



Healthy meals for better  
health and well-being

**EAT BETTER**

**ZDRAVILIŠČE RADENCI**

SAVA HOTELS & RESORTS

# EAT BETTER

with the programme

**MAKE A HEALTHY CHOICE**

at the Radenci Health Resort



A healthy diet is an important foundation of well-being. We often fail to recognise the full significance of eating healthily until we fall ill. It is only then that we start to consider what effect the food that we eat has on our body.

By making a healthy, smart choice when it comes to food, we provide the body with everything it needs to continue working properly. At the Radenci Health Resort we are well aware of the importance of a healthy diet for your health. With this in mind, our chefs working together with nutritionist Mojca Cepuš have prepared some tips and suggestions that will help you to create meals for better health and vitality during your stay with us.

Our chefs put a lot of thought in preparing the dishes. At the restaurant you can always choose dishes for a healthy heart, healthy weight, diabetes diet, stressful everyday life, and healthy kidneys.

We have also put together some practical and useful advice that you can follow during your stay with us as well as at home.

Take a look at the brochure, look out for the marks at the restaurant, and make a healthy choice.



Nutritionist Mojca Cepuš has prepared the recommendations and dishes based on the guidelines provided by the Slovenian Ministry of Health and the WHO.



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# The 5 basic rules of a healthy diet



**1. Regular meals**  
We recommend several smaller meals (3-6) spaced evenly throughout the day.

**2. Water**  
It is recommended to drink 1.5 to 3 litres of water per day, as long as your health allows it.

1,5 - 3 l per day

**3. Coffee**  
We recommend up to 2 cups of coffee a day with no milk or sugar. If you can't drink your coffee without sugar, choose unrefined sugar.

**4. Colourful food**  
Choose colourful food. Fruit and vegetables contain unique substances and nutrients that are essential for your health.

**5. Processed food**  
Avoid processed food. 50% of the portion should be composed of vegetables.

# The biggest eating mistakes



- 1. Skipping meals**

If you skip meals, your body does not get all the energy it needs, so it switches into “economy mode”: your metabolism slows down and your body starts to store fat. If you skip a meal, you will be much hungrier by the next one and it is more likely that it will not be balanced and healthy.
- 2. Not eating enough vegetables**

Vegetables are a rich source of vitamins, minerals, and antioxidants that protect our health. They also contain a lot of fibre, which is good for the digestive system.
- 3. Avoiding carbohydrates**

All nutrients are important for a balanced and healthy diet. Carbohydrates are an important source of energy for the body as well as the brain.
- 4. Chicken salad for lunch**

Starving yourself never brings long-term results. A chicken salad for lunch does not provide sufficient energy for the body, making it more likely that you will try to make up for the lack with an unhealthy meal in the evening.

# Foods we recommend avoiding

## Refined sugar

While being digested and metabolised, refined sugar robs the body of important vitamins and minerals. It can cause cavities and osteoporosis.

☞ *Choose unrefined sugar: molasses, honey, agave nectar, apple syrup, unrefined sugar.*

## Refined salt

Salt works as a conductor, so it is immensely important for the proper functioning of the human body. It is vital for many bodily functions, such as the normal functioning of the nervous system, contracting and relaxing of muscles, and maintaining the correct balance of water and minerals in the body.

☞ *Choose unrefined salt, as it contains many more minerals – such as magnesium, iron, potassium, calcium, copper, zinc and phosphorus – than refined salt.*

## Refined flour

In the processing of pure white flour, most of the vitamins, minerals and fibres are lost.

☞ *Choose wholegrain products that contain fibre and have less of an impact on blood sugar thanks to their composition: unshelled rice and alternative grains – buckwheat, millet, quinoa, amaranth, etc.*

## Homogenised milk

Homogenisation process, which is used for milk preservation, can contribute

to high blood cholesterol levels and increase the risk of arteriosclerosis.

☞ *Choose non-homogenised, pasteurised, heat-treated milk.*

## Hydrogenated or trans fats

These are mainly found in highly industrially processed foods, such as sweets and salty snacks, in various concentrates, and in pre-prepared foods. You can check whether a product contains hydrogenated fats on the label.

☞ *Replace it with healthier alternatives such as butter or coconut fat. Even pork crackling is a better choice, provided you eat it in moderation.*

## Processed meat products

Processed meats contain countless additives used to extend the shelf life and alter the colour, and flavour of the product. Scientists have linked the consumption of processed meats with an increased risk of cancer.

## Monosodium glutamate (E621)

A flavour enhancer commonly added to Chinese food, instant soup, stock cubes, sauces, savoury snacks, dried meats, monosodium glutamate has a number of negative side effects on the health. It can cause nausea, vomiting, diarrhoea, and stomach cramps, headaches, head pressure, and faster heart rate. When buying food, read the declarations and try to avoid products that contain monosodium glutamate.

In our restaurant we try to avoid the use of refined products, homogenised milk, hydrogenated fat, or genetically modified food. Neither do we use the flavour enhancer monosodium glutamate.

# A healthy diet during your stay at the Radenci Health Resort

Working with nutritionist Mojca Cepuš, our chefs at the hotel restaurant prepare daily fresh dishes that contribute to:

- a healthy heart;
- the right diet for diabetes;
- healthy kidneys;
- a slim figure and healthy weight loss;
- combating the stress of everyday life.

At breakfast, lunch, and dinner, simply look for the marks by the dishes in the hotel restaurant.



# A healthy diet at home

We hope that you will continue to maintain a balanced diet for better health and well-being after you return home.

With this in mind, this brochure contains some advice for a healthy diet.

Make a healthy choice!





For a healthy heart  
make a healthy choice



**Dr. Andrej Vugrinec, MD,**  
*internal medicine, cardiology,  
and vascular medicine specialist*

*“A healthy, balanced diet is one of the most important factors for maintaining a healthy cardiovascular system. Choose the best food for your heart, eat smaller meals several times a day, and enjoy your food!”*

### **What are the risk factors for cardiovascular diseases?**

- Age, gender (male), although cardiovascular diseases in women are now increasing
- Arterial hypertension
- High serum fats or high blood fats
- Excess weight
- Lack of physical activity
- Stress
- Smoking and drinking alcohol
- Diabetes

### **Did you know?**

- Women with high blood sugar are 7 times more likely to develop heart disease.
- Cardiovascular diseases are the leading cause of morbidity and death. According to data from the National Institute of Public Health, in 2012 cardiovascular diseases caused 39% of all deaths in Slovenia, 32% in men, and 45% in women.



At the restaurant we have prepared a choice of dishes that can contribute preventing or reducing the risk of cardiovascular diseases.

## Choose more...

### ...cardio-protective foods

- Colourful foods rich in vitamin C, fibre and omega 3 fatty acids, prepared with a minimum amount of saturated fats and salt.

### ...foods that contain polyphenols and carotenoids

- Polyphenols are found in red, blue, and purple foods.
- Carotenoids are found in yellow, red, and orange as well as green foods.

### ...unsaturated fatty acids, particularly omega 3

- Salmon, sardines, linseed, almonds, walnuts, hazelnuts, pumpkin seeds, oat flakes, etc.



### ...fibre

- Oat flakes, black beans, chickpeas, wholegrain rice, blueberries, carrots, spinach, tomatoes, pumpkins, melons, red cabbage, broccoli, cauliflower, oranges, kiwi, onions, garlic, millet, rye, kale, cabbage, lettuce, etc.

### ...vitamin C

- Peppers, parsley, oranges, kiwi, grapefruit, tomatoes, strawberries, brussels sprouts, etc.



## Eat less...

### ...fatty meat, except fish

### ...sweets

### ...hydrogenated fats

- Hydrogenated fats are found in margarine fats and various ready-made dishes, pâtés, dairy spreads, etc.

### ...refined salt



Tip

Consistency is a very important part of a healthy diet, but sometimes it is difficult to resist temptation. The risk can be mitigated by combining the right foods.

- Small amounts of pork, crackling, or minced lard can be added to food with preventative properties. Lettuce, sauerkraut, turnips, onions, garlic, etc. are a great choice.
- Add a vegetable side dish to meat.
- Foods with a high sodium content should be combined with foods rich in potassium: leafy greens, beans, pumpkins, potatoes, tomatoes, apricots, bananas, oranges, etc.



# For regulating blood sugar

go with the right combination  
and make a healthy choice



Besides medicine, food has a central role in managing diabetes. With the right diet we can prevent not just complications but also the emergence of diabetes.

The diet of a diabetes patient is relatively similar to a healthy person's diet – a protective diet helps to maintain a normal body weight. With diabetes it is important for meals to have a low glycaemic load, which is achieved by limiting the consumption of carbohydrates, including wholegrain.



**Dr. Andrej Vugrinec, MD,**  
internal medicine, cardiology,  
and vascular medicine specialist

*“Diabetes is the main risk factor for cardiovascular diseases. 85% of people who develop diabetes are overweight. The right diet is key for managing the blood sugar level, while also contributing to weight loss. When it comes to losing weight, the most important thing is to make the decision and stick to it consistently. We recommend a slow weight loss regime of up to 1 kg a month. It might not sound like much, but in the long term it is the healthiest and most reliable method of losing weight. Any exotic and perhaps even extreme weight loss diet will be damaging to your health.”*

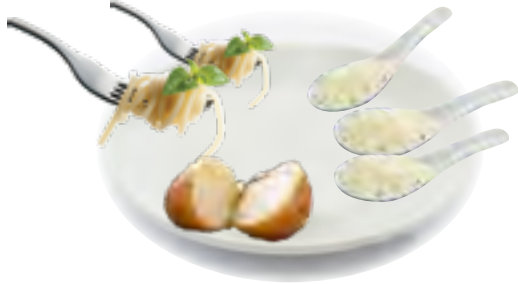




## Go with the right combination

A plate should include

- 25 to 50 g of foods that contain carbohydrates.



That means, for instance:

- 2 forkfuls of pasta or
- 3 tablespoons of rice or
- 1 medium-sized potato or
- half a bread roll

- fill the rest of the plate with protein fatty foods (meat, eggs, cheese) and vegetables.



A plate should include:

50% vegetables,  
25% proteins,  
25% carbohydrates.

### The glycaemic load (GL) does not equal the glycaemic index (GI).

A food might have a high glycaemic index, but the change in blood sugar depends on the amount you eat, which is measured by the glycaemic load.

This is the formula to calculate the glycaemic load (GL):

$$GL = \frac{GI}{100} \times CH \text{ per portion}$$

- Low glycaemic load: index of 10 and lower
- High glycaemic load: index of 20 and higher

Fibre, protein, fat and vinegar all lower glycaemic load.

## Top foods for diabetes



### Avocadoes

Avocadoes are high in healthy fat and very low in carbohydrates (9 g per 100 g), of which as much as 7 g is made up of fibre, which regulates the blood sugar level and insulin increase.



### Beans and legumes

The fibre and protein in legumes help to regulate blood sugar.



### Broccoli

Once ingested, beta-carotene is gradually transformed into vitamin A, which is important for healthy skin, eyes, bones, and teeth. Thanks to a negligible carbohydrate content, broccoli has a positive effect on the blood sugar level.



### Raspberries

Raspberries help to regulate the blood sugar level, since they contain as much as 7 g of fibre per 100 g (in the seeds that we eat along with the fruit).

### Avoid:

- overly fatty food,
- sweets,
- sugary drinks,
- large amounts of fruit (no more than 2 pieces of fruit or 150 g of berries per meal).

# For a slim figure and healthy weight loss make a healthy choice



In this day and age, the ever increasing pace of life makes maintaining a healthy diet, physical activity regime, and healthy lifestyle a special challenge. Maintaining a healthy diet and body weight are important for staying healthy and preventing chronic non-infectious diseases (type 2 diabetes, cardiovascular diseases, cancer, chronic lung diseases, obesity, depression, anxiety, osteoporosis, etc.).



**Dr. Andrej Vugrinec, MD,**  
*internal medicine, cardiology,  
and vascular medicine specialist*

*“While the fast pace of life and countless obligations (many of them entirely unnecessary) have brought about virtually unimaginable prosperity, they have also largely robbed us of the opportunity for calm, deep enjoyment of life.*

*Despite living in plenty, the lack of physical activity, chronic exhaustion, lack of sleep, frequent exposure to stressful situations and negativity are causing us damage. Fast, unhealthy, unbalanced food eaten at the wrong time is one of the most important elements of the unhealthy lifestyle in the modern society. A slower pace of life, rest, physical activity, enjoyment in the company of family and friends with good, healthy food and a glass of wine undoubtedly have a calming effect, reduce stress and impede the occurrence of diseases. Our goal should be not just to live longer, but to live a better and fuller life.”*

## Did you know?

- An increasing number of people in Europe are overweight. The main causes are changes in dietary habits and an increased lack of physical activity.
- Obesity is one of the most important risk factors for cardiovascular diseases. It also lowers the quality of life and leads to early death.
- According to Eurostat, 16.3% of women and 17.3% of men over 18 in Slovenia are obese. People are considered obese when their body mass index exceeds 30.



In a healthy weight loss regime, losing weight does not equal starving. The right combination of foods and the right quantity are essential. It is important to enjoy food, so put together meals that you like.

### Avoid the biggest mistakes:

- Skipping meals.
- Chicken salad for lunch: a meal like that will not provide enough energy for the day, but it can make a good weight loss dinner.
- Avoiding fats: with the exception of hydrogenated fats, which are harmful for the health, fats are essential for normal functioning of the organism – for the nervous system and brain functions, for the absorption of fat-soluble vitamins (A, D, E, K), and for making you feel full.

Have a salad and soup with your lunch.



A plate should include:

50% vegetables,  
25% proteins,  
25% carbohydrates.



### Weight loss lunch suggestions:

- 1 Chicken breast (100 g), buckwheat groats (80 g), and vegetables (unlimited)
- 2 Fish (200 g), polenta (50 g), and chard (unlimited)
- 3 Chicken leg, potatoes (250 g), and green beans (unlimited)

## The most important rules for Successful and healthy weight loss as recommended by nutritionist Mojca Cepuš

### 1 Reduce your calorie intake

Dieting should not make you feel hungry. Healthy weight loss means losing about 0.5 to 1 kg a week. Calculate your daily use of energy and subtract 500 kcal. Eat most of your daily calories before 16.00.

### 2 Zigzag

You do not need to eat exactly the same every day. If you want to lose weight, it is better to eat a different amount of food every day. If you have calculated your required calorie intake to be 1500 kcal a day, you can eat 1400 kcal on the first day, 1500 kcal on the second, 1600 kcal on the third, and then repeat the cycle.

\* For easier understanding we use kilocalories as the unit of measurement. One kilocalorie (1 kcal) equals 4.18 KJ.

### 3 Increase your fibre intake

Replace all white products with wholegrain products or even better - with grains. This way you will lower the glycaemic load of the meal, improve your immune system, and increase the feeling of fullness.

### 4 Regular meals

Don't skip meals. Eat 3-6 meals evenly throughout the day. If there happens to be no food when it is time for a meal, it is better for your weight loss regime to eat a small snack – even if it is a piece of chocolate or a white flour biscuit – than nothing at all and then overeat at your next meal. Anything with a calorie value counts as a meal (even coffee with milk or a glass of juice).

### 5 Carbohydrates before noon, protein in the afternoon

Carbohydrates provide the body with energy. It is recommended to eat them for breakfast, morning snack and lunch. The afternoon meals should comprise mainly protein: more dairy products, some meat, nuts, fish and an unlimited amount of vegetables and meat. When trying to lose weight, protein should be eaten in the evening because, while not a source of energy, it renews the cells in our body overnight. Vitamin C helps in the absorption of iron from food.

### 6 What you eat is important, but it is also important how much you eat

When eating at a restaurant, the basic rule to stick to is to eat a half or a third of the portion of food and a double portion of vegetables. It is better to avoid vegetable soups, since they often contain fats and thickeners.

In the hotel restaurant at Zdravilišče Radenci, we prepare food without trans fats or unnecessary thickeners. If necessary, dishes are thickened in a natural way using grated potatoes. We make the food taste delicious by using quality ingredients and natural spices.



## Top foods for healthy weight loss

### White asparagus and leafy greens

On average they contain 20 kcal and 2 g of fibre per 100 g. They can be eaten raw, cooked, or roasted. They contain folic acid, which has a cardio-preventative effect; vitamin C, which is important for toned skin and a healthy immune system, while also having an anti-inflammatory effect; and potassium, which helps to regulate blood pressure and the amount of water in the body.



### Oat flakes

Oat flakes are the perfect weight loss food. Thanks to their unique composition and a high fibre content, they give a prolonged feeling of fullness. They also contain beta-glucan, which has been proved to lower cholesterol.



### Strawberries, watermelon, melon

Fruit is generally not recommended on a weight loss diet, but this is not a hard and fast rule. Before noon, feel free to eat up to 2 pieces of fruit, including banana, but in the afternoon it is better to opt for strawberries, watermelon or melon, since they only contain around 30 kcal per 100 g. A suitable portion is from 250 to 500 g.



### Eggs

Eggs are one of the few foods that contain such large amounts and combinations of vitally important biologically active substances. They contain B-group vitamins, vitamin A, phosphorus, zinc, iron... Eggs give a feeling of fullness, keep you awake and have a positive effect on your cognitive abilities. Poached or soft boiled eggs with raw yolk are best. Avoid the egg products (such as egg pasta, pastry)

### What is the right portion size for weight loss?

Bread	the size of your palm without fingers
Meat	the size of an open palm
Cheese	the size of two dice
Fruit (about 250 g)	1 banana or a cup of berries or a small bunch of grapes or 2 apples or 2 peaches...
Mayonnaise, ketchup	1 teaspoon
Uncooked rice	1 handful
Pasta	thickness of 7 pencils
Dried fruit and nuts	½ handful
Cottage cheese	3 tablespoons

**SOS snacks as recommended by nutritionist Mojca Cepuš**

Prepare SOS food packages that you can always carry with you:

- **in your bag:** raw dried fruit and nut bars,
- **in the car:** apples, flakes, raw bars, nuts, dried fruit,
- **in the office:** different fruit, avocado, nuts, dried fruit, raw bars, crackers, flakes, hummus, cottage cheese, kefir.



**Nutritionist Mojca Cepuš suggests the following weight loss menu:**



Meal	Time	Food	Tips
<b>Breakfast</b>	8:00-8:30	<ul style="list-style-type: none"> <li>• egg omelette with two eggs and leek</li> <li>• wholegrain bread (50 g)</li> <li>• 5 cherry tomatoes</li> </ul>	Every morning before breakfast, drink a glass of water with lemon juice, barley grass, and vitamin C, a teaspoon of soggy bran or psyllium, a teaspoon of linseed or fish oil.
	Evenly spaced meals are more important than the actual time of eating.		
<b>Snack</b>	11:00-11:30	<ul style="list-style-type: none"> <li>• a piece of seasonal fruit</li> </ul>	
<b>Lunch</b>	14:00-14:30	<ul style="list-style-type: none"> <li>• wholegrain pasta (70 g) with tomato and lentil sauce</li> <li>• basil</li> <li>• a teaspoon of parmesan</li> <li>• a bowl of salad</li> </ul>	Sautee a tomato on chopped onion and some fat, add cooked lentils and season to taste.
<b>Snack</b>	17:00-17:30	<ul style="list-style-type: none"> <li>• a pot of full fat kefir made from non-homogenised milk</li> </ul>	
<b>Dinner</b>	20:00-20:30	<ul style="list-style-type: none"> <li>• broccoli soup</li> <li>• horse or turkey meat (100 g)</li> <li>• seared white asparagus</li> <li>• lemonade</li> </ul>	

**We recommend the following additions to improve your digestion and strengthen your organism when losing weight.**

<b>Psyllium or Bran</b> (plain, not instant)	Bran is widely available in shops.	Always soak it before eating. Stir a teaspoon of bran into water and drink it before every meal. You can also add bran to your soup.
<b>Vitamin C</b>	Buy it from a pharmacy.	It is best to take it 2 to 3 times a day after meals. Adapt the amounts to your needs and the recommendation on the packaging.
<b>Cold pressed linseed or fish oil</b>	They are widely available in shops.	Eat a tablespoon of linseed or fish oil every morning before the meal. This will provide you with essential unsaturated omega 3 fatty acids. If you eat fish twice a week, this is not necessary.
<b>Barley grass</b>	Barley grass is available from health food shops and pharmacies.	A natural multivitamin, it has a beneficial effect on well-being. It also helps to soothe hunger pangs between meals. Stir 1 teaspoon of barley grass into water. You can also add lemon juice. Consume as recommended on the packaging.





## Ideas for healthy weight loss meals

### Breakfast

We recommend that you choose your breakfast foods based on colour.

#### Fruit breakfast

- 2 oranges, banana
- 2 grated apples, 30 g of nuts
- Any seasonal fruit
- Fruit and vegetable smoothie

#### Examples of mixed breakfasts

- Wholegrain bread roll, apple
- 50 g of oat, spelt or barley flakes with 1 handful of dried fruit and plant milk (the flakes should be soaked overnight or cooked)
- Plain yoghurt, 50 g of berries, 3 tablespoons of oat flakes
- 250 g of cottage cheese, a tablespoon of honey, banana
- Cooked millet porridge with raisins

#### Examples of protein-rich breakfasts

- 60 g of wholegrain bread, vegetables, 100 g of smoked tofu
- 3 rice cakes, chickpea spread (cook the chickpeas, add finely chopped onion, garlic, a tablespoon of olive oil and blend well)
- Cottage cheese spread, wholegrain spelt bread
- A pot of kefir with linseeds
- A wholegrain bread roll – 60 g, 2 slices of prosciutto, 2 green peppers
- Fried egg, 30 g of wholegrain bread, 2 tomatoes
- Wholegrain bread roll – 60 g, small can of tuna in its own juices, 2 green peppers or other vegetables of choice

### Morning snack

A snack is a meal when you can treat yourself to something sweet without worrying about your weight.

- A scoop of ice cream and an apple
- 20 g of chocolate, preferably dark, and an orange
- Plain full fat yoghurt
- 2 pieces of fruit, e.g. 2 oranges
- 0.3 l of natural fruit juice and a wholegrain biscuit
- 100 g of prunes
- 100 g of dried apricots
- Raw protein bar
- 0.3 l smoothie

### Lunch

#### Soup

Soups can be clear or creamy. When making a creamy soup, you can add a tablespoon of oat or plain cream and blend the vegetables. Make any soup by sautéing onions on a bit of fat (10 g) and add vegetables of choice. Cook for a bit, then add water, season to taste, blend the vegetables if you like and add a tablespoon of cream. Soup can be eaten in unlimited amounts.

- Cauliflower soup (good for the intestines)
- Broccoli soup (good for the immune system and nervous system)
- Carrot soup (rich in antioxidants)
- Onion soup (strengthens the stomach and immune system, lowers blood fat levels)
- Bean soup (beans and peas are rich in fibre and plant protein)
- Pea soup (rich in fibre, vitamin A and B-group vitamins)
- Kohlrabi soup (rich in vitamin B)
- Leek soup (protects the intestines)

#### Side dish

You can eat them in unlimited amounts unless stated otherwise.

- Cooked chard
- Cooked kale
- Roasted courgettes
- Seared fennel
- Cooked corn – one cob or 150 g
- 5 olives
- Seared aubergines
- Roasted mushrooms
- Fresh radishes
- Cooked or seared white asparagus
- Cooked broad beans – 1 cup

- Mixed vegetables seared on a small amount of fat
- 30 g of legumes (lentils, beans, peas, etc.)

#### Main dish

For the main dish, choose foods rich in carbohydrates (100 to 150 g). If you combine them with meat, choose 70 to 120 g of carbohydrate-rich foods and around 100 g of meat.

#### Salad

If you order a salad in a restaurant, ask them to hold the dressing. Instead, season your salad with salt, vinegar or lemon juice and a tablespoon of unrefined oil.

### Afternoon snack

The afternoon snack should consist mainly of protein-rich foods and vegetables.

- 20 g of nuts
- 50 g of legumes
- Salad
- A pot of plain yoghurt
- 50 g of prosciutto with vegetables

### Dinner

The dinner should consist of vegetables and protein.

- A bowl of salad with tuna in its own juices
- 100 g of mozzarella and 3 tomatoes
- Green salad with legumes
- Seafood salad
- Smoked tofu, 2 tomatoes, salad
- 0.3 l of plain yoghurt or kefir
- 150 g of light cottage cheese with cinnamon

# Beat stress, make a healthy choice



**Dr. Andrej Vugrinec, MD,**  
*internal medicine, cardiology,  
and vascular medicine specialist*

*“We can’t imagine life without stress, but what matters is how we manage it. It is not just about an event that agitates you – it is mainly about how you react to it that will determine your stress level. Even if you have a relatively healthy lifestyle, the consequences of damaging effects on the body start to show with time, so it is sensible in middle age to have a preventative medical examination with a special focus on the cardiovascular system.”*

*“Calmness is the graceful form of Confidence.”  
(Marie von Ebner Eschenbach)*

When it comes to managing stress, food is important not just when we are already stressed – it can also help to mitigate the short and long-term negative effects of stress.

Researchers from the University of Michigan have established that otherwise healthy individuals who are under stress and have an increased level of the stress hormone cortisol tend to eat more snacks than when their cortisol level is normal. Sugar can not only impair your response to stress, but eating large amounts of simple sugars will also raise your blood sugar level, making you even hungrier when it drops.



## Top foods for a stressful lifestyle

### Antioxidants

A healthy body is the best defence against stress. The highest number of active substances comes from eating diverse and colourful foods.

### Complex carbohydrates

They help to build serotonin, which makes us feel better. Complex carbohydrates are found in whole grains – oat, spelt, barley and wheat flakes, wholegrain flour products, unpolished rice, legumes, chickpea spread (hummus), and bean soup.

### Iron-rich meat

In addition to iron, the liver also needs plenty of vitamin B. When eating liver, make sure it comes from an organically farmed, young animal.

### Omega 3 fatty acids

Omega 3 fatty acids help to beat stressful situations and mood swings, as well as depression and PMS. They are found mainly in oily fish – salmon, sardines, and anchovies. You can also eat fish oil, linseeds, and nuts.

### A meal before bed – a glass of warm milk with a teaspoon of honey or half a banana

Dairy products contain calcium, which has a beneficial effect on the nervous system, and the amino acid tryptophan. Tryptophan is a biochemical precursor to serotonin, a neurotransmitter that can be converted into melatonin, the sleep hormone. Choose fresh, non-homogenised milk. Research has shown that we fall asleep more easily if we eat two kiwis or a large handful of walnuts before going to bed.



**Tip**  
Eat a handful of nuts (10-15 nuts per meal) with your snack.

### Avoid:

- **simple sugars**, which cause blood sugar swings: sugary drinks, fruit yoghurts, grains with sugar, most canned food,
- **processed meats**: sausages, salamis, pâtés, frankfurters,
- **hydrogenated fats** or trans fats found in margarine, industrially processed food, fried food made in fast food restaurants, etc.



**Tip**  
If you had oranges and a banana – orange and yellow – on Monday, choose redcurrants and plums – red and blue – on Tuesday.



Antioxidants	The most important elements	Positive effects on your health
tomatoes, watermelon, strawberries, cherries, sour cherries, red cabbage, beetroot, radishes, peppers	lycopene beta-carotene vitamin C	<ul style="list-style-type: none"> <li>• strengthens the immune system, maintains skin, bone and eye health</li> <li>• potassium is an important electrolyte that transmits impulses through the body</li> </ul>
pumpkins, carrots, oranges, apricots, mango, bananas	beta-carotene vitamin C potassium (in citrus fruits)	<ul style="list-style-type: none"> <li>• strengthens the immune system, maintains skin, bone and eye health</li> <li>• potassium is an important electrolyte that transmits impulses through the body</li> </ul>
lemons, bananas, pineapple	vitamin C beta-carotene	<ul style="list-style-type: none"> <li>• anti-inflammatory</li> <li>• prevents skin cancer, lung cancer, stomach and intestine cancer, breast cancer</li> <li>• protects the immune system from virus infections</li> <li>• defends the organism from free radicals</li> <li>• protects the skin from UV-rays</li> </ul>
lettuce, broccoli, spinach, parsley, peas	tannin chlorophyll magnesium iron vitamins B chrome potassium fibre	<ul style="list-style-type: none"> <li>• anti-tiredness</li> <li>• healing wounds</li> <li>• physiological cell development – helps to cleanse the organism</li> <li>• magnesium regulates the entire nervous and muscular system</li> </ul>
aubergines, plums, blueberries, blackberries, black currant	anthocyanins potassium	<ul style="list-style-type: none"> <li>• reduces inflammations</li> <li>• for excellent memory</li> <li>• improves blood circulation</li> <li>• has a laxative effect, eliminates toxins and harmful metabolites</li> <li>• helps to normalise blood pressure</li> </ul>
wholegrain bread, wholegrain pasta, brown rice, beans, lentils	fibre iron zinc vitamin B	<ul style="list-style-type: none"> <li>• helps with faeces formation and cleansing the organism</li> <li>• better mental well-being</li> <li>• zinc – nerve impulse transmission, cell division</li> </ul>
onion, garlic, pears, bananas, cauliflower, mushrooms	calcium phosphorus flavonoids alicin	<ul style="list-style-type: none"> <li>• bone health</li> <li>• impedes tumour growth</li> <li>• your guardian in the daily fight against excessive LDL levels</li> <li>• regulates arterial blood flow and blood pressure</li> <li>• for healthy functioning of the bone system</li> <li>• reduces the risk of cardiac diseases and cancer</li> </ul>



# For kidney health make a healthy choice



The kidney diet is not a classic diet, so the general rules and recommendations for healthy eating do not always apply to it. There are as many kidney diseases and related problems as there are patients. Consult your physician for a menu that is optimal for your needs. Recommendations at our hotel should be used merely as guidelines and cannot replace instructions you receive from your physician.

## General recommendations for compiling a menu

When choosing food, take into account that your body needs all foods to meet the basic nutrient requirements.

- Eat only as much food in a day as you need for maintaining a healthy weight. If you want to lose weight, consult the medical staff regarding the choice of food. At the hotel we only use unrefined Slovenian sea salt in very small amounts.
- Never add salt to food that you are served.

### Protein

Make sure you get enough protein. An insufficient protein intake and an excessive carbohydrate intake can lead to loss of muscle mass and obesity.

- Since meat contains phosphates, be very careful how much you eat: limit yourself to 80 to 100 g of meat a day. It is even better if you split this amount between two meals. Choose less fatty cuts and avoid processed meats. Although fish also contain a lot of phosphates, fish fillets are recommended because they are rich in omega 3 fatty acids.
- Cottage cheese: 2–4 table spoons a day, preferably as an independent dish
- Yoghurt: 100–200 g a day
- Eggs: 1 a day
- Cheese: a piece in the size of two thumbs is a suitable amount to eat a day.





### How to make your own vegetables at home

Slice the vegetables into smaller pieces, cover them with a lot of water (5 to 10 times the amount of vegetables) and leave them to soak for two hours. Drain the water and cook the vegetables in a big pot of water until they are ready. Use other spices instead of salt.

### Wholegrain products

Fibre helps to regulate digestion and the level of blood sugar. Since wholegrain products such as pasta, unpolished rice and legumes also contain a lot of phosphorus, be careful about your portion sizes, which should not exceed 60 to 100 g per meal.

### Fruit and vegetables

Fruit and vegetables are a good source of fibre and contain a lot of potassium. It is important to eat portions of the right size.

When fruit and vegetables are cooking in water, the potassium passes into the water. This makes cooked fruit and vegetables a safer choice for kidney patients. In short: soup – no, cooked vegetables – yes. Cooked fruit – yes, juice of cooked fruit – no.

Since raw fruit contains a lot of potassium, smaller portions are recommended (1–3 pieces or 250 g of fruit a day). Be careful with bananas (1 a day), peaches (1 a day), apricots (2 a day), black currant (2–3 tablespoons a day), melons (1 small piece a day) and black grapes (15 berries a day).

Fruit and vegetable juices are similarly rich in potassium, so herbal and fruit infusions or plain water are better choices of drink.

Preserved vegetables contain a lot of salt – sodium.

Choose smaller portions of potatoes (potassium) and legumes.

Dairy products, legumes, nuts, wholegrain products, and chocolate are particularly rich sources of phosphorus.



### Desserts

Avoid desserts that contain dairy and cottage cheese, chocolate cakes and creams as well as ice cream. Choose non-alcoholic sorbet, a piece of strudel, or plain biscuits instead. A portion the size of two matchboxes is the right amount.

### Water

Consult your physician regarding the right amount of water and CO<sub>2</sub>-rich mineral water from Rancedi. If it is recommended that you avoid large amounts of water, quench your thirst instead by sucking on ice cubes or washing your mouth with cold water.



## Kidney patients should be careful about high levels of...

### ... phosphorus (risk for the bones)

We recommend an intake of phosphorus limited to no more than 700 mg a day.

### ... potassium (risk for the heart)

Potassium is found in most foods but especially in meat, milk, fruit and vegetables. These foods are all included in the daily diet of a kidney patient, the only problem is if you eat too much. We recommend an intake of potassium limited to no more than 2000 mg a day.

### ... sodium – salt


We consume a lot of sodium with kitchen salt or processed and canned food. Mustard, mayonnaise and other spreads also have a high sodium content. We recommend an intake of sodium limited to no more than 2000 mg a day.

For a list of foods that contain phosphorus, potassium, or sodium, please enquire with the restaurant staff.

# A dictionary of basic nutrients and their functions

To maintain a healthy diet and to prepare quality meals, it is important to understand the basic functions of nutrients and the foods that contain them.

<p><b>CARBOHYDRATES</b> Carbohydrates are the main source of energy for the body.</p>	<p>Sources of carbohydrates: grains, bread, pasta, groats, rice, potatoes, sweets, pastries, cakes, ice cream, juices, fruit yoghurts, fruit, and vegetables.</p> <p>Fibre is also a source of carbohydrates. Fibre is found in wholegrain products, legumes, fruit, and vegetables.</p>	<p><b>Fibre</b> does not act as a source of energy for the human organism. Ballast substances lower the level of cholesterol in the blood, stimulate the elimination of toxins, protect from intestine cancer and contribute significantly to weight loss, since the body stores less energy in the form of fatty tissue from a fibre-rich meal. The daily fibre requirement is around 50 g.</p> <p>A combination of starch and fibre carbohydrates is best for weight loss. Starch carbohydrates will give you energy, while fibre carbohydrates will make you feel full. When preparing carbohydrates, use little fat, since both are sources of energy.</p> <p>In addition to carbohydrates, legumes also contain protein and fibre.</p>
<p><b>PROTEIN</b> Protein is a basic building block of the body.</p>	<p>Sources of protein: meat, eggs, dairy products, fish, legumes, nuts, seaweed; the grains richest in protein are buckwheat, amaranth, quinoa, oat, spelt, and millet.</p>	<p>It is recommended to eat 300 to 600 g (around 3 meals) of meat a week. Avoid fatty meat and choose more small fish, turkey meat, veal, rabbit, and horse meat.</p> <p>Trim any visible fat and skin. Instead of frying meat, roast it on a little fat or grill it.</p>
<p><b>FATS</b> Fats are essential for maintaining health and well-being. Among other things they contribute to skin, nail and hair health. They are essential for the transport of fat-soluble vitamins (A, D, E and K) and help to regulate blood pressure and the level of blood cholesterol.</p>	<p>Fats can be saturated or unsaturated.</p> <p><b>Saturated fats:</b> we get most saturated fats from meat, butter, fat, some nuts, coconut and palm fat, cream and cheese. They are easy to identify because they are in a solid state at room temperature. Saturated fats should comprise a third of all fats you consume.</p> <p><b>Unsaturated fats:</b> they are in a liquid state at room temperature. They are mostly found in oils.</p>	<p><b>Harmful fats:</b> hydrogenated fats, trans fats and refined fats are found mainly in margarine, sweets, biscuits, Neapolitan wafers, chocolate, ice cream, etc.</p> <p>They may be concealed under the term "vegetable fats".</p>

<p><b>LIQUIDS</b></p>		<p>It is recommended to drink between 1.5 and 3 l of water a day, depending on your weight, diet, and physical activity. A very good habit is to drink 0.2 to 0.3 l of lukewarm water every morning before breakfast.</p> <p>Drinks with a lot of added sugar are the most harmful for the body.</p>
<p><b>BIO, ORGANIC</b></p> 		<p>Organic food contains more nutrients and fewer harmful remains of pesticides. Food that you eat regularly should be organic if possible. If you eat potatoes every day, you will do a lot for your health by eating the best potatoes. On the other hand, if you eat blueberries just a few times a year, there will be no long-term benefit or harm from the way they are grown.</p>

## THE CALORIC VALUE OF INDIVIDUAL BUILDING BLOCKS OF FOOD

Building blocks of food	Calories per 1 g
Protein	4 kcal
Carbohydrates	4 kcal
Fats	9 kcal
Alcohol	7 kcal
1 g is comparable to the weight of a paperclip.	

## BASIC GUIDELINES FOR SALT, SUGAR, AND FAT CONTENT IN FOOD

**SALT**  
Acceptable: 0.3 g per 100 g of product  
High content: 0.3–1.5 g per 100 g of product

**SUGAR**  
Acceptable: 5–10 g per 100 g of product  
High content: 10–15 g per 100 g of product

**FATS**  
Acceptable: 0.3–9 g per 100 g of product  
High content: 9–30 g per 100 g of product

## Healthy sandwiches

A sandwich is often considered a poor and unhealthy meal, but it can be healthy if made from the right ingredients.

Traditional sandwiches often contain too much white bread, low-quality margarine spreads, processed meats with harmful preservatives and not enough vegetables – ballast substances, vitamins and minerals. In addition to the unhealthy ingredients, such sandwiches also have a high caloric value.

At the Radenci Health Resort we use carefully selected raw materials for our sandwiches. As a base we use good bread made from buckwheat, spelt or wholegrain flour. If the bread contains more white flour, we add vegetables to make up for the lack of fibre and ballast substances. The spreads are made from cheese, raw butter or our own homemade vegetable or legume spreads. They contain no trans fats or hydrogenated fats. Instead of processed meats we use roast chicken breast, beef or pork that we roast ourselves.

Treat yourself to a healthy sandwich at the Stil Bar or Izvir Café.



### Hot chicken sandwich

(roast chicken breast, hard cheese, rocket, cherry tomatoes, olive oil, balsamic vinegar, wholegrain bread roll)

### Pomurje plains sandwich

(dried pork shoulder, pesto of pumpkin seeds, cheese and pumpkin seed oil, fresh lettuce and slices of tomato, rye bread)

### Smoked trout sandwich

(smoked trout, horseradish spread, fresh cucumbers, lettuce, preserved red pepper, pumpnickel bread)

## Smoothies and drinks

Smoothies are a source of vitamins, minerals and dietary fibre. At the Radenci Health Resort we make smoothies with a lot of vegetables and a little fruit. This way they contain more fibre and less sugar, resulting in a lower glycaemic load.

For guests who are particularly careful about their blood sugar level or following a weight loss diet, we offer a vegetable smoothie, a yoghurt drink and a protein drink that are very low in sugar (less than 5 g of sugar per 100 ml in a 0,3 l drink). Some smoothies also contain CO<sub>2</sub>-rich mineral water from Radenci for a higher mineral content. They are particularly suitable for professional and recreational athletes, making an excellent isotonic beverage.

It is recommended to eat smoothies with a spoon, much like soup, otherwise you skip the first step of carbohydrate digestion, which takes place in the mouth.

Treat yourself to a smoothie at the Stil Bar or Izvir Café. They also make an excellent snack.

### Yoghurt drink

(yoghurt, fresh ginger, chestnut honey, frozen mineral water cubes)

- Made with full fat plain yoghurt.
- Contains chestnut honey, a rich source of minerals.

### Smoothie

(peaches, pumpkin, carrots, mineral water)

- Freshly made smoothies from raw fruit and vegetables.
- With select additions for better well-being.

### SunWarrior protein drink

(made with plant or non-homogenised milk and added cinnamon, fruit or cocoa)

- Plant protein is easily digestible, hypoallergenic and not heat treated. They have the perfect amino acid profile and a base rather than acid effect on the body.
- The protein drink is especially recommended for people careful about blood sugar swings or following a weight loss diet.
- It is also suitable for older people who need a higher protein intake due to less efficient digestion.



## The kingdom of mineral springs with a 140-year tradition

As long ago as 1882, people recognised the healing effects of the CO<sub>2</sub>-rich mineral water from Radenci. Its carbon dioxide content places it among the richest mineral waters in Europe.



### **DRINKING TREATMENT**

For better health and well-being, at the Radenci Health Resort we recommend a daily drinking treatment with CO<sub>2</sub>-rich mineral water from Radenci.

Dr. Andrej Vugrinec, cardiology, vascular medicine, and internal medicine specialist, recommends a drink of healing CO<sub>2</sub>-rich mineral water from Radenci three times a day, an hour before the meal, for a healthy heart, normal blood pressure, and regular digestion. The drinking treatment should continue for at least five consecutive days to achieve the best result.

Treat yourself to a glass from the healing spring in the Radenci mineral water lounge.

### **CO<sub>2</sub>-RICH MINERAL BATH FROM RADENCI**

CO<sub>2</sub>-rich mineral bath from Radenci have a beneficial effect on the organism, particularly for people suffering from coronary diseases, while also providing comfort and relaxation.

CO<sub>2</sub>-rich mineral bath are recommended for treatment as well as prevention and well-being. Bathing in natural thermal mineral water with the temperature of 30 to 33 °C strengthens the organism, eliminates toxins, rejuvenates the body and improves immunity. To book a mineral bath, please stop by the medical or hotel reception.