

Eating healthy in Norway on a Student Budget



WELCOME!

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Agenda

I. Basic Food

2. Food Jungel

3. Practical Cooking





Food Culture and Traditions



Challenges

Ruff climate

Short summers

Food seasons



Modest seasoning, limited cultivation of vegetables, fruit and berries.

Traditional dishes

Meatballs in brown sauce

Pancakes, flat bread, waffles & oat porridge

Matpakke = Lunch Package

Dark bread with brown cheese, ham, cheese and other «pålegg»

Fish gratin, Salmon, Cod, Fish cakes & Fårikål

Cured meat and sour milk

Popular dishes

Taco "TACO FRIDAY"

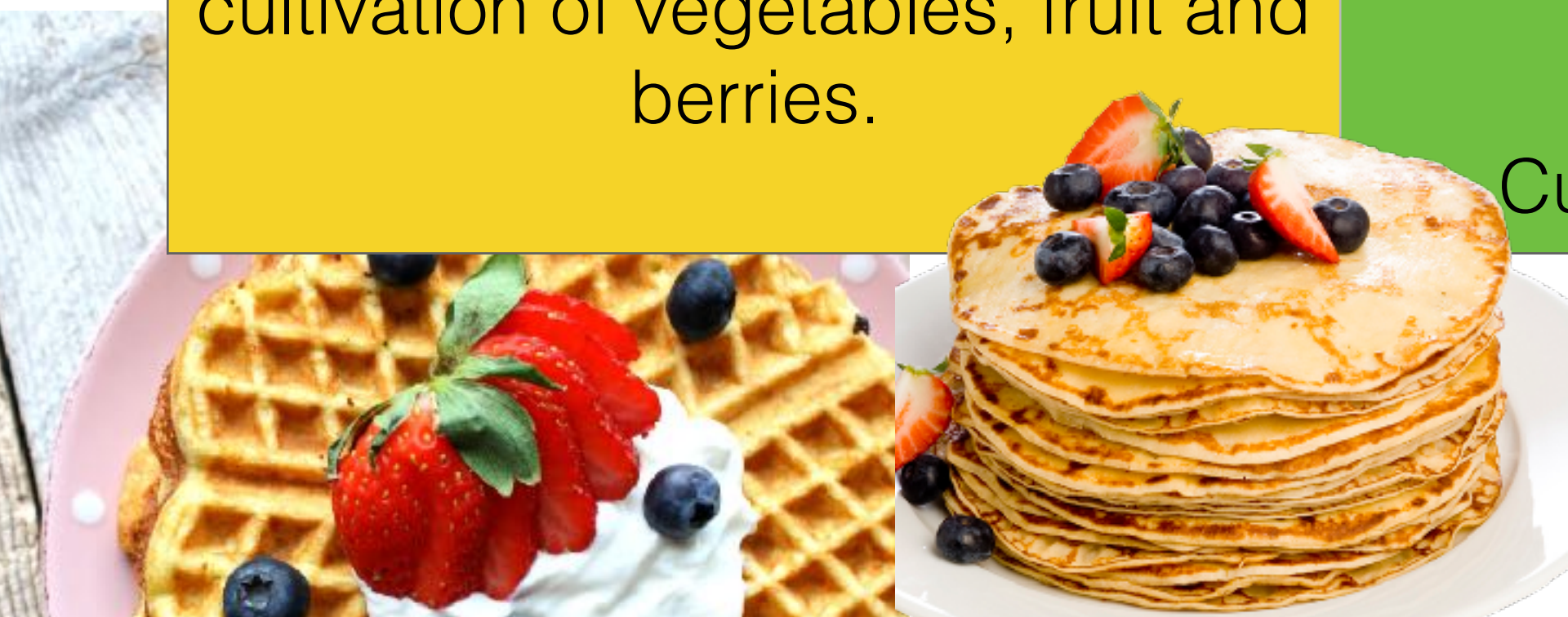
Pizza (Grandiosa)

Pasta and Lasagne

Hamburgers

Kebab

Sushi



Basic Food



NUTRIENTS

ENERGIZING NUTRIENTS

- **Protein**
- **Fat**
- **Carbohydrate**
 - Fiber
- Alcohol



NON ENERGIZING NUTRIENTS

- Antioxidants
- Vitamins og minerals
- Water



FUNCTION

- **Carbohydrates**

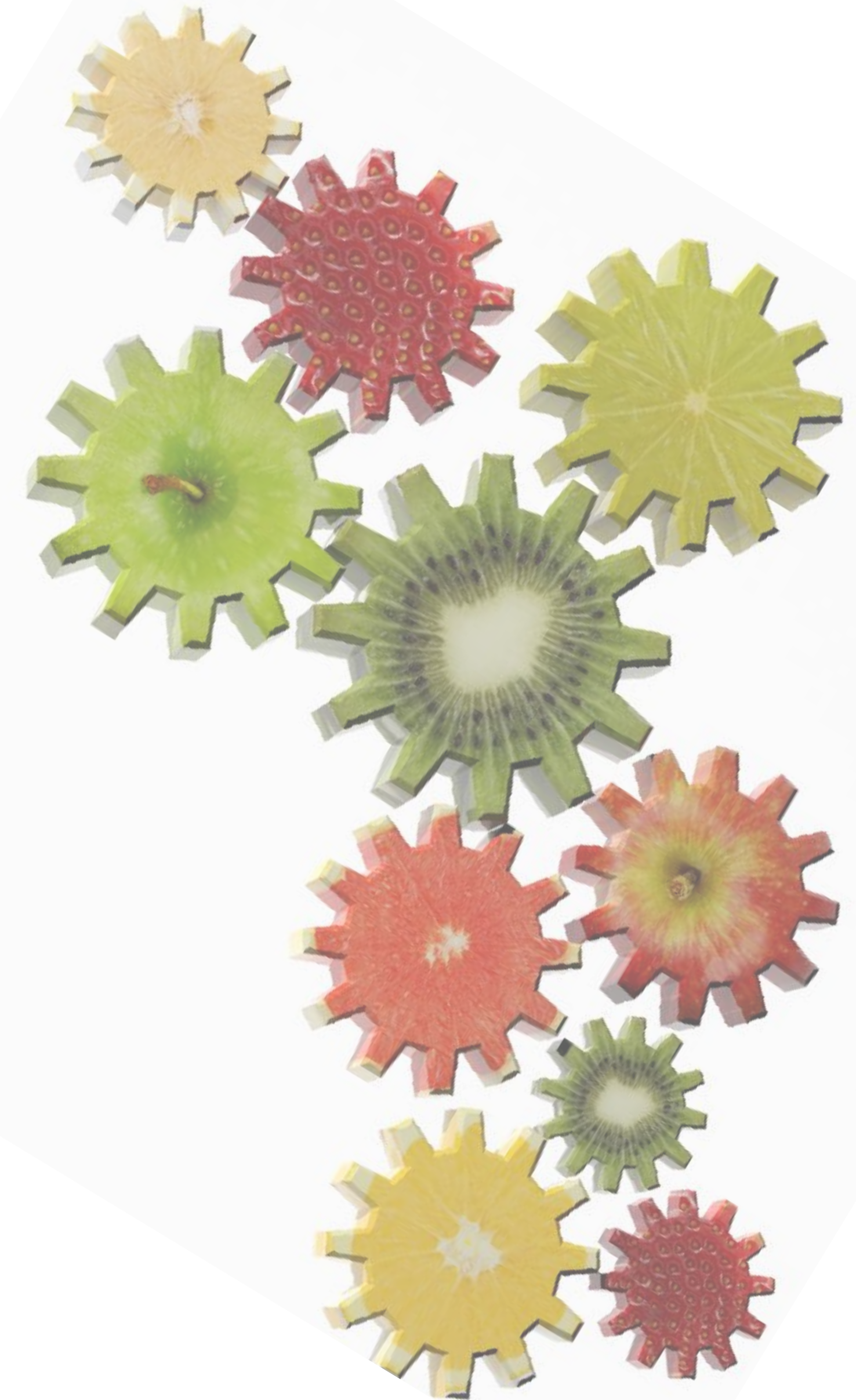
- The body`s most effective energy tank.
- The brain prefer energy from carbohydrates

- **Proteins**

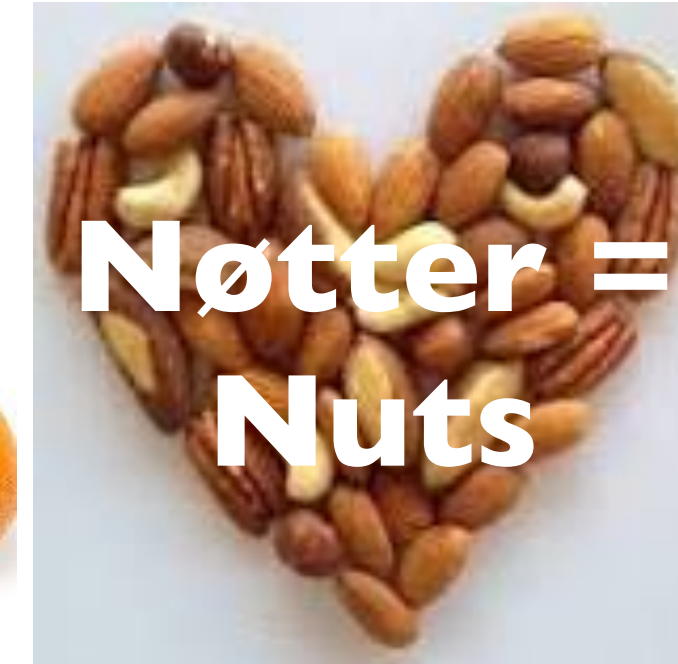
- Building block`s for the body
- Can be used as energy resource

- **Fats**

- The body`s biggest energy reserve tank
- Keeps your vains and brain healthy and happy



CARBOHYDRATE SOURCES



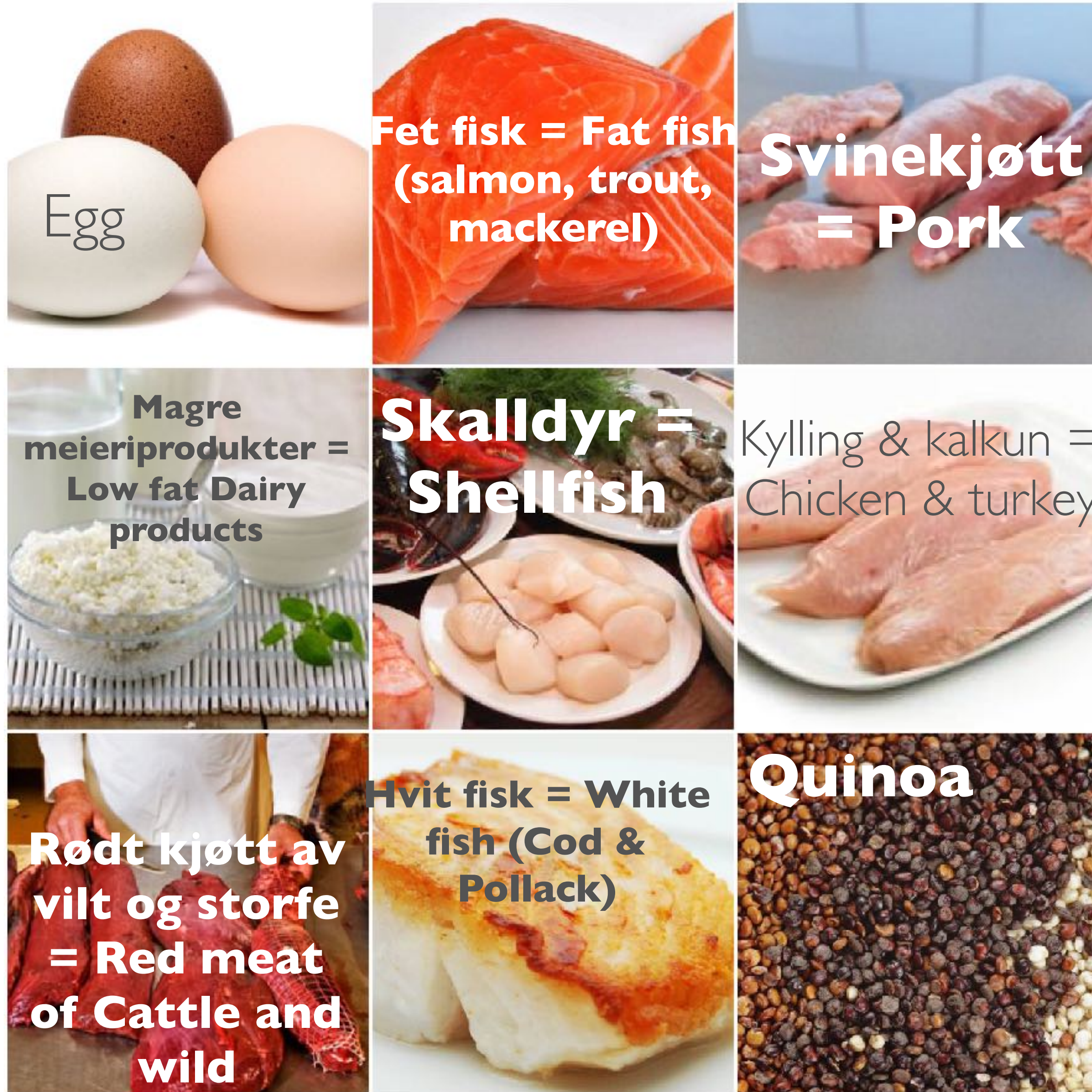
Vitamins & minerals

Fiber

Natural sugars

Slow Carbohydrates =
High in fibers

PROTEIN SOURCES



Vitamins & minerals

Mono & polyunsaturated fat

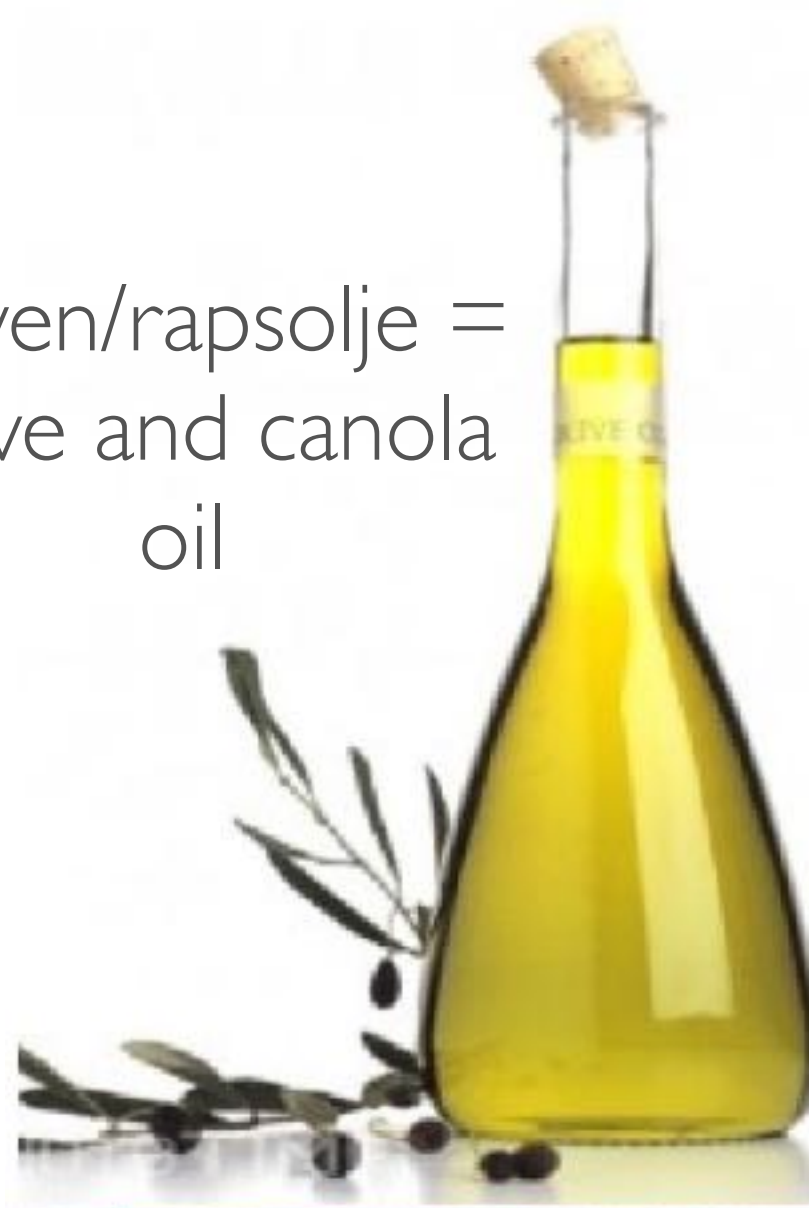
Mod/low saturated fat
(>10% saturated fat)

Mod/low salt

Highest protein quality
(13-22 g per 100 grams)

FAT SOURCES

Oliven/rapsolje =
Olive and canola
oil



Avocado



**Oliven =
Olives**



**Frø & grove korn =
Seeds & whole
grains**



**Nøtter =
Nuts**



**Fet fisk = Fats fish
(Salmon, Trout &
Mackerel),**



Vitamins & minerals

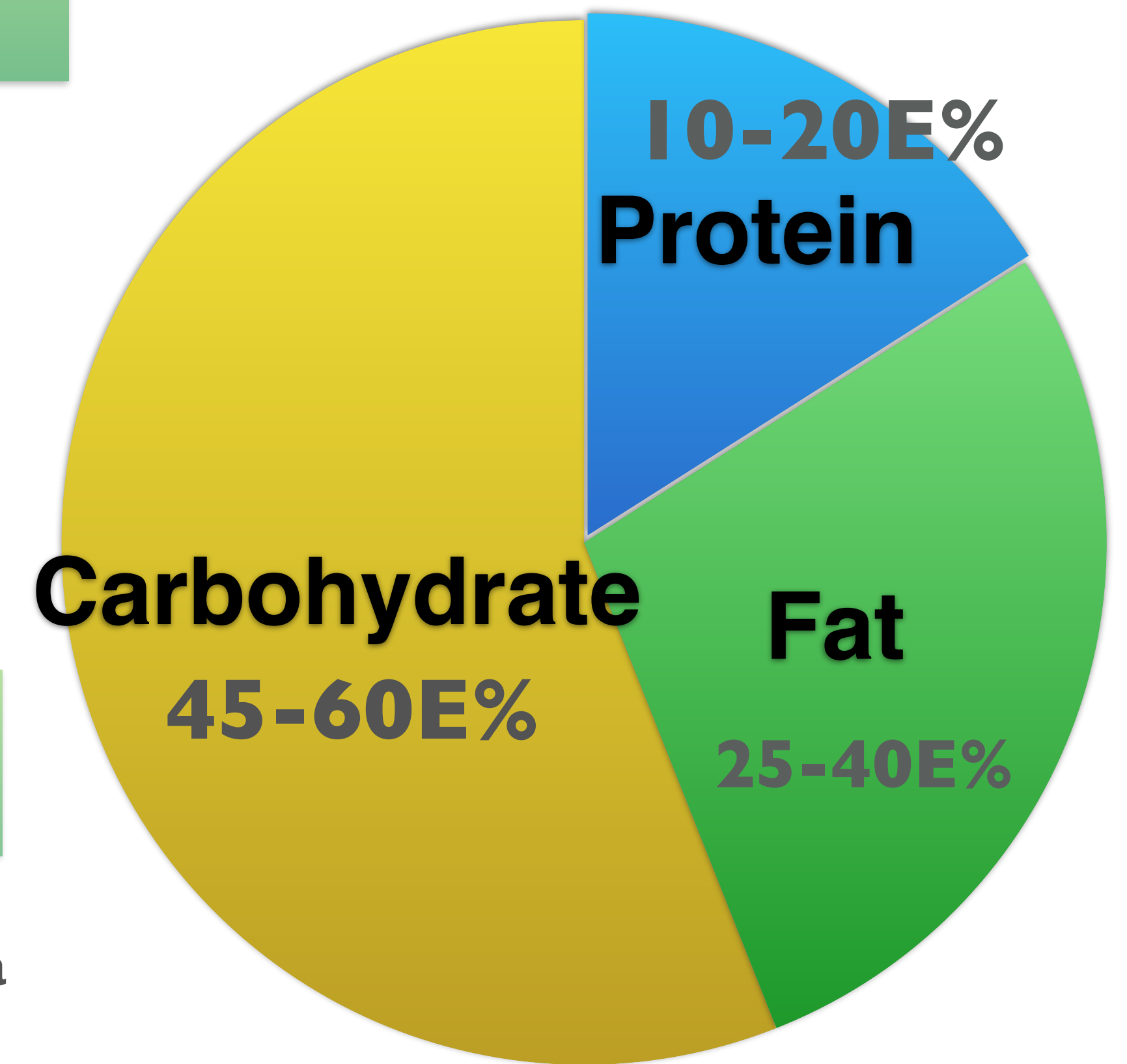
Mono & polyunsaturated fat

Mod/low saturated fat

No trans fat

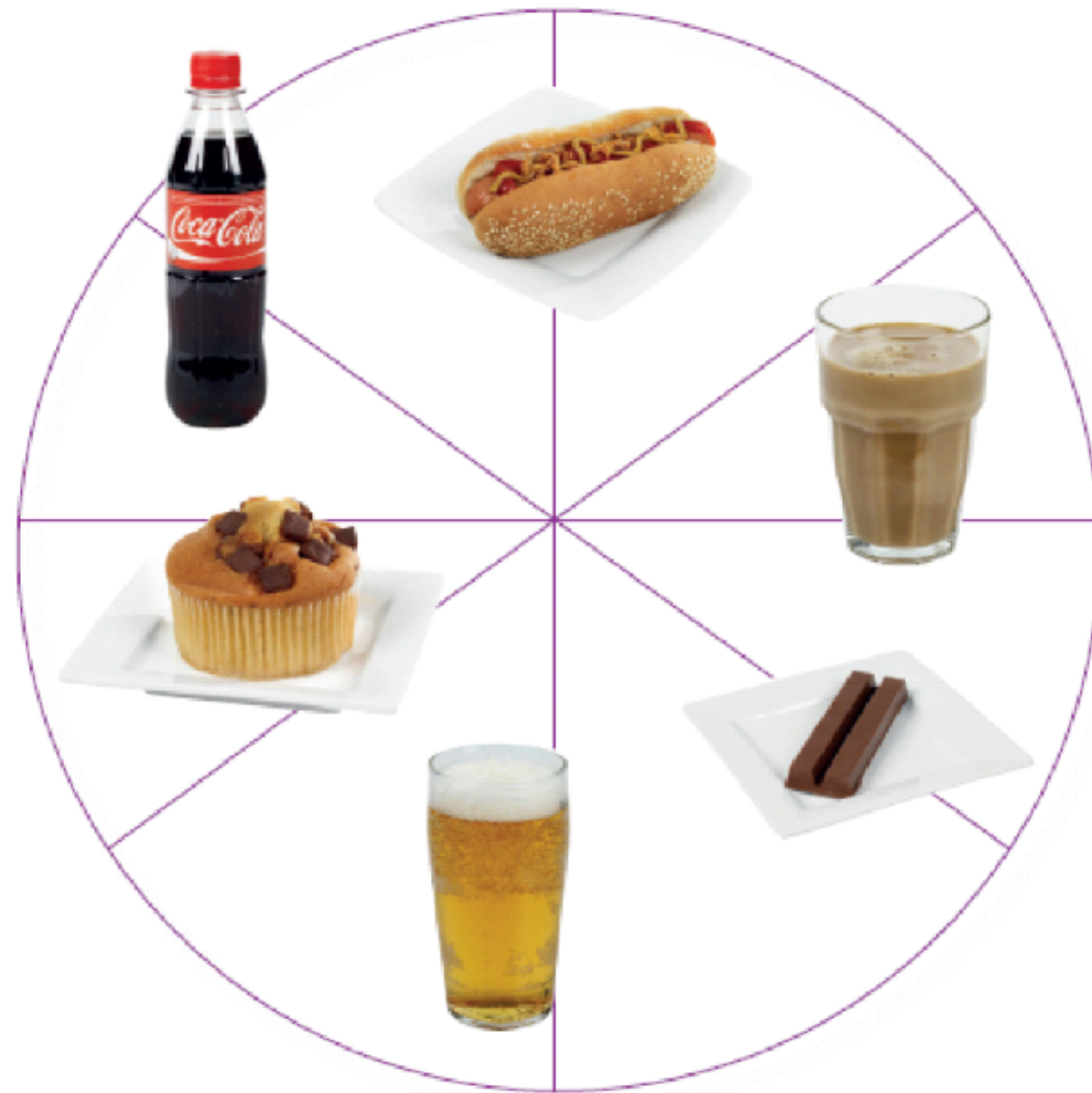
RECOMMENDATIONS

1. **Varied diet with plenty of vegetables, fruits and berries, whole grains, fish and limited amounts of processed meat, red meat, salt and sugar.**
2. **Eat 3 servings of vegetables and 2 servings of fruit daily.**
3. **Eat whole grains daily**
4. **Eat fresh fish (fat and skinny) 3 times a week.**
5. **Have a good balance between how much energy you eat and how much energy your body consume.**
6. **Avoid food and beverages that contains high amounts of sugar as a daily habit.**
7. **Be physically active 30 minutes daily.**



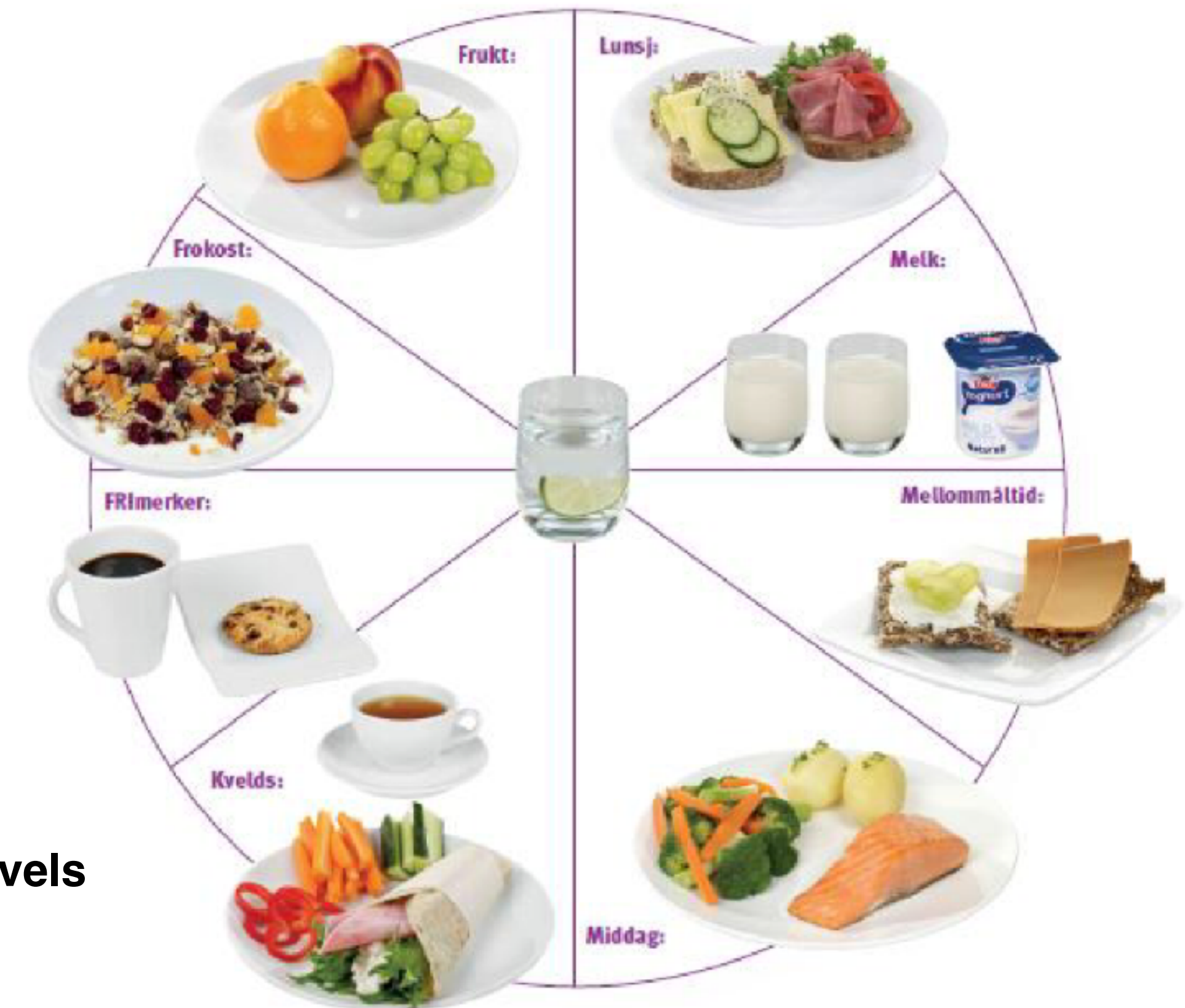
Why You Should Eat Healthy

NUTRIENT-POOR/CALORIE-RICH **vs** NUTRITIOUS/CALORIE-MODERATE



Poor nutrient value

Same calorie levels



Total cost i lower
Nutritional needs covered

Eat for the Season



- The body produces Vitamin D from the sun
- Vitamin D deficiency is common
 - Short summer and long dark winters
 - People with darker skin produces less vitamin D when exposed to the sun
- Food sources is important
 - Tran, salmon, mackerel, extra skinny milk (ekstra lett melk) and eggs
 - Fresh chanterelles (source for vegans)

Eat as a Student

- Stable blood sugar = Stable energy levels
- Eat complex carbohydrates (slow carbs)
- Less coffee = Less stress
- Food with antioxidants keeps your body healthy
- Fat fish makes you smarter



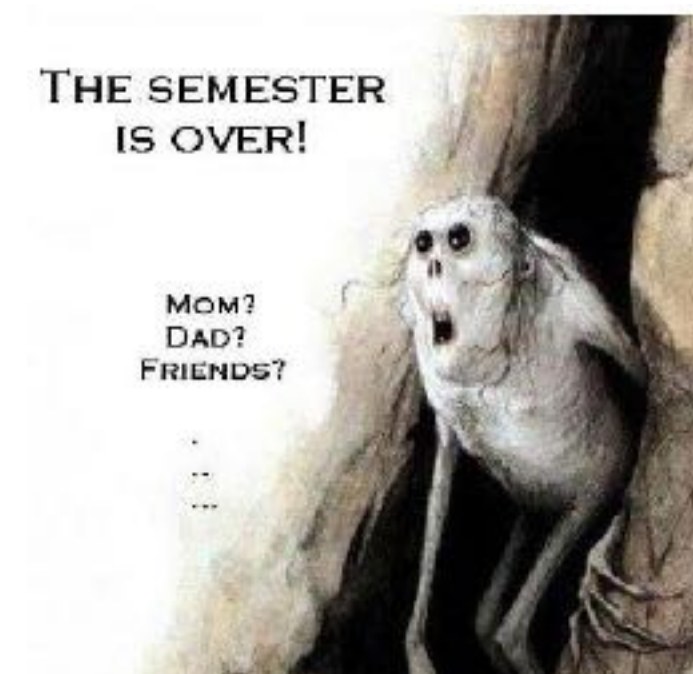
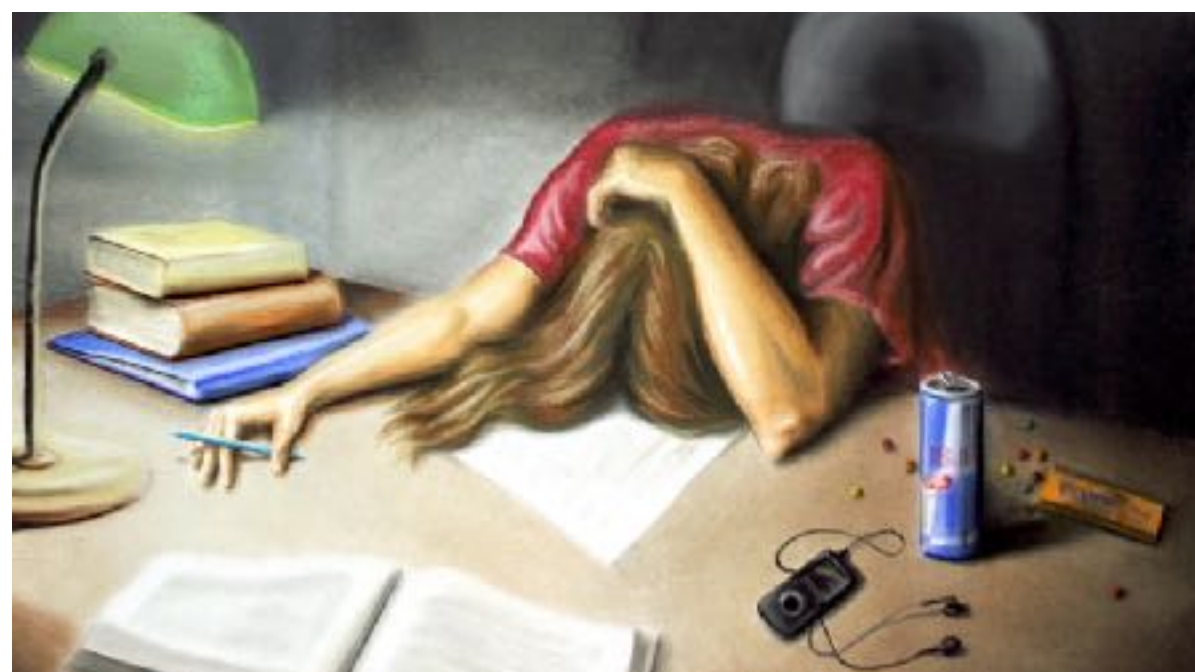
**One week
before exams**



**Two days
before exams**



After exams





LOW PRICE CHAIN STORES

- The lowest price profile
- Good opening hours
- Very good for the primary shopping



Expensive Chain Stores

- Better selection of fresh fruit, vegetables, fresh fish and meat
- Bigger selection of special products
- Higher prices



The Cheap Brands

- Choose the products wisely



The Good Products

Fruit and Vegetables



Meat, Egg & Fish



The Bad Products

Ready to eat Meals



Candy, Snack & Cookies



HOLDBART.NO



Healthy Labeling

Nøkkelhullet (Keyhole)

"Easier to choose healthy"



Identifies healthier food. Make it easy to find healthier products in the stores.

Brødskala`n

"The Bread Scale"

Help for choosing healthier bread in food stores!

- Less healthy



0-25%



25-50%



50-75%



75%+

More healthy +

Shows the percentage of wholemeal flour or whole grains



How to Stay on Budget

How did they do it?

- Bought the basics first
- Frozen vegetables, fish and meat
- Big dinners - Saved the rest for lunch!
- Cheap brands
- Immigrant shops
- No fast food
- Vegan dishes
- Meat on sale

Winner of the student challenge!

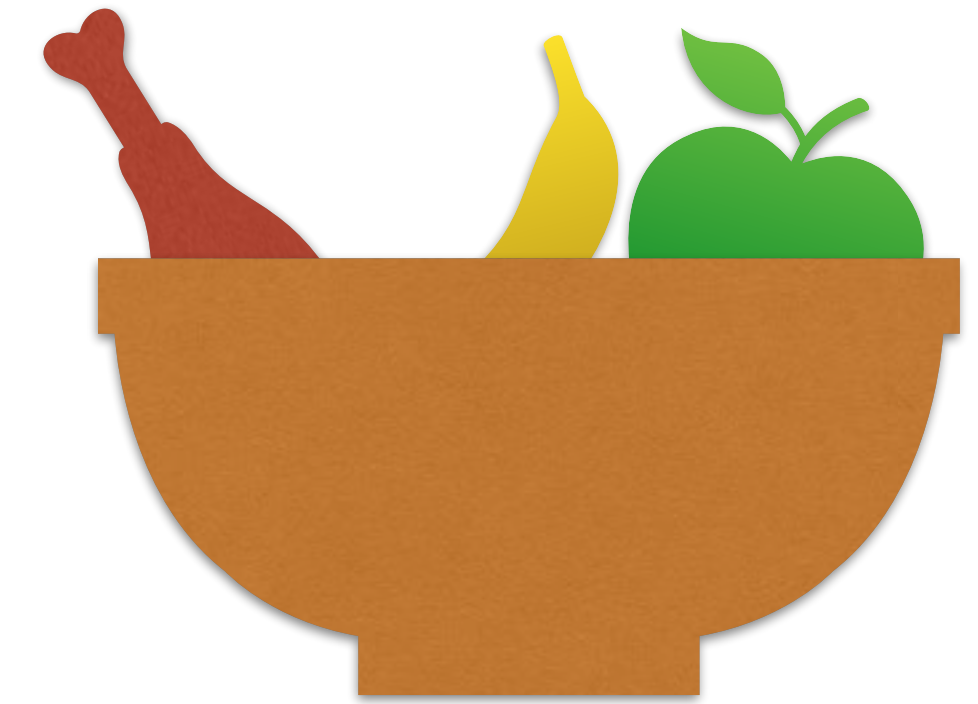


How to eat healthy on a weekly budget of 250 NOK

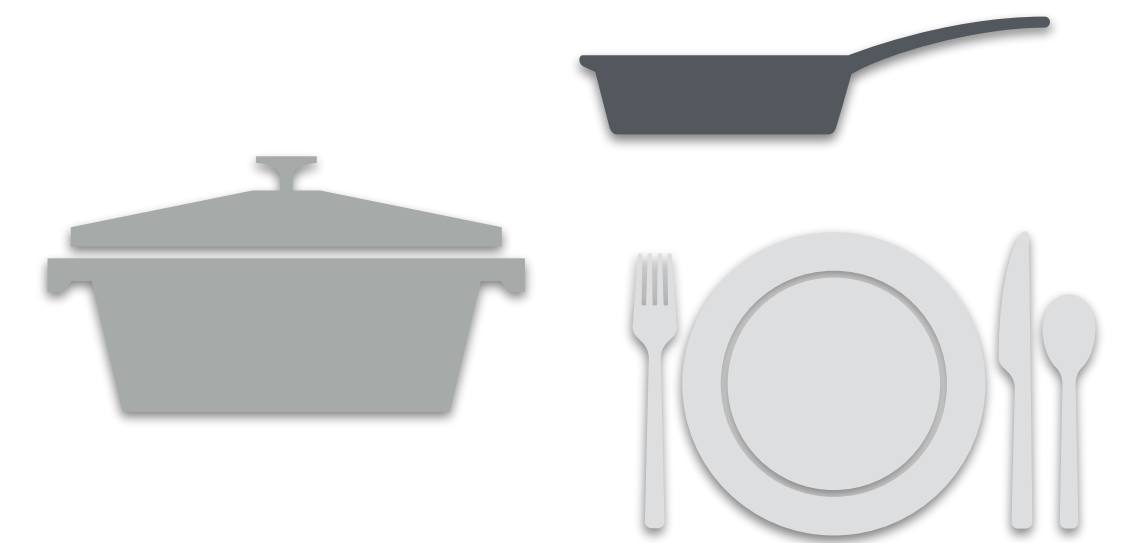


Practical Cooking

Cooking Food



- **Vegetables:** Boil gently, fry in a pan or bake in the oven
 - Non starchy vegetables like tomatoes, cucumber, carrots, paprika and snow peas can be washed and eaten raw
- **Meat and fish:** Fry in a pan, bake in the oven or boil it
 - Fish has shorter cooking time than meat
 - Many fish products can be eaten raw (look at the label)
- **Starchy foods:**
 - Potatoes and sweet potatoes: Boil the potatoes or bake in the oven (12-20 minutes)
 - Pasta, Rice, Bulgur and Quinoa: Boiling in water is most common (10-20 minutes)



Safe Food

4 STEPS TO FOOD SAFETY



CLEAN 



SEPARATE 



COOK 



CHILL 

Safe Food

Use the expiration date wisely

- ***Best før - Best before***

- Means that the product is STARTING to loose the quality, NOT that the product can not be eaten
- Products such as dairy products, bread and grains always has "best før" labeling.
- Use your eyes and nose: Change in consistency, visible mold and smell is a bad sign.

- ***Siste forbruksdag - Last day of use***

- The product should not be eaten after this date
- All meat and fish has "Siste forbruksdag" on the labeling.

Homemade Healthy Fast Food on a Budget

Tuna Sandwich

Easy to make
Make in 15 minutes
Cheap ingredients
Nutritious
Taste delicious

Cost per meal: 18 NOK

Total cost: 72 NOK

*Purchased at the restaurant:
85 NOK pr meal*



Tuna Casserole (3 meals)

Use the rest of the Tuna Sandwich paste
Add 1 extra tuna can, Whole wheat pasta and cheese
Bake in the oven for 15 minutes

Add a simple salad and you have a perfect dinner/lunch

Cost per meal: 20 NOK



"Taco Friday"

Tortilla griddle (whole wheat for more fiber)

Salsa

Peppers, tomatoes and salad

Cheese

Kesam (High in protein)

Pork mince/Ground minced (Low fat)

Brown beans

Cost per meal: 22 NOK



Leftover Taco Pizza

Tortilla griddle (Whole wheat for more fiber)

Salsa

Peppers, tomatoes and salad

Cheese

Kesam (High in protein)

Pork mince/Ground minced/Brown beans

+ Add onion

Cost per meal: 22 NOK





- Create a weekly budget: 300 NOK
- Learn the basic`s of cooking: Make a social evening (COOKING NIGHT)
- Follow the 5 recommendations

Dare:

- Try the Brown Cheese!!!



«Thank you for your attention»

– Patrick Hansen