

# Lifesum®

Revitalizing Wellness: The Vital Role of Food & Nutrition in  
Holistic Health

United Nations



Healthy eating.  
Simplified.

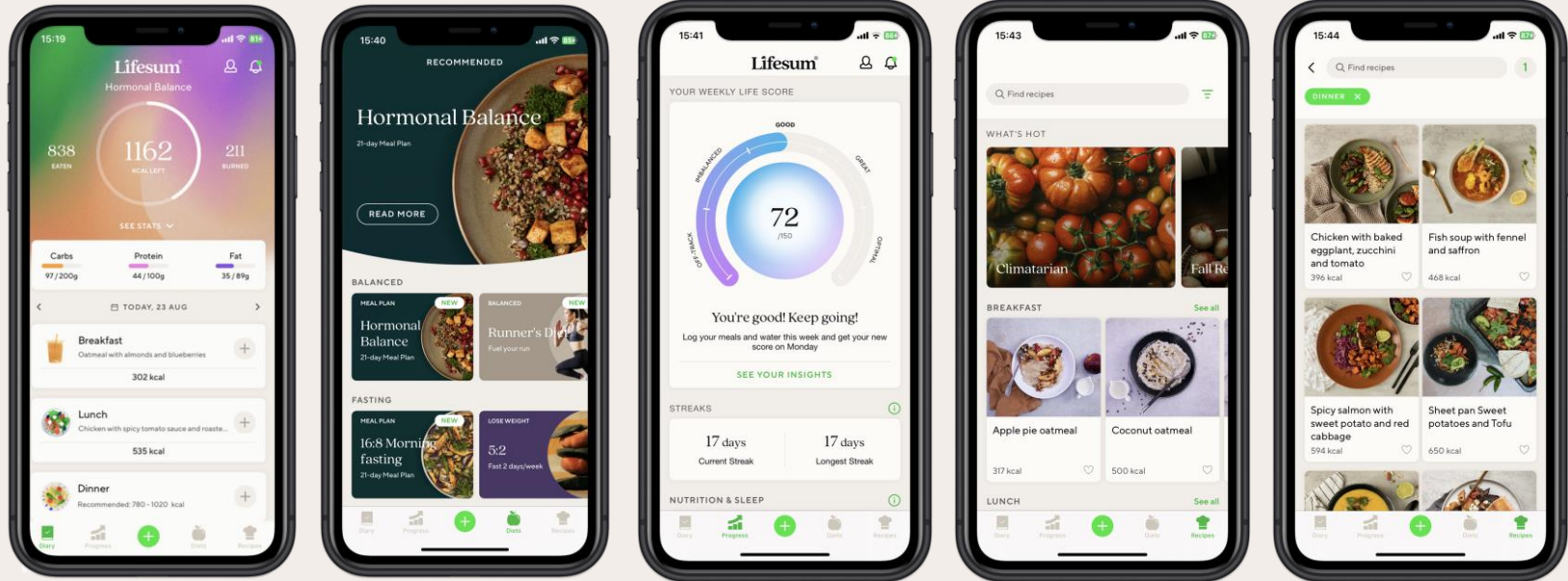
We are all about  
nutrition



Digital nutrition platform,  
helping over **60million users**  
globally to live a healthier life  
through better eating

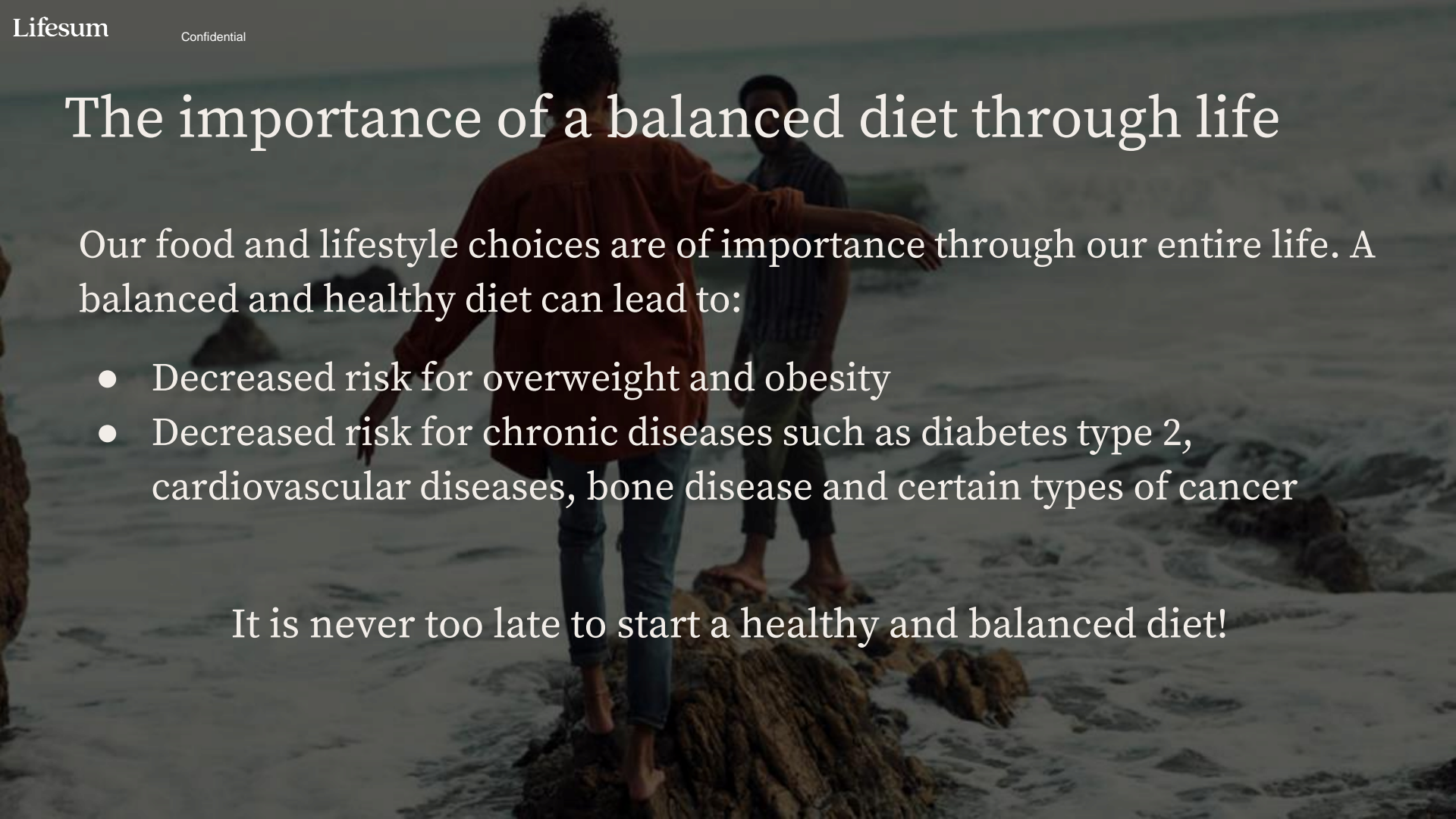


# Lifesum



# Nutrition

Why is it so important?



# The importance of a balanced diet through life

Our food and lifestyle choices are of importance through our entire life. A balanced and healthy diet can lead to:

- Decreased risk for overweight and obesity
- Decreased risk for chronic diseases such as diabetes type 2, cardiovascular diseases, bone disease and certain types of cancer

It is never too late to start a healthy and balanced diet!

## Prevalence of overweight and obesity

- Tripled globally since 1975
- 53 % of the EU's adult population suffers from overweight
- Overweight and obesity increases the risk for other lifestyle related diseases such as:
  - Diabetes type-2
  - Bone disease
  - Cardiovascular diseases
  - Certain types of cancers

[Eurostat - Statistics Explained: Overweight and Obesity - BMI Statistics](#)

[The World Health Organization - Obesity and Overweight](#)





# Preventive tools against overweight and obesity

The right knowledge, a balanced & healthy diet and regularly physical activity



# What is health?

# To be Healthy

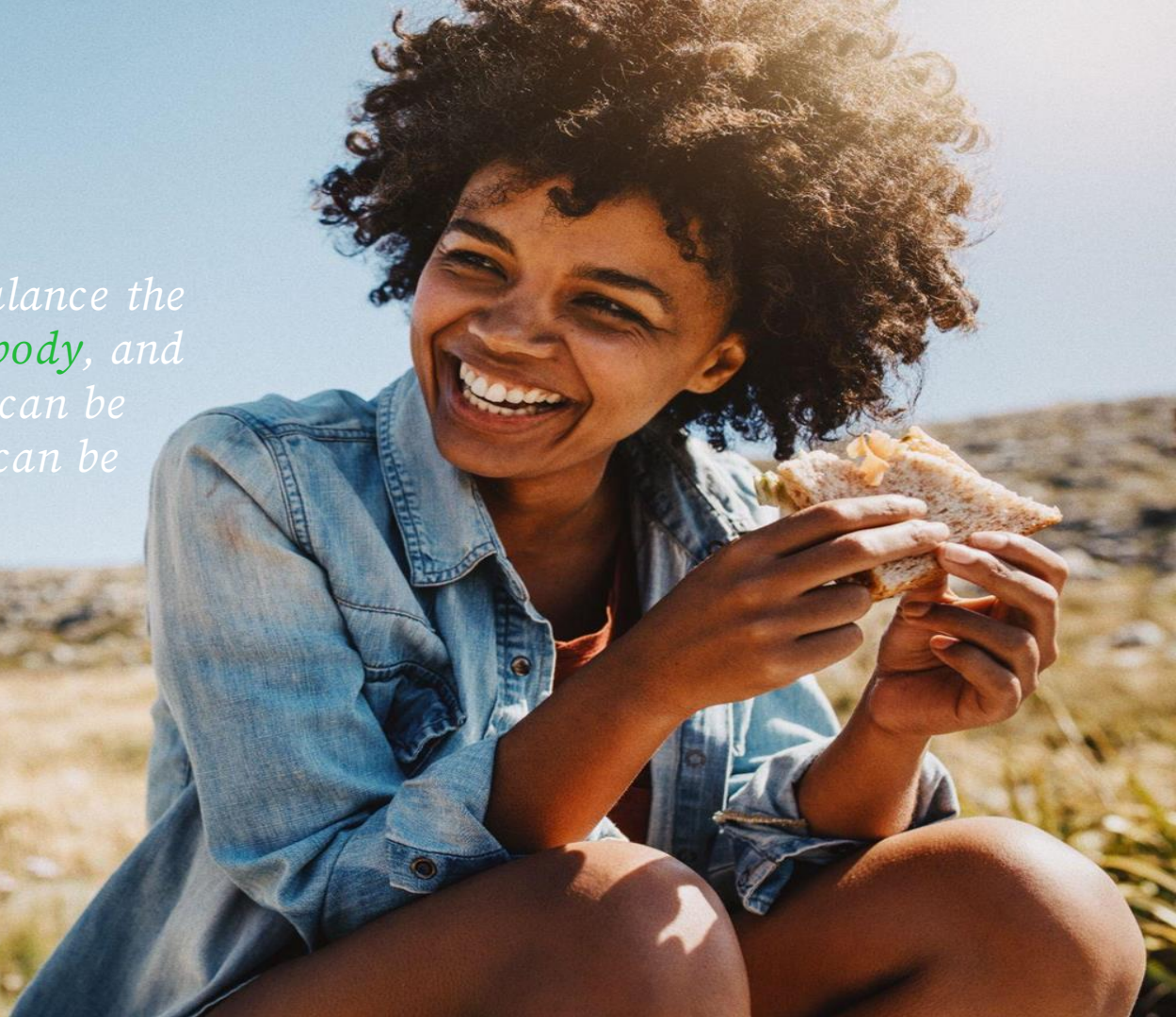
Health is an extremely broad term

- Mental health
- Physical health
- Proper sleep and rest
- A balanced diet and a good relationship to food
- Energy levels
- Stress levels



# Holistic Health

*Holistic health attempts to balance the whole living being in **mind**, **body**, and **spirit** so that health status can be optimized, and ill-health can be minimized.*





# The Connection Between Nutrition and Holistic Health

# The Body

The food, nutrients and energy we put in our body is vital for the physical health of our body - both short and long term



# The importance of food

- Provides us with energy - ensuring we have a balanced energy level throughout the day
- Provide us with essential nutrients
- Ensures that our bodies and all its organs work as supposed to short - and long term
- Contribute to normal growth and development
- Prevent disease
- Increases productivity and performance





# The Mind

Mental health status and nutritional intake is connected.

- A healthy, nutritious diet can lead to:



Increase mental wellbeing



Decrease the risk of mental illness and diseases such as alzheimer's, depression and dementia

# The Spirit

Food and meals are large  
part of our culture, feelings  
and social life





# What is a healthy diet?

A diet filled with nutrient dense food such as:

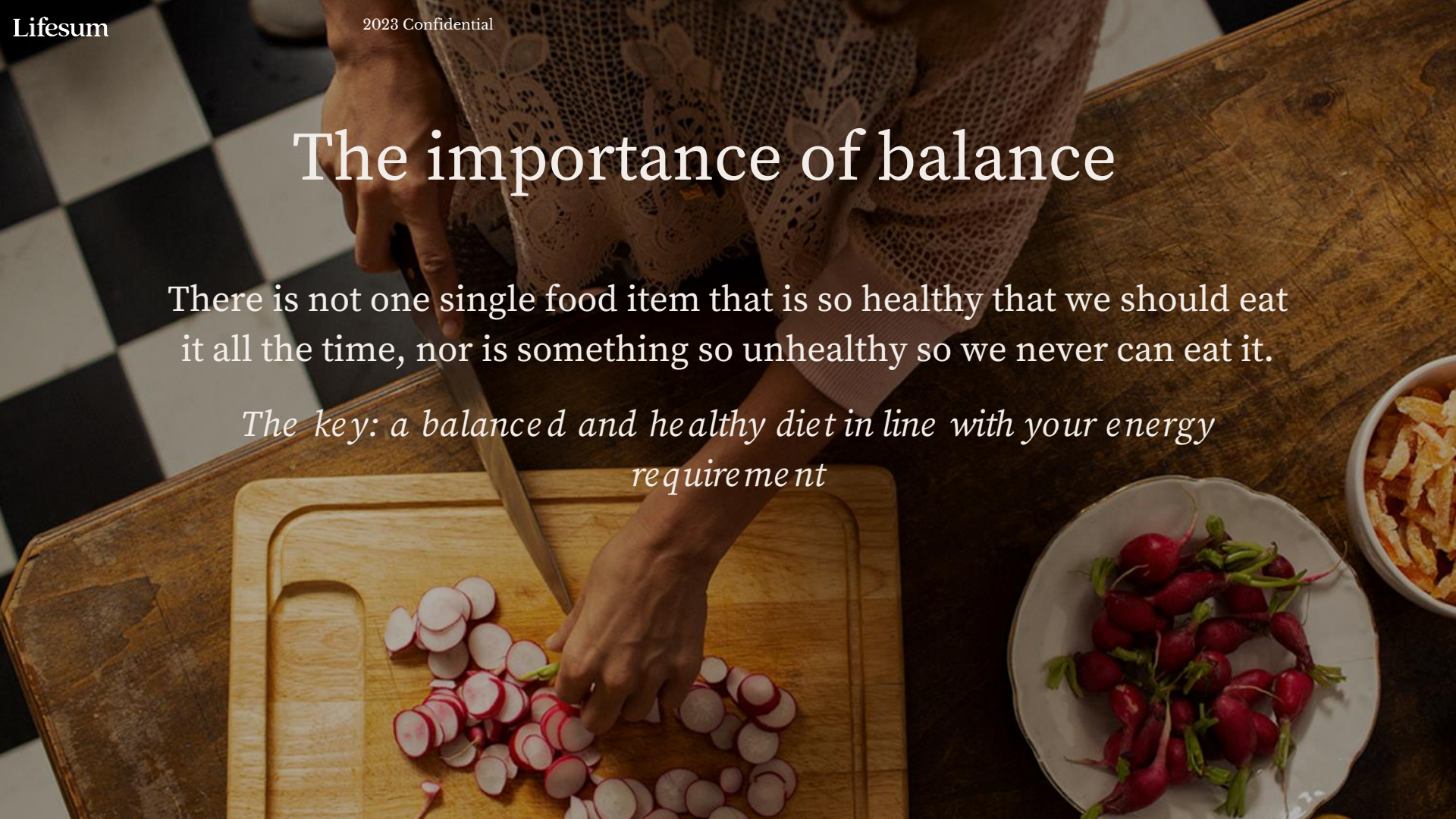
- Vegetables
- Legumes
- Fruit and berries
- Whole grains
- Unsaturated fats
- Protein



# Foods we need in smaller amounts

Nutrient poor, and energy dense foods such as:

- Candy
- Cookies
- Soft drinks
- Chips
- Ice cream
- Energy drinks



# The importance of balance

There is not one single food item that is so healthy that we should eat it all the time, nor is something so unhealthy so we never can eat it.

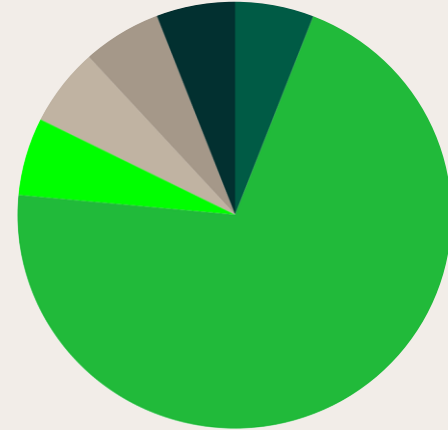
*The key: a balanced and healthy diet in line with your energy requirement*

# Life balance

Balanced



Imbalanced





# Healthy relationship towards food

We need food to live  
our life, we should not  
focus on living our life  
just to eat



## Body positivity / neutrality

*Our bodies are so much more than just how they look. Focus on what we can do and achieve with our bodies rather than how they look.*





# We have one body

We need to ensure we  
provide it with the **energy**  
and **nutrients** it needs to  
thrive







Questions?