

## Food safety outside the home

It will be clear to you that to eat healthy outside the home you just need to learn to choose light and nutritious dishes, paying attention to the seasonings and the quality of the food. We also add safety to quality. When we eat outside the home, it is essential to avoid the risk of contracting bacteria, which are harmful to our body.

So raw vegetables should be carefully washed and peeled, sometimes better to fold over cooked vegetables. The same goes for carpaccio, tartare, seafood appetizers, cream desserts and egg-based sauces that must be kept in the fridge at a suitable temperature. If they were out of the fridge instead, it is good to order something else.

- Unfortunately, it is not possible to control everything when you go to a restaurant, but surely you can realize the freshness of your dishes by their appearance on the plate.
- Especially with fish, it should be fresh and not smelly. The refrigerated counter of bars or cafeterias must then be divided into cooked foods on one side and raw foods on the other.

This separation is important to prevent microorganisms present in raw foods from contaminating cooked ones.

In addition, the containers must be protected by a plastic film.<sup>10</sup> The benefits of physical activity Together with a correct diet to be supported even outside the home, physical activity contributes to maintaining a correct body weight, a healthy lifestyle and to preventing some important diseases.

*To keep fit it takes very little: it is sufficient to go to work on foot or by bicycle, go up the stairs, therefore do not take the lift and move as little as possible by car, moped or public transport. In short, all the opportunities that arise during the day to get active should be exploited such as, for example, walking during the lunch break, doing housework, gardening, walking the dog and other similar activities, and in any case try to walk at least 30 minutes a day, every day, at a fast pace.*

Ideal body weight and active lifestyle Eating healthy means first of all satisfying one's energy and nutritional needs. Our body weight remains constant when we are in a state of energy balance in which the calories we enter through food are equivalent to the calories we spend.

The energy intake derives from the so-called macronutrients, or nutritional elements that must be introduced in large quantities (hence the definition of "macro") because they represent the most important energy source for the body. The macronutrients are: proteins; carbohydrates; the fats.



**Food intake is regulated by various factors (psychological, social and environmental) that interact with each other in a complex way.**

Energy expenditure, on the other hand, represents the energy used for maintaining physiological and biochemical activities: in conditions of rest, the amount of energy expended by our body is given the name of basal metabolism.

To know our total daily energy expenditure (Total Daily Energy Expenditure), the energy spent must be added to the basal metabolic rate: during food digestion and absorption processes (diet-induced thermogenesis); to regulate body temperature (adaptive thermogenesis); for carrying out all physical activities (thermogenesis induced by physical activity).

**A healthy diet, therefore, is able to guarantee the maintenance of an energy balance.**

Faced with an excess of calories, body weight inevitably increases and the expansion of adipose tissue leads to a greater risk of suffering from chronic-degenerative diseases (diabetes, cardiovascular diseases, neurodegenerative diseases, oncological diseases).

On the other hand, an energy deficit leads to a reduction in body weight with loss of muscle mass and deterioration of the state of health as is typical of states of malnutrition. If we are overweight, we will need to reduce energy input and at the same time increase energy expenditure through daily physical activity.

One of the most effective approaches is based on a twofold strategy: reduce the consumption of energy-dense foods but poor in nutritional value, such as industrially derived foods that are abundant in saturated fats and simple sugars but fail to provide adequate amounts of vitamins and antioxidants; prefer the consumption of low-energy foods, such as those of vegetable origin characterized by a high content of fibers and rich in vitamins, antioxidants and mineral salts.



**More fruit and vegetables** Eating healthy means consuming more servings of fruit and vegetables throughout the day. Fruits and vegetables have the characteristic of having a low energy density. This means that they provide few calories per unit of weight and volume.

**Let's see the main components of these foods and the beneficial effects of consuming fruit and vegetables for the body.**

**Fibers** By eating fruit and vegetables, we can reach a sense of satiety earlier, a factor linked to the high content of soluble and insoluble fiber. Since we do not have the enzymes capable of breaking down dietary fibers into simple sugars, the fibrous component of fruit and vegetables reaches the last section of the intestine unaltered and here becomes nourishment for the colonic bacteria:

These microorganisms are able to convert the dietary fibers in molecules known as short-chain fatty acids, components that interact with specific receptors present in the intestinal mucosa, inducing a sense of satiety.