

## Nutrition Check

### SPECIFIC TARGETS:

Brief analysis of individual nutritional behaviour; identification of simple, practicable possibilities for optimization

### INHALTE:

- Selection of typical foods and their portioning at the touch console
- Evaluation as daily balance and visual representation using the food pyramid (BLE)
- Interpretation and consultation, strategies and intentions
- Simulation - what if...? Visualization of your intentions

### TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

### ORGANISATION:

Power supply: 230 V, space requirement:  $\geq 6 \text{ m}^2$   
 Special information: barrier-free access,  
 Dimensions LBT: 130 x 75 x 100 cm, weight 60 kg,  
 Different touch-screen sizes available



# Nutrition Check

### BACKGROUND:

More than half of the German women and about two thirds of the men in Germany are **overweight**, about one fifth of the adults are even considered to be obese. **Unhealthy lifestyles**, especially malnutrition and lack of exercise, are primarily blamed as causes.

### PROCESS:

The participant selects from a selection of icons on the touch panel the foods that are typical for his or her diet on a „normal working day“. To do this, he „puts“ them in the „shopping basket“ and specifies the portions.

### RESULTS:

Die The results are presented visually using the model of the **food pyramid of the BLE** (German Federal Ministry of Agriculture and Food). The products are sorted into individual food groups and arranged in pyramid form. With this didactic model, the participant can see at a glance in which areas he or she consumes too much or where there is a shortage. his result is the starting point for **individual consultation**. This is supported by a **simulation** (what if...?), within which the intentions for optimisation are visualised in order to come as close as possible to the recommendation of a balanced diet. In addition, recommendations for regular exercise are conveyed.

