or spices (ginger, for example). **TIP**

glass one) to preserve tooth enamel.

if you drink water with lemon juice, use a **straw** (such as a

TIP

Practical idea Recipe idea: Lemon and mint iced tea

glass bottle.

fridge for a few hours.

leaves.

(5)

Hunt down sugar, mission n°2: breads & pastries

LIMIT

The **higher** a food's glycemic index, the more it raises blood sugar levels, which is something your hair won't appreciate...

rated out of 100

Medium GI 56-69

GI*

95

75

70

Food with high GI

White sliced bread

High GI <70

method itself also influences

Pastries such as

muffin, cookies,

croissant

the GI.

STEAMED

The lowest glycaemic index is:

steaming!

White bread

BREADS AND PASTRIES WITH A HIGH GLYCEMIC INDEX (GI).

Practical idea Adapting culinary practices You can influence the GI of your meals by adapting your cooking habits. **COOKING TIME COOKING METHOD** For example, the cooking On the other hand, the more a

BOILING WATER

the letter « E »

These are FOND ADNITIVES; they have no nutritional benefits but

improve the texture, preservation or color of a food. However, the

consequences of such changes are high.

Many of them can contribute to hair loss or increase hair

fragility such as colorants and preservatives.

Watch out for

which means cooking larger amount of food at one time for later meals. Then store your dishes in glass containers in the fridge for the next few days. Numerous books

Practical idea

How to recognize them?

You'll find these food additives in your food's list of ingredients, either under their full name or with their number (starting with E followed by 3 digits).

To keep up with the latest information on additives, you can consult the International Consumer Research & **Testing - ICRT** website, which keeps an up-to-date list

of additives and their potential health hazards.

Track the

Omega-3!

fatty acids

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.

TIP

Home

remedy

The omega 3

star

Store these oils

away from heat

and light

= quantity

of DHA for 2 days!

cooking.

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

THE LIST OF OMEGA-3-RICH

Sardines (cooked, baited)

Mackerel (cooked, baited)

Salmon (steamed)

Herring (smoked)

Chia seeds (dried)

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.

Walnuts (dried)

Camelina oil

Rapeseed oil

Linseed oil

Flax seeds

Zinc deficiency

= hair loss

Zinc is found in many foods: red meat, oyster, cheese, herbs...

but its bioavailability, i.e. the way it is

absorbed by the body, differs from one food

source to another.

zinc bioavailability

ZINC IN FOOD SUPPLEMENTS

ALA*

1,79

0,18

0,25

0,18

0,07

30

7,54

53,3

16,7

17.8

7,5

INFO

Daily adequate

intakes of zinc are

women, 11mg/d for

12mg/d for men.

20%

zinc bioavailability

Thyme (fresh)

160*

Pepper (red or

yellow)

121*

9mg/d in average for

pregnant women and

*g/100g

DHA*

11,4

1,02

1,52

1,11

1,18

0

0

0

0

0

0

EPA*

8,39

1,24

1,25

0,64

3

0

0

0

0

0

0

FOODS:

Cod liver oil

ANIMAL AND DAIRY PRODUCTS PLANT PRODUCTS 40%

> If your diet isn't rich enough in zinc, you can try some food supplements. Here again, bioavailability varies. Choose zinc bisglycinate (highest bioavailability)

> > Practical idea

Think herbs and grains!

Some **herbs** and **grains** are also rich in zinc, such as

thyme, basil, wheat bran and linseeds. Add them after cooking to boost the zinc content of your dishes!

Eat vitamin (-rich foods

at least 2 times a day.

VITAMIN C STARS:

or zinc gluconate, pidolate or picolinate.

VEGETABLES & HERBS FRUITS Parsley (fresh) Guava (pulp) **Blackcurrant** 228* 181* 177*

Papaya

65*

Orange

47*

Kiwi

82*

Indeed, it is not the vitamin (star

we all think it is!

Pharmaceutical Research. 2016. 59-64.

Syndicat Français des Sirops. Réglementation. URL :

Boost your

days with

vitamin

steaming.

potential!

Kale

145*

*Vitamin C

(mg/100g)

Broccoli

106*

To make the most of the Vitamin C contained in fruits and vegetables, enjoy them raw or cook them gently, such as 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

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.

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