

WE CARE FOR
MODELS

*EATING WELL
FOR MODELS*

—
*How to feel well
all year round, and during
Fashion Week*

These guidelines were drawn up by Doctor Pascale Modai, a nutritionist and occupational physician, taking into account the specific demands of the modeling profession. As for a high-level athlete, your body is your work, which is why it is important to take good care of it.

Here you will find simple and practical advice which are worth recalling to help you feel well all year round. It is advice you can follow before, during and after an intensive period of work, such as Fashion Week.

1

HOW TO FEEL WELL ALL YEAR ROUND

Your diet is your best friend to keep you well and healthy: eating either too much or too little can be dangerous. Consuming foods that contain too much salt, sugar or fat does indeed constitute a risk factor for certain diseases, but not eating enough results in deficiencies that can have very harmful consequences on health and well-being. Ideally, you should eat according to the needs of your body, which are different from one person to the next, and what you eat should be varied, in order to avoid deficiencies.

Each category of food fulfills distinct and complementary nutritional needs. They should therefore be consumed in a varied, balanced manner, taking into account individual tastes.

**FOOD IS GENERALLY DIVIDED
INTO SEVEN CATEGORIES:**



LIQUIDS

Excluding alcohol, all liquids count: water, milk, tea, herbal tea, coffee, fruit juice, soda. **The body needs 1.5 to 2 liters of liquids a day on average.**



FRUIT AND VEGETABLES

Fruit and vegetables are a **rich source of vitamins**, which have many health benefits, including **antioxidant** properties (especially vitamins A, C and E), which can help prevent cell aging, cancer and cardiovascular diseases.

Furthermore, most vegetables contain **very little sugar** (with the exception of beetroot, amercup squash and artichoke hearts) and are therefore **very low in calories**. Fruit contains higher levels of sugar, which vary depending on the type of fruit and its degree of ripeness.

FRUIT WITH A LOW SUGAR CONTENT:

melon, watermelon, kiwi, citrus fruit, strawberry, raspberry

FRUIT WITH A MODERATE SUGAR CONTENT:

apple, pear, peach, nectarine, apricot, pineapple, mango

FRUIT WITH A HIGHER SUGAR CONTENT:

banana, fig, cherry, grape

Note that fibrous vegetables (crisp-leaf green salad, leeks and celery, for example), while they calm the appetite and can facilitate bowel movement, have a tendency to irritate the intestine. If this is the case, choose watercress, radish or zucchini instead, or eat fibrous vegetables cooked rather than raw.



CARBOHYDRATES

This category covers a wide variety of foods:

CEREALS:

rice, semolina, wheat, pasta, flour, bread, barley, oats, rye, buckwheat, spelt, quinoa

PULSES AND LEGUMES:

lentils, chick peas, split peas, white/red kidney beans, beans, soy, lupine

TUBERS:

potatoes, cassava, tapioca

Carbohydrates are a source of slow-absorption sugars which **supply energy to the muscles and the brain**. In small amounts (1 bread roll, 2 rusks, 3 tablespoons of rice), they are not fattening, but they do **help avoid hunger pangs and sudden feelings of fatigue**. We recommend you **choose unrefined or minimally processed carbohydrates** with a low glycemic index (basmati rice, a “traditional” baguette or other bread not made with white refined flour).

If you are a vegan, meaning that you do not consume products of animal origin, **cereals and legumes** are in addition a valuable source of **vegetable proteins, essential for a balanced diet**.



DAIRY PRODUCTS

Dairy products include milk, cheese, yoghurt, fromage frais and faisselle. Made with cows, goat's or sheep's milk, they are **an excellent source of protein and calcium, essential for healthy bones. Remember that we acquire our bone mass until the age of 20, after which we draw on our reserves. If our calcium levels are too low, it increases our long-term risk of osteoporosis (porosity and loss of bone density) and therefore fractures.**

Good to know:

Fat-free dairy products contain just as much calcium as other types.



MEAT, EGGS, FISH AND SEAFOOD

Meat, fish and eggs are **rich in high-quality protein, iron and group B vitamins.** Iron is essential to the production of red blood cells, which transport oxygen between the lungs and the other vital organs, and a deficiency can have a wide range of harmful effects on the body (fatigue, hair loss). Vitamin B, meanwhile, is indispensable for healthy hair and overall fitness.

The **fat content** of the foods in this category varies greatly. Turkey, chicken breasts, seafood and certain lean cuts of beef contain the fewest calories. Egg whites contain only protein – the fat is found in the yolks.

Good to know:

The protein-rich foods in this category are very filling. Eating meat, fish or eggs at one meal enables you to last more easily until the next.



FATS (LIPIDS)

Even though they are fattening and should be consumed **in very small amounts, they are essential for healthy skin, eyesight, the heart and the brain!**

Oils do not contain cholesterol and are rich in omega-3 fatty acids, which are not produced by the body and yet are **essential in helping to fight aging**. They also protect against cardiovascular diseases and some forms of cancer. It is important to consume them regularly and to vary the kinds of oil you use (nut oil, linseed oil, grapeseed oil and, of course, olive oil), because each contains different molecules and thus has different benefits.

Good to know:

To enjoy all the health benefits of vegetable oil, it is best to use it cold.

Butter is often blacklisted, but – although it does contain some cholesterol – it remains **an excellent source of vitamin A**, which is essential in particular for healthy eyesight. Eating a teaspoon-sized amount will enable you to enjoy its benefits without putting on weight.



SUGARS

Sugar, honey, jam, candy... These products are **not essential for health**, although they are a source of pleasure. The main benefit of sugar is as **a quick energy boost when you are feeling tired or weak**.

Good to know:

A sugar lump or a spoonful of jam or honey will help combat a sudden feeling of fatigue.

To stay well and healthy, you need a balanced, varied diet incorporating foods from all these families. In other words, every day you should eat a little of everything so as not to miss out on anything:

- **Proteins** to maintain muscle tone and mental energy;
- **Carbohydrates and especially slow-absorption sugars** to supply your body, in particular your muscles, with the energy needed to function;
- **Fruit and vegetables**, which are low in calories and help you feel full, promote bowel movement and provide essential nutrients;
- **Lipids**, which should not be avoided entirely because they are essential for the skin and the brain.

UNDERNUTRITION: BEWARE!

When you fail to provide your body with sufficient energy and nutrients (in particular proteins), it will draw on any reserves it may have. Progressively, warning signs of undernutrition will appear (weight loss, loss of muscle mass, hair loss, dry skin, fatigue, swollen legs...).

When the body's reserves are already low, they will quickly be exhausted, resulting in undernutrition.

Beyond the visible effects, notably extreme thinness, **undernutrition can cause serious complications affecting the heart, kidneys, blood circulation and resistance to infection.**

BELOW YOU WILL FIND PRACTICAL IDEAS FOR MENUS TO HELP YOU MAINTAIN A VARIED DIET AND A REASONABLE CALORIE INTAKE THROUGHOUT THE DAY.

Depending on how hungry you are or how you feel, pick out one food from each of the above categories. Do not cut out carbohydrates, a source of slow-absorption sugars. In small amounts, with no fat, they increase your perception of "fullness" without making you put on weight.

BREAKFAST:

1 small bowl of fat-free fromage frais (or faisselle) with red fruit

1 or 2 buttered rusks (or a small bowl of cereals or a bread roll)

1 boiled egg

1 fruit (raw or cooked, compote, smoothie)

And, of course, as much to drink as you like

LUNCH/DINNER:

Proteins: for example, carpaccio of fish or beef, fillet of beef, chicken or grilled fish (at least 150g)

Raw or cooked vegetables (at will since very low in calories)

1 dairy product: fromage frais, faisselle

Fruit: baked apple, red fruit salad, fruit soup, fruit kebab (approximately 100g)

- Though a day is traditionally divided into three meals (breakfast, lunch and dinner), this is by no means an obligation. You can eat three main meals, or break these down into snacks in the morning and/or the afternoon.
- If you are a vegetarian, replace meat or fish with eggs, cheese (mozzarella, parmesan, feta) and vegetable proteins.
- Be aware that, although **healthy calorie intake** varies from one person to the next and, for the same person, depending on their activity, the daily average is **1,800 to 2,000 calories for a woman** and **2,300 to 2,500 calories for a man**. For weight control, it is usual to consume fewer calories, but **never less than 1,500 calories a day**.

PER 100 G PORTION	CALORIES
Vegetables	20/40
Fruit (1 apple)	30/70
Ham	150/180
Chicken breast, fish, rice	110/150
Lean red meat, salmon	150/200
Fish	100/120
Egg	90
Dried fruit (apricots, raisins)	200
Bread	250
Fat-free fromage frais	30/70
Hard cheese	380
Aperitif or sweet biscuits	500
Almonds, pistachios, walnuts, chocolate	550

In addition to a healthy diet, regular physical exercise not only enables you to maintain your muscle mass, but also to unwind. Relaxing activities and enough sleep will help you stay balanced.

2

HOW TO FEEL WELL DURING FASHION WEEK

As with athletes competing at the highest level, your body and mind are put through a severe test during Fashion Week. Stress and a tight schedule may mean you eat less, even though your body's needs are greater than usual.

In this context, it is important to:

1

DRINK LOTS AND EAT ENOUGH

DRINK REGULARLY WATER

Still or lightly carbonated to avoid intestinal problems, herbal tea, tea or coffee that is not too strong.

Do not drink alcohol while you are working, and not at all if you are a minor. **Alcohol increases fatigue, makes the skin look dull and reduces energy levels.**

EAT A LITTLE

You do not always have to eat a full meal, but it is essential to give your body the energy it needs, and in particular:

- Lean proteins: white meat, fish, egg
- Small amounts of fat-free carbohydrates, which you can combine with vegetables
- Fruit or vegetables, preferably cooked, because they are easier to digest
- Low-fat dairy products (fat-free yoghurt or fromage frais), to which you can add cooked fruit.

2 BEAT FATIGUE WITH A LIGHT SNACK

To avoid hypoglycemia without risking a glycemc peak, do not hesitate to eat a light snack of fresh or dried fruit (raisins, apricots, figs, walnuts, hazelnuts, almonds...).

SNACKS CONTAINING APPROXIMATELY 50 CALORIES:

- 100 g of fresh fruit (1 small apple)
- 100 g of fat-free fromage frais
- 5 almonds
- 3 dried apricots
- 2 squares of chocolate

3 BE ALERT TO THE WARNING SIGNS OF DEHYDRATION OR HYPOGLYCEMIA

- If you are thirsty, have a headache or have trouble concentrating, beware of dehydration. **You need to drink.**

- If you feel dizzy, have a headache, are transpiring, feel nauseous, feel your heart beating too fast, if you are trembling and feeling weak, beware of hypoglycemia. **You need to eat** some fresh or dried fruit...

- **This is a serious situation: take action now!**

- **Always tell someone if you are not feeling well.**

4 ABOVE AND BEYOND EATING WELL, MAINTAIN A HEALTHY LIFESTYLE

Whether it's because of stress or your intensive work schedule, it is normal to be tired. You might feel stage fright, the pressure of the show... **Whatever the reason, never try to compensate by drinking too much coffee or smoking a cigarette**, which will only have a negative effect on your physical well-being. Instead, try breathing exercises, yoga, sophrology

or meditation, which will be much more beneficial, both in the short and long term.

Your health and well-being are essential. The goal is to maintain a weight which enables you to feel well and does not put your health at risk. In addition to ensuring that you enjoy the best possible working conditions, we have produced this brochure to give you lifestyle advice that takes into account the particular demands of the modeling profession. This is a first step in our support program. We hope you will find it useful. Please feel free to contact us at any time.