

BARMER



Health Advice

Healthy hedonism – enjoyable and healthy eating

“Healthy hedonism” – it may sound a little cryptic, but the term provides a very simple nutritional idea: The word “hedonism” comes from the ancient Greek “Hēdon ” and means enjoyment. Healthy hedonism therefore means “healthy enjoyment” when eating. Eating food that is both healthy and delicious is not mutually exclusive. It is no surprise that the healthy hedonism approach is vying to join the multitude of food trends. There are few scientific opinions about “healthy hedonism”, but the nutritional trend also gets by with very few rules. Because if you take it literally, you can eat whatever you want, as long as you do it with enjoyment: starting with the selection of recipes and high-quality ingredients, cooking yourself, to the beautiful presentation of the food, sitting down to eat and eating slowly and with pleasure. Because if you take your time when choosing food, cooking and eating, you eat more consciously and more slowly - and rarely overindulge. Healthy hedonism does not

forbid any food and does not prescribe when or how much to eat. However, the term “healthy” also means that the basis of the diet mainly comprises plant-based food, i.e. mainly fruit, vegetables, pulses, fresh herbs and nuts. If you eat well in this respect, you can also have fatty or sugary foods as you like. After all, if you fancy a hotdog, a salad won’t satisfy you; and an apple is no substitute for an ice cream sundae. It is therefore better to eat what you really feel like eating consciously and with pleasure, and to make the other meals of the day plant-based.

Healthy hedonism during the working day

Let's be honest: Do you eat really delicious food and with pleasure every day at work? Or do you just grab a quick snack on the go, or eat at your desk? If you just eat anything, you might get full - but that usually has little to do with enjoyment and satisfaction. According to the principle of healthy hedonism, however, you should take the time to do just that. Even if you can't always control what ends up on your plate during the working day, whenever possible you should prepare meals yourself or take them with you to work. When choosing food, look for quality: focus on seasonal, regional food, which has shorter delivery distances and is therefore particularly fresh and environmentally friendly. Allow yourself time and rest for eating during work breaks, eat slowly, taste carefully, chew thoroughly. Because conscious eating and delicious food makes you happy - and that has a positive effect on your health.

Oriental stir-fried vegetables with tender wheat and toasted sesame seeds

Ingredients to serve 2:

120 g tender wheat
2 tbsp sesame oil
3 tbsp sesame seeds
300 g peppers
100 g leeks
100 g bamboo shoots
1/2 tsp salt
1/4 tsp each of pepper, curry, cumin, cayenne pepper
300 g chickpeas (from a jar)

Cooking instructions:

Wash and clean the vegetables and cut into strips. Cook the tender wheat in salted water according to the instructions on the packet. Sauté the peppers, bamboo shoots and leeks in sesame oil. Season generously with salt, pepper, curry, cumin and cayenne pepper. Cook everything together over low heat until crisp-tender.

Drain the chickpeas and fold into the vegetable mixture. Instead of using chickpeas from a jar, you can also use dried chickpeas (for an even better environmental footprint, buy them unpackaged). In this case, however, allow a little more time for pre-cooking the chickpeas.

Toast the sesame seeds in a dry pan until golden brown. Arrange the tender wheat and vegetables separately. Sprinkle the sesame seeds over the vegetables.