

SWITCH CHALLENGE

SWITCH TO HEALTH & WELLBEING

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SWITCH YOUR FOOD



SWITCH_HOMEFOOD

FACTORY FOOD



HARMFUL ADDITIVES, PRESERVATIVES,
ARTIFICIAL FLAVOURS, COLOURING...



HOMEFOOD



NATURAL WHOLESOME INGREDIENTS &
A SPRINKLE OF LOVE

SWITCH_FATS

SEED OILS



CORN OIL, COTTONSEED OIL, SUNFLOWER OIL, RAPESEED OIL, GRAPESEED OIL, SOYBEAN OIL, PEANUT OIL, RICE BRAN OIL ARE HIGHLY PROCESSED AND CONTAIN HARMFUL TRANS-FATS



GHEE



BUTTER



COCONUT OIL

SWITCH_SALT

TABLE SALT



SEA SALT

HIMALAYAN SALT



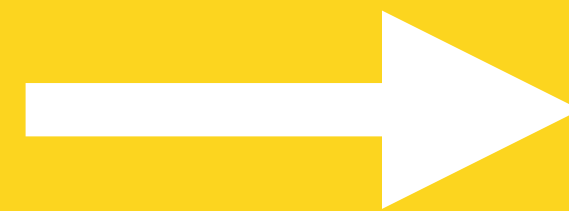
CONTAIN TRACE MINERALS

SWITCH_BROTH

BROTH CUBES



CONTAINS ADDITIVE, PRESERVATIVE,
COLOURING, FLAVOURING



HOMEMADE BONE BROTH*



BOIL ANIMAL BONES WITH BAY LEAVES,
CINNAMON STICKS, CELERY, SEA SALT, APPLE
CIDER VINEGAR, GARLIC, ONION, GINGER,
TURMERIC, BLACK PEPPER ... FOR 2-12 HRS
(Freeze it or use it in your stews or soups or alone)

*REDUCES INFLAMMATION, HEALS THE GUT, SOURCE OF COLLAGEN

SWITCH_COOKING

HIGH TEMPERATURE COOKING



DEEP FRYING, BROILING, GRILLING MAY LEAD
TO BROWNING OF FOOD (CARCINOGENIC)

SLOW COOKING

STEAMING, BAKING, SAUTÉING



SWITCH LOW-CARB

1/2 VEGIES



1/4 PROTEIN

CHICKEN
SEAFOOD
MEAT
EGGS/DAIRY

1/4 GOOD CARBS*

BEANS
LENTILS
CHICKPEAS
QUINOA
WHOLE RICE
POTATOES
SWEET POTATOES

***REPLACE WITH VEGGIES WHEN YOU CAN**

Adjust quantity to feel satiated but not stuffed

SWITCH_NOCARBS

HIGH CARBS



CEREAL & FRUITS INCREASE YOUR BLOOD SUGAR LEVEL AND KEEPS YOU HUNGRY



NO CARBS



EGGS & VEGGIES ARE HIGH IN PROTEIN AND NUTRIENTS

SWITCH_NOCARBS

HIGH CARBS



**PASTA INCREASES BLOOD SUGAR LEVEL
AND KEEPS YOU HUNGRY**



NO CARBS



**PROTEINS & VEGIES ARE
NUTRITIOUS AND SATIATING**

SWITCH_TREATS

SWEETS



**INCREASES BLOOD SUGAR LEVEL
AND KEEPS YOU HUNGRY**



FRUITS & NUTS



**LIMIT FRUITS TO 1 OR 2 SMALL PIECES AFTER A MEAL
(OR WITH A YOGURT OR NUTS) TO AVOID A SUGAR SPIKE**

SWITCH_FERMENTED

JUNK FOOD



FERMENTED FOOD



THEY FEED THE BAD BACTERIA IN YOUR GUT

THEY CONTAIN PROBIOTICS THAT NOURISH THE GOOD BACTERIA IN YOUR GUT, WHICH IN TURN STRENGTHENS YOUR IMMUNE SYSTEM, REDUCES INFLAMMATION, ENHANCES DIGESTION AND BALANCES YOUR HORMONES

SWITCH_SALTYSNACK

CHIPS



INCREASES BLOOD SUGAR LEVEL
CONTAINS HARMFUL PROCESSED FATS



SALTED NUTS

NUTRITIOUS AND SATIATING
CONTAIN GOOD FATS



SWITCH_SALTYSNACK

POPCORN

HIGH IN CARBS



EDAMAME

HIGH IN PROTEIN



SWITCH_WHOLESUME

PROCESSED FOOD



WHOLE FOOD



**PRODUCTS WITH MULTIPLE INGREDIENTS:
SUGARS, TRANS FATS, PRESERVATIVES,
EMULSIFIERS, ADDITIVES, COLOURING,
FLAVOURING, NUMBERS, LETTERS**

**PRODUCTS WITH SINGLE OR LESS
THAN 5 INGREDIENTS**

SWITCH_BREAD



PROCESSED BREAD

CONTAINS SUGAR, TRANS FATS, ADDITIVES,
PRESERVATIVES, COLOURING...



SOURDOUGH BREAD

CONTAINS WHEAT FLOUR, WATER, SEA SALT



SWITCH_MEAT

FACTORY FARMING



FEED CONTAINS CORN AND SOY,
HORMONES & ANTIBIOTICS.
RESTRICTED MOVEMENT



FREE RANGE

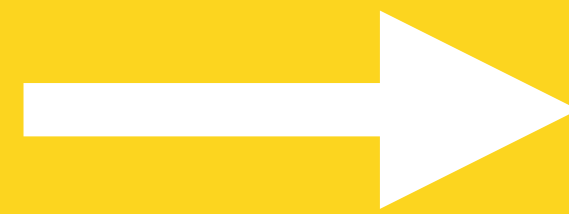


HORMONE FREE, ANTIBIOTIC FREE,
NATURAL FEED (GRASS)

SWITCH_CHICKEN

CAGE FARMING

FEED CONTAINS HORMONES &
ANTIBIOTICS. RESTRICTED
MOVEMENT



FREE RANGE



HORMONE FREE, ANTIBIOTIC FREE,
NATURAL FEED (GRAINS, INSECTS & WORMS)

SWITCH_FISH

BIG FISH

SWORDFISH & SHARK ARE HIGH IN MERCURY



SMALL FISH & SHELLFISH

SALMON & SHRIMPS ARE LOW IN MERCURY

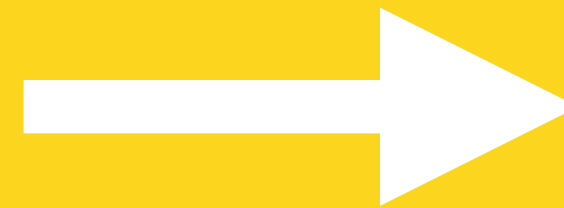


SWITCH_DRINKS

SUGARY FIZZY DRINKS



ZERO NUTRIENTS, HIGH IN SUGAR & HARMFUL
SUBSTANCES, HIGH IN CALORIES



SPARKLING WATER

SWITCH_FROZEN

CANS



TOXINS IN CANS MAY SIP INTO FOOD



FROZEN



FREEZING RETAINS NUTRIENTS

SWITCH_FRESH



CANS

HIGH IN SUGAR, LOW IN NUTRIENTS



FRESH FRUITS

HIGH IN FIBRE



SWITCH_DRYLEGUMES

CANS



TOXINS IN CANS SIP INTO FOOD



DRY LEGUMES



SOAK BEANS IN WATER + BAKING SODA OVERNIGHT AND BOIL THE NEXT DAY

FRUIT JUICE
HIGH IN SUGAR



SWITCH_WHOLEFRUIT

WHOLE FRUIT
HIGH IN FIBRE



SWITCH_GLASS

CANS



TOXINS IN CANS SIP INTO FOOD



GLASS JAR



SWITCH IN THE KITCHEN & AT HOME



SWITCH_CONTAINERS

PLASTIC



GLASS



STAINLESS STEEL



TOXINS IN PLASTIC SIP INTO FOOD

SWITCH_SPOONS

PLASTIC



SILICONE



STAINLESS STEEL



TOXINS IN PLASTIC SIP INTO FOOD

SWITCH_BOTTLES

PLASTIC



GLASS



STAINLESS STEEL



TOXINS IN PLASTIC SIP INTO WATER

AIM FOR 1.5-2L OF WATER/DAY

SWITCH_COOKWARE

TOXIC COOKWARE



NON-STICK/
TEFLON

COPPER



ALUMINIUM

TOXINS (PFA -PFOA & PFTE), ALUMINIUM, LEAD,
CADIUM, COPPER) IN COATING SIP INTO FOOD

NON-TOXIC COOKWARE



STAINLESS STEEL



GLASS



CAST IRON



SILICONE



CERAMIC

SWITCH_BOARDS

PLASTIC

WOOD



TOXINS IN MATERIAL OR COATING SIP INTO FOOD,
MAY BECOME MOULDY AND HARBOUR BACTERIA

GLASS



SWITCH_CLEANING

TOXIC CLEANING PRODUCTS



NATURAL CLEANING PRODUCTS



DAMP CLOTH



WET & DRY CLOTH



SOAP & WATER



VINEGAR, BAKING SODA,
ESSENTIAL OILS

SWITCH SELF-CARE PRODUCTS



SWITCH_BEAUTYCARE

COMMERCIAL COSMETICS



FULL OF HARMFUL CHEMICALS

HOMEMADE NATURAL PRODUCTS



COCONUT OIL
ADD ESSENTIAL OILS:
ROSEMARRRY
GERNAIUM
LAVENDER



COCOA BUTTER
MIX WITH JOJOBA OIL TO SOFTEN

SWITCH_SUNSCREEN

CHEMICAL SUNSCREENS



FULL OF HARMFUL CHEMICALS



PHYSICAL SUNSCREENS



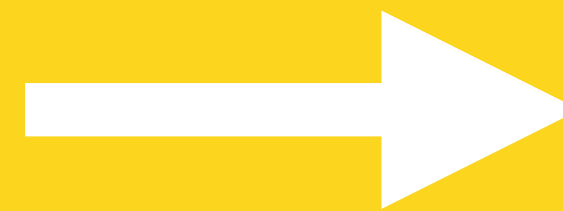
WITH ZINC OXIDE OR TITANIUM DIOXIDE
FREE OF NANOPARTICLES

CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH_SOAP

COMMERCIAL PRODUCTS

FULL OF HARMFUL CHEMICALS



NATURAL PRODUCTS

CASTILE SOAP, OLIVE OIL SOAP



CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH_DEODORANT

COMMERCIAL PRODUCTS



CONTAIN ALUMINIUM, PARABENS,
PHTHALATES, TRICLOSAN, FRAGRANCES

NATURAL DEODORANT



CONTAIN NATURAL OILS, BAKING SODA,
ARROW ROOT, TAPIOCA STARCH, ZINC
OXIDE, MAGNESIUM, ESSENTIAL OILS
CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH_TOOTHPASTE

COMMERCIAL TOOTHPASTE



CONTAIN FLUORIDE (NEUROTOXIN),
TRICLOSAN (ENDOCRINE DISRUPTOR)



NATURAL TOOTHPASTE



FREE OF FLUORIDE
MAY CONTAIN COCONUT OIL, BAKING
SODA, H₂O₂, PEPPERMINT ESSENTIAL OIL
CHECK VERIFIED PRODUCTS BY [EWG.ORG](https://www.ewg.org)

SWITCH LIFESTYLE



SWITCH_FASTING

INTERMITTENT FASTING

GRAZING

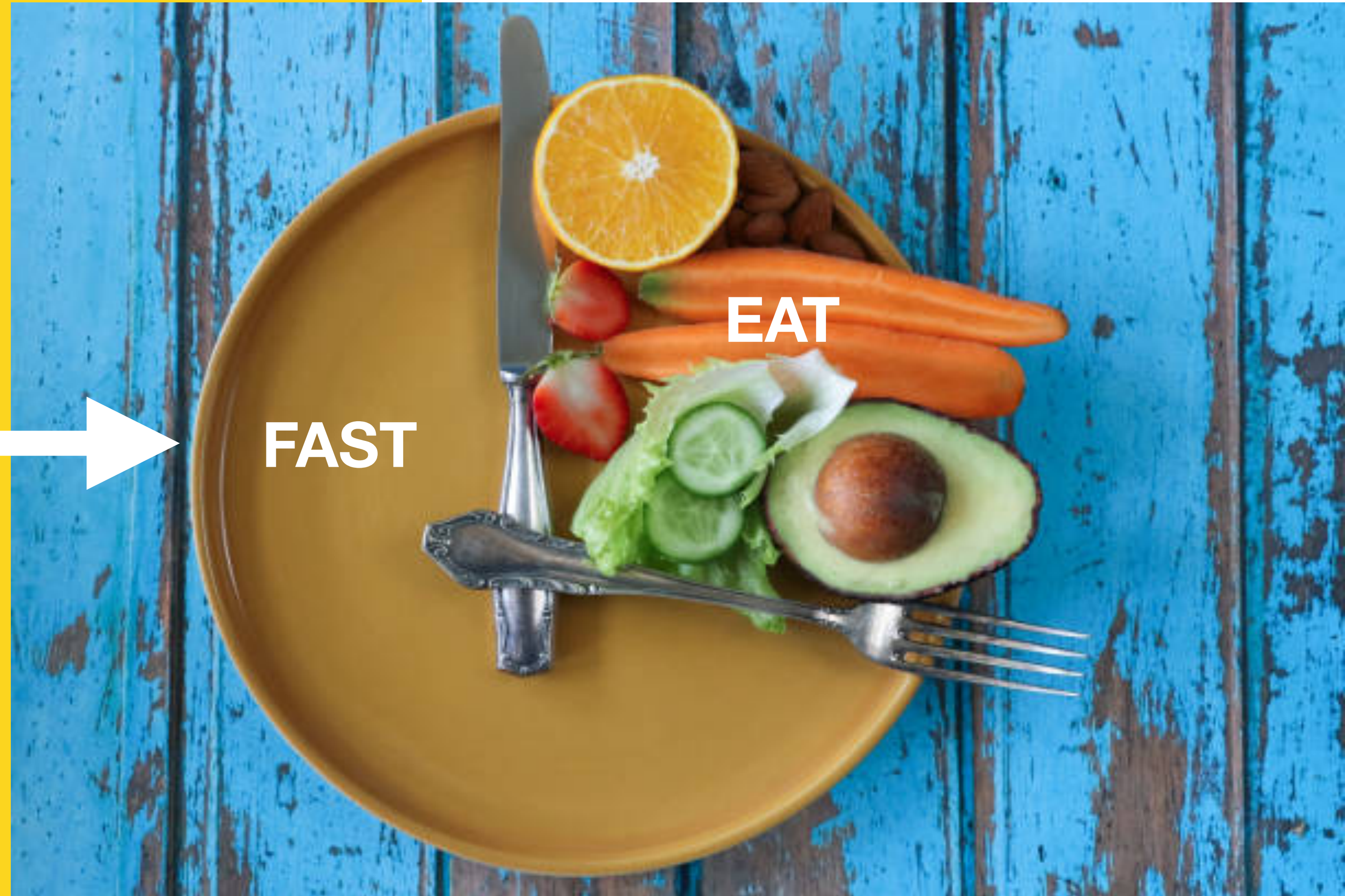


INCREASES INSULIN, CRAVINGS AND
FAT STORAGE



FAST

EAT



TRY TWO NUTRITIOUS MEALS/DAY

SWITCH_MINDFUL



EATING ON THE GO



EATING MINDFULLY



**NOTICE THE TASTE, TEXTURE AND SMELL OF YOUR FOOD.
TUNE INTO YOUR INTERNAL CUES OF SATIATION.**

SWITCH_ONCE

INDULGING ALL THE TIME



INCREASES BLOOD SUGAR LEVEL
AND BODY FAT. KEEPS YOU HUNGRY



INDULGING ONCE A WEEK

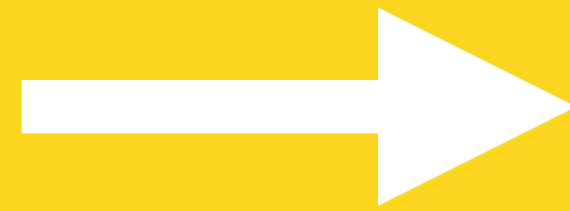


SWITCH_STICKS

CIGARETTES



CONTAINS ADDICTIVE NICOTINE & OTHER
CANCER-CAUSING SUBSTANCES.
INCREASES YOUR RISK OF HEART DISEASE.



CUCUMBER & CELERY STICKS



JOIN A QUITTING SMOKING PROGRAM

SWITCH_DRINKS

ALCOHOL



TOXIC PSYCHOACTIVE SUBSTANCE
ZERO NUTRIENTS, HIGH IN CALORIES

HERBAL TEA



SPARKLING
WATER



SWITCH_BALANCE

STRESSFUL LIFESTYLE



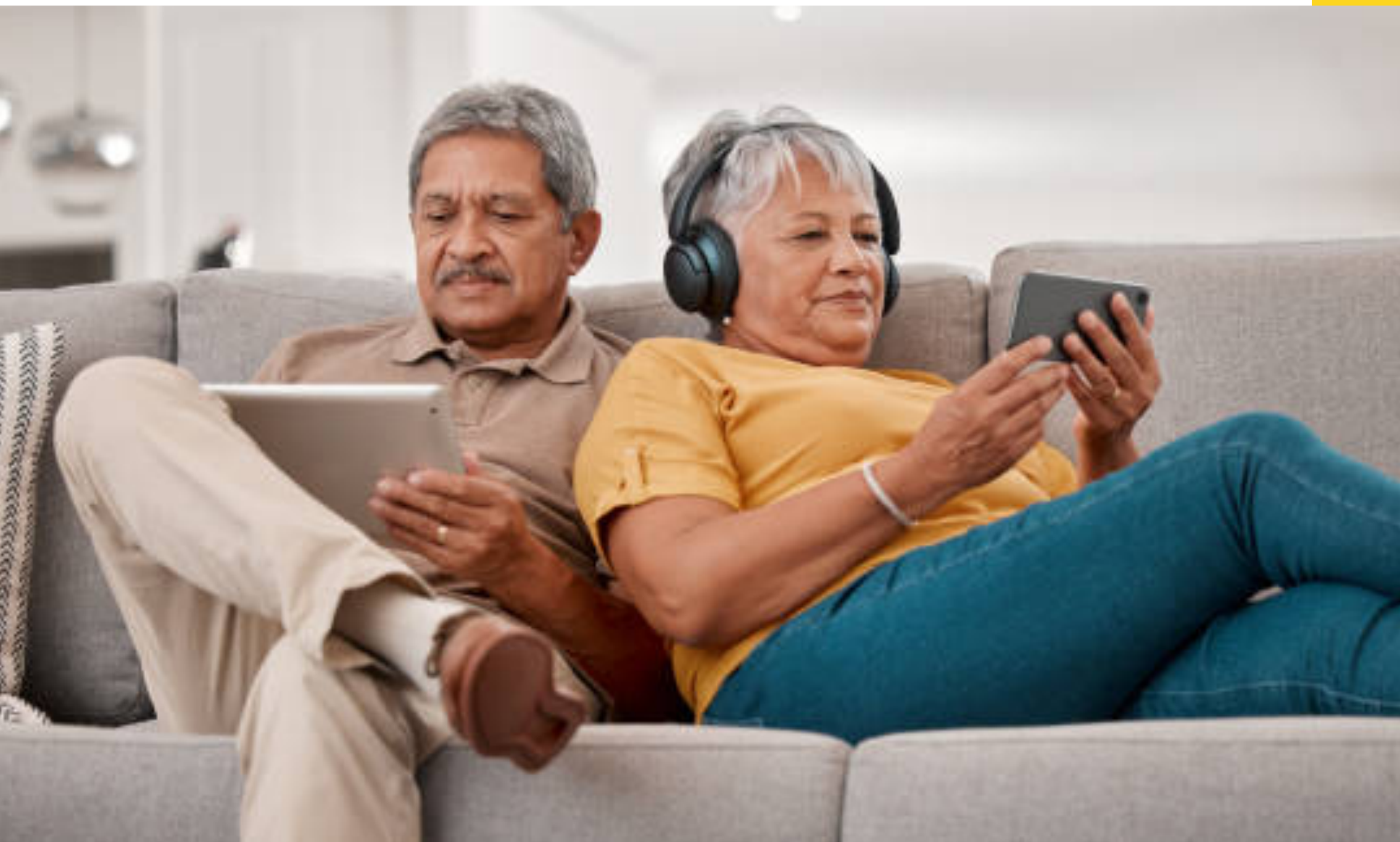
WORK-LIFE BALANCE



SCHEDULE TIME FOR FAMILY, EXERCISE, RELAXATION, LEARNING, FRIENDS, HOBBIES, BREATHING EXERCISES, MEDITATION, SLEEP...

SWITCH_ACTIVE

SEDENTARY



ACTIVE



WEIGHTLIFTING— 30 MIN- 2-3x/WEEK

WALKING, SWIMMING— 30 MIN-1HR- 6x/WEEK

STRETCHING, YOGA, PILATES— 30 MIN- 2-3x/WEEK

SWITCH_OUTDOOR

INDOOR



OUTDOOR



GET 30 MIN OF SUN EXPOSURE EVERY DAY
OR TAKE VITAMIN D + K2 SUPPLEMENTS

SWITCH_REALLIFE

VIRTUAL LIFE



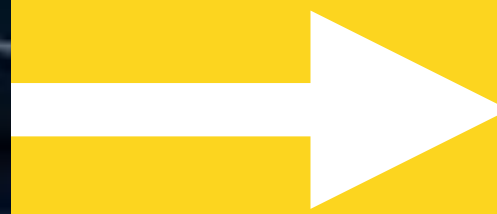
REAL LIFE



FACE-TO-FACE SOCIALISING BOOSTS WELLBEING

SWITCH_REAL

DIGITAL BOOK



REAL BOOK



BLUE LIGHT FROM YOUR PHONE DISTURBS YOUR SLEEP

SWITCH_RECONNECT

DISCONNECT



RECONNECT



GET YOUR DAILY DOSE OF THE ‘CUDDLE HORMONE’ (OXYTOCIN)

SWITCH_RECONNECT

RECONNECT

DISCONNECT



GET YOUR DAILY DOSE OF THE 'FEEL
GOOD HORMONE' (ENDORPHINS)

SWITCH_KINDNESS

RANDOM ACTS OF KINDNESS

BYSTANDARD



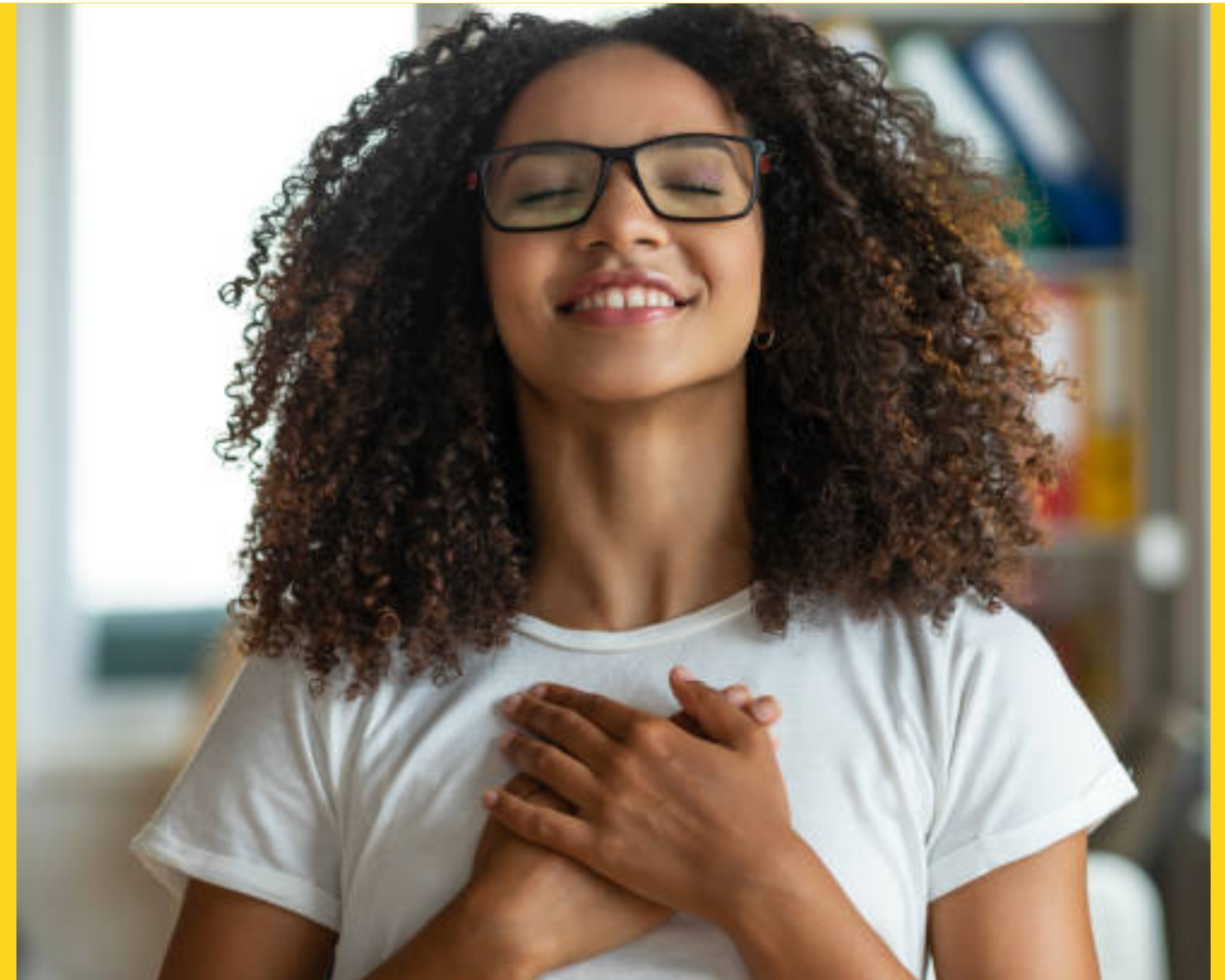
Doing random acts of kindness improves your psychological wellbeing and leads to a positive cycle of reciprocity

SWITCH_GRATITUDE

FRUSTRATION



GRATITUDE



LIST THE THINGS, PEOPLE, CIRCUMSTANCES YOU ARE GRATEFUL FOR. REGULAR PRACTICE IMPROVES YOUR MENTAL AND PHYSICAL HEALTH.

SHARE

**CREATE A POSITIVE RIPPLE
EFFECT AROUND YOU**

