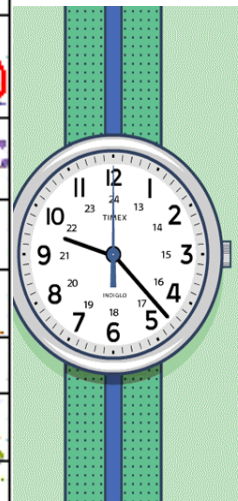
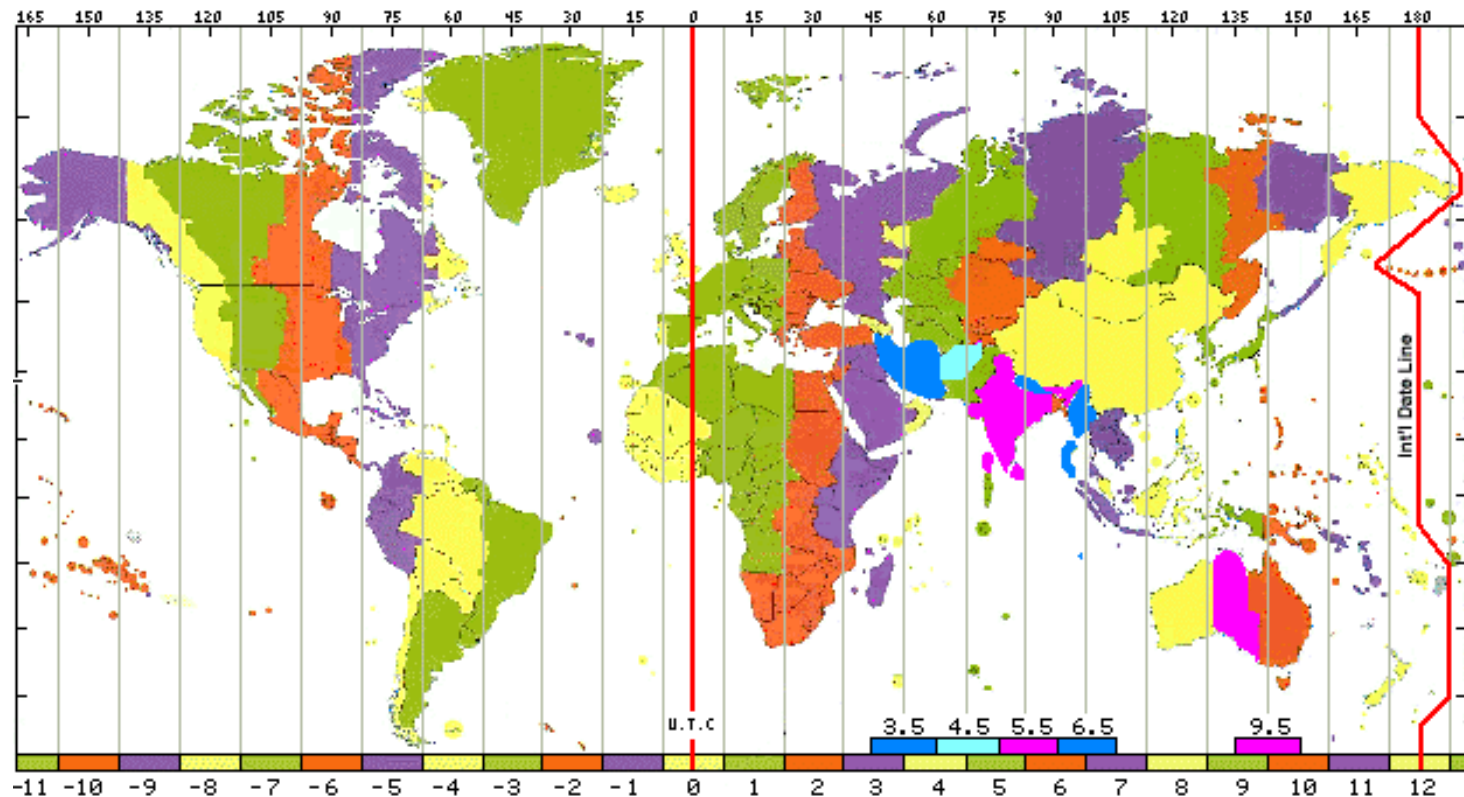




Hi, Ciao, Merhaba from Turkey

Can Burak ÖZKAL
Namık Kemal University





- As you know, we are close with the time-line,

Where is Tekirdag



Tekirdag City



Ganos Mountains



Life in Tekirdag

- Population: > 900.000



Animal husbandry and Agriculture



Famous with

Tekirdag Meatballs



Hayrabolu desert



MEY Distillery



Eating habit in Turkey and Italy: Lunch approach(es)

A non criticising “review” ...

Before, after and sometimes during the LUNCH...



There is hurry,

Lunch time



p.s: It's just similar after the lunch time

And just after lunch,



There is a solution, if you can



The answer find body in you...



Siesta Siesta...

Optimum < 30 min

Totally Legal...



And good for health *

Kaynak: Ebert, D., K.P. Ebmeier, T. Rechlin, and W.P. Kaschka, "Biological Rhythms and Behavior", Advances in Biological Psychiatry. ISSN 0378-7354

But why do we feel/experience somnolence

- The physical and [psychological](#) exhaustion,
- But, what we eat at lunch is an effective factor



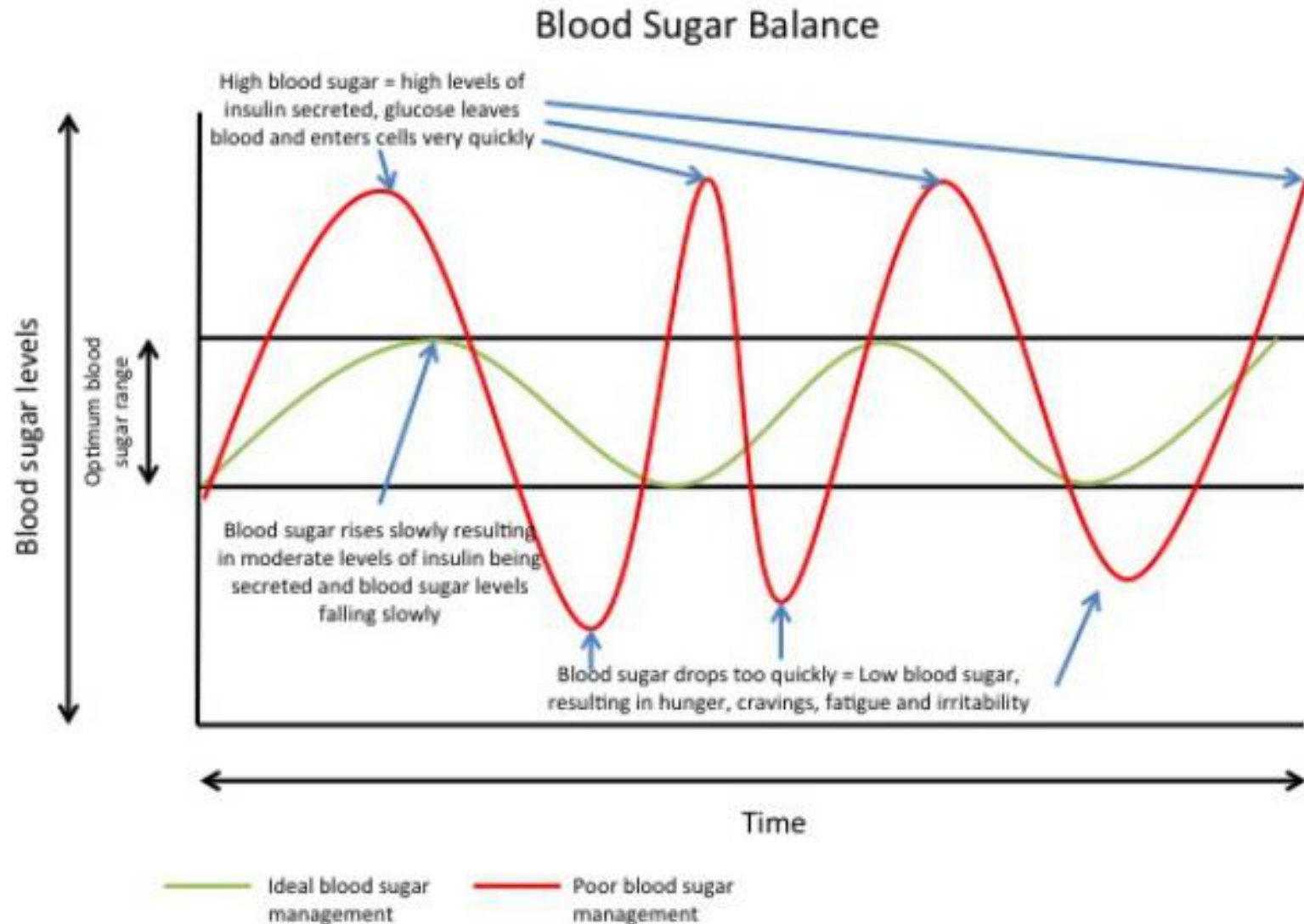
Ok then it's your fault, sorry



Some definitons...

- **Blood sugar/blood glucose** – Glucose is the form of sugar that is in our bloodstream. Glucose is the body's preferred source of fuel.
- **Insulin** – the pancreas secretes insulin, a hormone that shuttles glucose from the blood into body cells. It knocks on the cell and says, "Open up, I've got some glucose that I need to get out of the bloodstream so take it and use it for energy."
- **Insulin resistance** – When we consume a large amount of refined carbs with very little fat and protein, our blood sugar spikes very high and the pancreas frantically overcompensates with insulin release. This overcompensation of insulin eventually causes insulin resistance, which leads to Type 2 Diabetes if poor dietary practices are continued. The good news, however, is that it can an be reversed through a healthy diet that balances your blood sugar.

Blood sugar and insuline balance



Responsible foods, mainly refined and single carbonhydrates also sugar itself



Morning



Lunch

(Not a criticise, a “non critical review”)



All day...

Glicemic index

	G. Index
White rice	64
Brown rice	55
White spaghetti	44
Whole wheat spaghetti	37
Corn flakes	81
100 percent bran	38

Higher the GI, higher the jumps in blood sugar levels. And from higher and more quick it falls



Luckily,



*Most types of pasta composes of complex carbonhydrates and protein

* whole-wheat flour or whole-oat flower

But for ex: Rice

**Good for you, your family,
and Mother Earth.**

	Brown Rice (one Cup)	White Rice (one cup)
Calories	232	223
Protein	4.88 g	4.10 g
Carbohydrate	49.7 g	49.6 g
Fat	1.17 g	0.206 g
Dietary Fiber	3.32 g	0.74 g
Thiamin(B1)	0.176 g	0.223 g
Riboflavin (B2)	0.039 mg	0.021 mg
Niacin (B3)	2.730 mg	2.050 mg
Vitamin B6	0.294 mg	0.103 mg
Folacin	10 mcg	4.1 mcg
Vitamin E	1.4 mg	0.462 mg
Magnesium	72.2 mg	22.6 mg
Phosphorus	142 mg	57.4 mg
Potassium	137 mg	57.4 mg
Selenium	26 mg	19 mg
Zinc	1.05 mg	0.841 mg

And what do we eat in Turkey



To reduce pollution caused by food transportation



*The average carrot travels **1,838 miles** to reach your table...**

EAT A LOCAL CARROT

Momma's right - they're just good for you.

FEED A LOCAL FARMER

They're your neighbors - you should meet them.

SAVE THE WORLD

Your food shouldn't travel more than you do.

WARNING: Carrots may not produce super powers in some people, but little changes make a big difference.

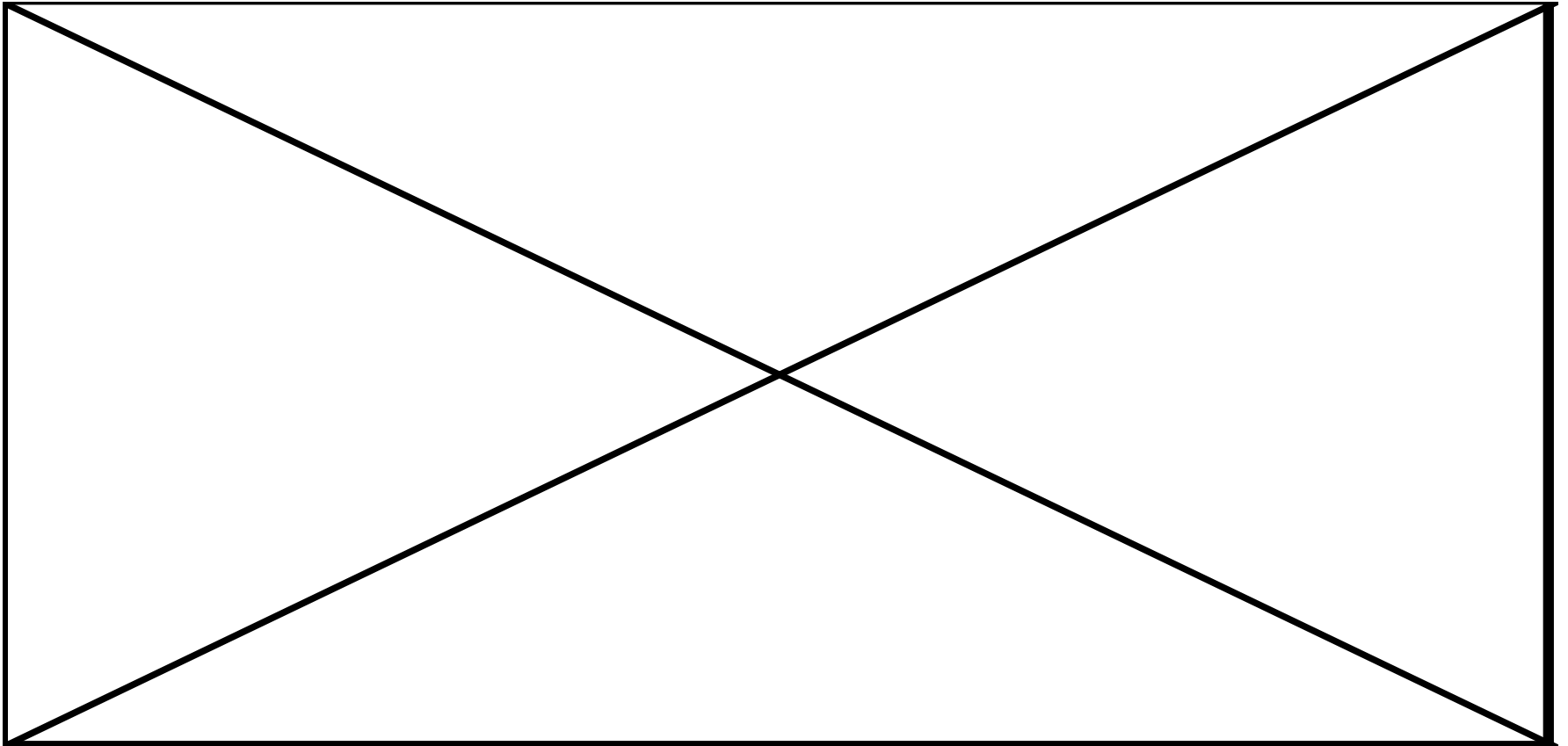
Pirog, Rich, and Andrew Benjamin. "Checking the Food Odometer" Leopold Center for Sustainable Agriculture, July 2003.



Last words...

A poet, Cemal Süreya says,

“I don’t know what you think about eating but
breakfast should be related with happiness”





Thank You!

Teşekkürler!

Grazie!