

















Portuguese cookbook writer, author of several books on vegan and healthy diets.

Trainer in education projects for food transition and health promotion.

Food Workshops

Project "Eat Better, Live Better" Lisbon



Food Workshops

Challenges

- Increase consumption of plant-based proteins, vegetables and whole grains and reduce consumption of animal proteins, highly processed foods and refined products;
- Increase motivation for diet change for diabetes prevention and management of diabetes;
- Empower participants;
- Create commitment to dietary change for a healthier life.

Food Workshops

For professionals and patients















Shitf towards Plant-based diet

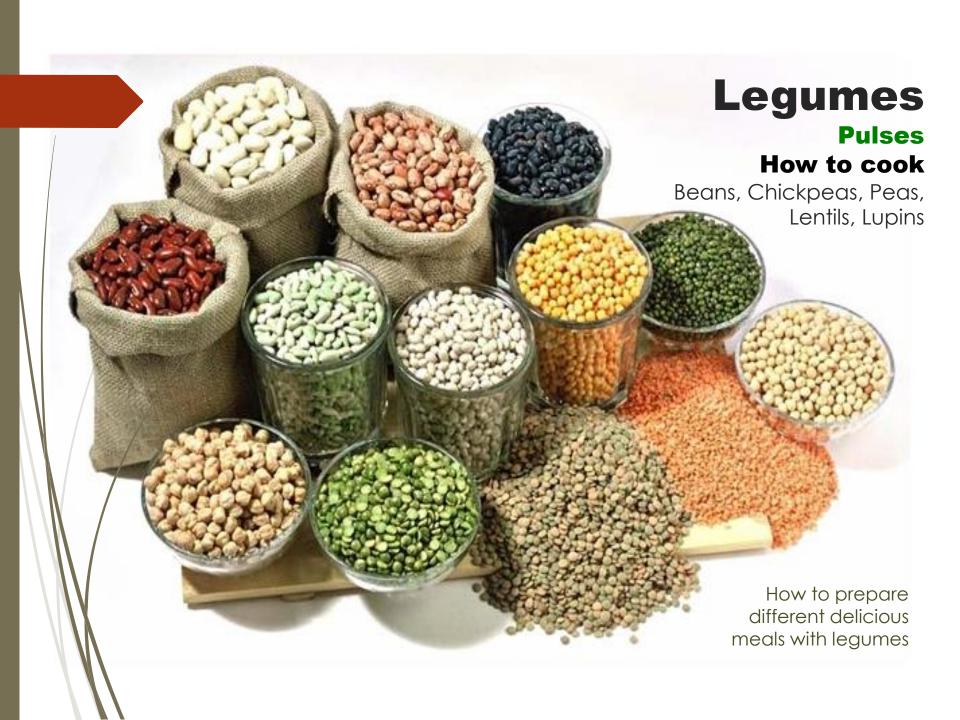
Barriers

- Lack of knowledge of alternative protein foods and whole grains;
- Wrong information about this foods;
- Afraid of cooking something they don't know;
- Lack of motivation and no time to prepare meals;
- Little practice cooking;
- Bad culinary experiences.

Changing habits

Favorable factors

- Tired of always eating the same;
- Desire to try something new;
- Contact with new products in cooking classes;
- Accessibility of products;
- Cooking classes as a sharing and mutual help activity;
- Successful experiences during workshops;
- Cooking with pleasure and fun;
- Easy and tasty recipes;
- New ways to get traditional flavors.









Brown rice, millet, buckwheat, oats... or QUINOA







Bean stew & Roasted vegetables with chickpeas Examples of recipes made during the workshops.





Chia puddings and Oatmeal pancakes
Examples of recipes made during the workshops. Vegan, sugar-free, low-carb.

