BIOSUPERFOOD
MICROALGAE

Food& Habits

Evidence-Based Strategies for behaviour change

www.biosuperfoodmicroalgae.com

Evidence-Based Strategies for behaviour change

It's pretty obvious that what you eat matters, but there's more to healthy eating than just the food itself. This guide will show you how to improve your relationship with food through everyday eating habits, which will help you make better choices, feel more in control, and boost your energy.

These habits are free and can be used no matter what your current diet looks like. You can try one at a time or several together for a bigger impact.

Reboot Your Kitchen

Set yourself up for success.Your environment can heavily influence your food choices.

Why should you care?
The more you see junk food, the more you will want to eat it. It's human nature to grab the easiest, tastiest snack available, so if you want to eat healthier, remove the ultra-processed foods from your house.

The Hack
Get rid of the junk food and prepare healthy foods you love so that they are easy to access.

A Study in the Journal of the Academy of Nutrition and Dietetics found that keeping junk food at home increases consumption. Having junk food readily available led to higher intake, regardless of dietary intentions.

Hydrate When You're Hungry

Thirst can often be mistaken for hunger.

Why should you care?
Drinking water can help reduce your appetite and increase the feeling of fullness.

The Hack
Drink 1-2 glasses of water before a meal and at least two liters a day.

A Study showed drinking 16 ounces of water 30 minutes before a meal led to significant weight loss in obese individuals, according to a study in the Journal of the Academy of Nutrition and Dietetics (2). Participants who drank water before meals lost an average of 4.4 kg over 12 weeks.

Eat Slowly, eat Calmly

We've all heard it, but do we do it? Sitting down to eat isn't just a social nicety, it's actually beneficial to your digestion.

Why should you care?

Rushing through meals puts your body in "fight or flight" mode, which is not great for digestion. Eating slowly, chewing thoroughly, and savoring your food switches your body to "rest and digest" mode. This can enhance blood flow to your intestines, increase the energy you burn digesting food, decrease calorie intake, and reduce *self-reported hunger levels*.

The Hack

Put your fork down after each bite, take a deep breath, sip some water, or do a combination of these things to slow down and calm down while you're eating.

Research shows that fast eating linked to overweight
Eating quickly is associated with being overweight, according to a study in the Journal of the American Dietetic Association (3). Fast eaters were more likely to be overweight, regardless of other lifestyle factors.

The 80% rule

The Japanese phrase ‘Hara Hachi Bu’ encourages you to eat until you are 80% full, which is not an exact measurement but more about listening to your body.

Why should you care?

When you eat until you're overly full, your body can't always keep up with the signals that tell you to stop eating, leading to overeating and weight gain. This is partly due to the hormone leptin, which tells your brain you're full. Some people experience "leptin resistance," where the signal from leptin is weaker than the urge to eat. Also, ultra-processed foods can trick you into eating too much, because they contain combinations of carbs, fat, and sodium, which increase your drive to eat. Eating until you're 80% full helps you stay ahead of your leptin signals, so you'll feel satisfied but not stuffed.

The Hack

Don't try to measure this exactly; instead, think of it as eating until you'd feel comfortable doing yoga after your meal.

A Study in the Journal of the Academy of Nutrition and Dietetics found that eating until "comfortably full" resulted in consuming 250 less calories per meal compared to eating until "stuffed". That can add up to 750 calories per day!

Don't Get "Hangry"

That mix of hunger and anger is a real thing and it can make it harder to make good food choices.

Why should you care?

"Hanger" occurs when your blood sugar levels plummet, often due to a delay in eating or a crash after consuming high-carb foods. This is more common in people accustomed to regular carb intake, leading to uncomfortable symptoms like irritability, shakiness, and intense hunger.

The Hack

Plan your meals and snacks in advance and keep high-protein and high-fiber snacks handy. Good options include beef sticks, hard-boiled eggs, salmon jerky, canned sardines, almonds, carrots and hummus, and berries.

A Study showed Skipping breakfast is associated with increased negative emotions, such as anxiety and irritability, in young women, according to a study in the Journal of Adolescent Health.

Sleep and appetite

Sleep is more important than you might think for healthy eating.

Why should you care?

Skimping on sleep disrupts hormones that regulate your appetite, potentially increasing cravings for sugary and fatty foods. Also, lack of sleep can impair your decision-making and willpower, so you end up making less healthy food choices.

The Hack

Try to wake up and go to bed at the same time every day, even on the weekends. If you haven't slept well, eat a breakfast with protein, fat, and fiber, like eggs and avocado, or a protein shake with nuts, seeds, or berries, to reduce the likelihood of cravings.

Reasearchers at the University of Chicago found that sleep coaching helped people who slept less than 6.5 hours/night to eat less. For each extra hour of sleep, they consumed 162 fewer calories/day, or 1,000 calories/week.

Get Moving After Meals

A short walk after a meal can have a big impact.

Why should you care?

A walk within 30 minutes after a meal can lower elevated blood sugar levels, which helps your body process carbohydrates better, and reduces your risk of chronic diseases.

The Hack

Ask someone to join you for an after-meal walk or schedule calls that you can take while walking

A Study in the Journal of Applied Physiology showed that doing light physical activity after meals improves glucose tolerance, insulin sensitivity, and cardiovascular health.

Journal Your Snack Journey

Understanding why you snack can help you stop compulsive eating.

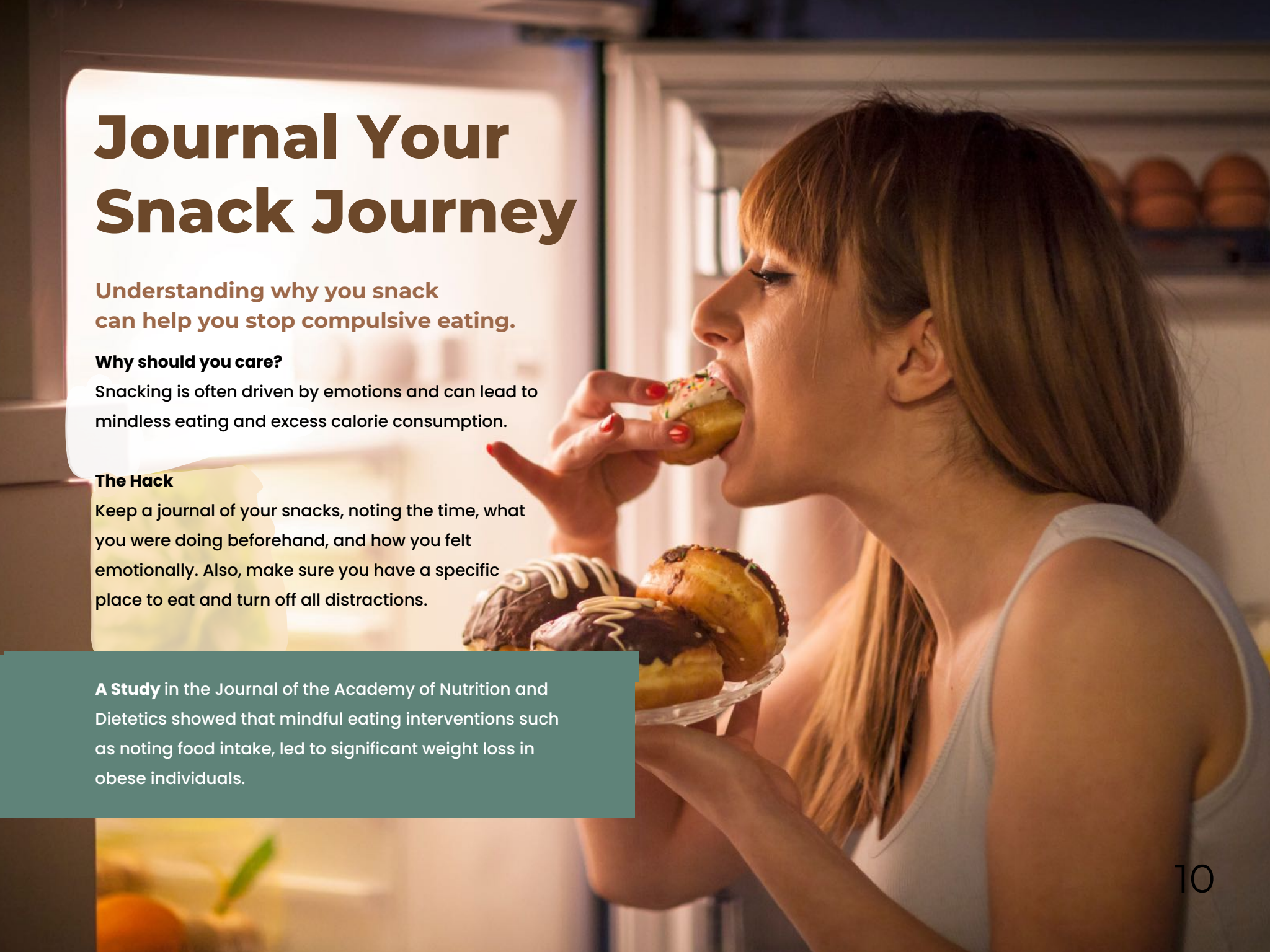
Why should you care?

Snacking is often driven by emotions and can lead to mindless eating and excess calorie consumption.

The Hack

Keep a journal of your snacks, noting the time, what you were doing beforehand, and how you felt emotionally. Also, make sure you have a specific place to eat and turn off all distractions.

A Study in the Journal of the Academy of Nutrition and Dietetics showed that mindful eating interventions such as noting food intake, led to significant weight loss in obese individuals.



Advanced Strategies

Once you have the essential habits sorted, these next steps can help take your health to the next level.

Start with fiber Protein and good fats

Sugar and starch for last

Why should you care?

Start with fiber, protein, and healthy fats to stay satisfied and energized while minimizing cravings. These nutrients help you feel full longer and slow sugar absorption, preventing spikes in blood sugar. For dinner, begin with grilled chicken and vegetables; if still hungry, have whole grains or starchy veggies afterward.

This is even more important at breakfast, prioritize protein and fats like eggs and avocado for sustained energy and reduced hunger. If you want toast, eat it last.

The Hack

Start with a high-protein smoothie with regenerative protein powder and MCT oil or avocados for healthy fat. Add in fiber for an even bigger boost.

A study in PLOS ONE showed that Foods high in fat, sugar, and salt, such as ice cream, chips, and chocolate, are most likely to trigger addictive eating behaviors.

No food for 3 hours before sleep

The more time between your last meal and going to sleep, the better

Why should you care?
Unlike Sumo wrestlers who intentionally eat late to bulk up, you likely don't want to store excess energy as fat. Eating a carb-heavy meal before bed diverts your body's energy from rest and repair to digestion, disrupting your sleep and potentially leading to inflammation, fatigue, and cravings.

The Hack
Have your last meal or snack at least three hours before bedtime and try to stick to protein, healthy fats, and low-starch vegetables.

Studies show: Consuming a high-calorie meal 30-60 minutes before bed disrupts sleep quality.

Eating a high-calorie meal at night can also lead to weight gain, even with the same daily calorie intake. A 2019 Cell Metabolism study on mice found that nighttime eating disrupts circadian rhythms, causing glucose intolerance, insulin resistance, and weight gain.

A 2018 study in the Journal of Clinical Sleep Medicine found that consuming a high-calorie meal within an hour of bedtime increased BMI and waist circumference in humans.

Recognize the Hidden Cost of Quick Fixes

quick and cheap is often expensive.

Why should you care?
Fast food is full of ultra-processed "franken-foods" that are designed to be addictive and lead to weight gain. Even seemingly healthy options like some soups and salads can contain additives and unhealthy ingredients.

The Hack
Cut back gradually by reducing how often you eat fast food each week, or by packing your own lunch a few days a week.

A Study found that people who ate fast food frequently over 25 years had higher levels of harmful belly fat and liver fat. Those who ate fast food three or more times per week were at a much higher risk of developing fatty liver disease.

Fast at Least 13 Hours Daily

Do it gradually, giving your metabolism time to adapt.

Why should you care?
Fasting helps your body clean up waste, debris, and damaged cells. It can also help reduce belly fat, lower insulin levels and blood pressure, and improve insulin sensitivity.

The Hack
Have your last meal or snack at least three hours before bedtime and try to stick to protein, healthy fats, and low-starch vegetables.

A Study found that women who fasted for less than 13 hours each night were 36% more likely to experience breast cancer recurrence over a seven-year period, compared to those who fasted for 13 hours or more.

A study of men with prediabetes found that a six-hour eating window improved insulin sensitivity, blood pressure, and oxidative stress regardless of weight loss

Please note that this may not be advisable for everyone, consult your physician first.

Produce that Nourishes, Not Harms

While relationship with food is so important, its vital to remember that regardless of your diet choice, minimizing exposure to pesticides, additives, and chemicals is cparamount.

Why should you care?

Chemicals disrupt hormones and increase cancer risk. Opt for organic or locally grown produce whenever possible. They are also sequestered away from organs in fat, making it more difficult to lose weight.

The Hack

Can't afford organic? Soak produce in a solution of 1 tablespoon baking soda per 2 liters of water for 15-30 minutes. This helps remove pesticide residues and contaminants from produce.

A study published in Environmental Health found that exposure to pesticides is linked to cancer, neurological disorders, and reproductive issues.
A 2019 JAMA study found that people with high exposure to pyrethroid pesticides were three times more likely to die from cardiovascular disease over 14 years.

A Pediatrics study found that children with higher exposure to organophosphate pesticides were more likely to be diagnosed with ADHD.
In contrast, eating organic produce reduced pesticide exposure by nearly 90%, - children who consumed organic for just 5 days had significantly lower pesticide residues in their urine.

Biosuperfood: Covering the Nutrient Gaps

Adding Biosuperfood Microalgae can help ensure that you're getting all the nutrients your body needs to function optimally.

Why should you care?

As you work on developing healthy eating habits, ensure you're getting all the necessary nutrients for optimal health. Adding Biosuperfood Microalgae to your routine can help fill any nutritional gaps.

Microalgae is a nutrient-dense food source, providing a broad spectrum of vitamins, minerals, antioxidants, and essential amino acids. By supplementing with Biosuperfood, you'll support your body's nutritional needs, while optimising your behaviour around food. This helps prevent nutrient deficiencies and keeps you satisfied.

The Hack

Take 2-6 capsules per day of any of the 3 formulas, designed for different needs.

Studies

Discovered through the largest non-profit research ever done on microalgae.

LEARN MORE

BIOSUPERFOOD
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Through years of comprehensive research with animals and humans, three unique formulas have been developed. F1k, F2k, and F3k.

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