



rosenalp
nutrition

light cuisine

so
enjoyable
so
wholesome

Interesting facts about
light cuisine

*Time and space
for me*





People in industrialised nations are becoming increasingly overweight. Eating too much, too fast, too fat, too sweet and at the wrong time of day has long been part of everyday life for many. This lifestyle has massive negative effects on public health. Even the WHO is now warning of its extent. What, how and when we eat not only makes us fat, but also sick in the long term. Many of today's diseases of civilization are due to an unhealthy diet.

If you decide to rethink your eating habits and switch to a light, healthy diet, you will not only enjoy greater well-being. You will also protect your health and prevent the development of various diseases.

light cuisine



SO
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SO
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WHAT IS THE ROSENALP LIGHT CUISINE

Light cuisine is a calorie-reduced, low-carbohydrate cuisine in which you eat a maximum of 1,200 kcal per day.

The focus is on healthy ingredients and gentle preparation methods. The menu includes vegetables, fruit and protein foods such as fish, poultry, meat, dairy products, nuts and pulses. You should avoid carbohydrates, especially in the evening, when white bread, sweets and pasta are taboo.

The convincing advantages of this conscious, light diet:

- ✿ You supply the body with all important nutrients.
- ✿ You can maintain your desired weight.
- ✿ The varied cuisine opens up an abundance of delicious dishes for you.



FOR WHOM IS THE ROSENALP LIGHT CUISINE RECOMMENDED

Light cuisine provides the body with many important nutrients and vitamins. It is recommended for everyone who wants to do good for themselves and their body. Due to the use of nutritional foods and the gentle preparation methods, this wholesome diet is particularly gentle on the stomach and intestines.

It strengthens the immune system and thus reduces susceptibility to flu and colds. Light cuisine can effectively prevent diseases of civilization, which are promoted by an unhealthy diet: The risk of developing diabetes or cardiovascular diseases can be decisively reduced with this diet.

It strengthens the immune system and thus reduces susceptibility to illness.



*A soothing balm
for body and soul*

WHY ENJOY LIGHT CUISINE AT ROSENALP



The Rosenalp Health Resort & Spa in Oberstaufen specialises in cures and healthy nutrition. Executive Chef, Helmut Beng and his team have many years of experience in spoiling the guests of the hotel with refined, tasty, healthy dishes.

In the Rosenalp you will experience that enjoyment does not have to be neglected in spite of refraining from eating certain foods. Light cuisine in particular offers almost limitless possibilities for delicious indulgence. If you book your stay at the Rosenalp with light cuisine, you will experience what culinary delights can be conjured up from food of first-class quality, with a little imagination and finesse.

You will experience how pleasantly satisfying these delicious dishes are and how completely strengthening and well you feel, with this diet

*The right place
to feel good*

THIS IS HOW ENJOYABLE LIGHT CUISINE IS AT THE ROSENALP:

- ☼ **Breakfast:** An extensive breakfast buffet with a large selection of regional products.
- ☼ **Lunch:** A changing 3-course menu, also vegetarian on request.
- ☼ **Dinner:** A varied salad and appetizer buffet, 2 -courses of the light cuisine-dinner menu.

TIP

If you are travelling to the Rosenalp as the companion of a spa guest, but do not wish to take a cure yourself, light cuisine is an ideal, healthy way to eat during your stay.

THIS IS WHY THE RIGHT MEAL TIMES ARE IMPORTANT:

The body has to use a lot of energy for the digestion process. During its nightly regeneration phase, however, the organism restricts various metabolic and organ functions. As a result, meals taken too late are no longer digested properly, sometimes they lie heavy in the stomach and have a negative effect on sleep. During the day, you should also give your body enough time for the digestion process. At least four hours is the ideal time window you should allow between meals. At Rosenalp, we therefore recommend the following meal times:

- ☼ 08:00 Breakfast
- ☼ 12:00 Lunch
- ☼ 18:00 Dinner

Enjoyment at the right time



10 GOOD REASONS FOR A LIGHT DIET

Do you still need some motivation to switch your diet to healthy light cooking? Our 10 good reasons will give you the motivational kick you need!

1 SUPPLIED WITH ALL IMPORTANT NUTRIENTS

Our body performs at its best every day. So it also deserves to be supplied with everything that makes it function smoothly. A light diet is based on plenty of vegetables, fruits, protein-rich food with fish, poultry, meat, dairy products, nuts and pulses. This ensures that the body is supplied with all the vitamins, nutrients and trace elements it needs.

2 STRENGTHEN HEALTH

Civilization diseases such as overweight, obesity, increased blood fat levels, cardiovascular diseases, vascular diseases or diabetes are promoted by an unhealthy diet. With a healthy, light diet, the risk of contracting these diseases can be significantly reduced. However, this is not the only way to actively prevent all these diseases. A sufficient supply of vitamins and nutrients strengthens the immune system in general and thus provides better protection against infections, colds and flu.

3 FIT AND FULL OF ENERGY

The power that the body draws from a healthy, nutrient-rich diet, has an effect not only on physical health. The mindset and general well-being are also positively influenced. So you feel not only physically, but actually mentally fitter and more efficient.

4 REAL MOTIVATION KICK

The majority of people move too less and do little or no sports. Eating a light diet, makes you automatically feel fitter and you function more efficiently, therefore it works like a motivation booster: Suddenly there is the desire to also take the next step. Namely, to integrate sports and exercise regularly into the new, healthier lifestyle. You no longer want to miss that good vibe of feeling great about yourself and at home in your own skin. In addition, the happiness hormones that are released during sports provide emotional highs.

5 DESIRED FIGURE INSTEAD OF YO-YO EFFECT

Experienced dieters can sing a song of the eternal ups and downs, in the fight for the ideal weight. But with light cuisine, they won't have to do that in the future. The long-term changeover to a light and healthy diet makes strict calorie counting a thing of the past. Even more: If vegetables, salad, fish or poultry dominate at the table, the desired figure is secured, quasi on a long-term basis – without the hunger pangs. Instead, you can eat as much of the healthy dishes as you want.



*Top fit
through the day*

Experience with all your senses



6 LOOKING GOOD

The desired figure can be kept relatively constant with healthy, light cuisine. But this diet also has a significant influence on the skin. It allows the skin to absorb vitamins, minerals, trace elements and antioxidants, which have a positive effect on its condition and appearance. The complexion as a whole appears more radiant and even, and impurities are a thing of the past. The fact is: If you feel good all around, you also look better!

7 NO FEELING LOW AFTER EATING

Who doesn't know the feeling of leaden tiredness that often sets in after a meal? It's especially annoying at lunchtime, when you're supposed to be concentrating, and have to start work again after a break. Responsible for this low is the digestion process, for which our body needs a lot of energy. If we have eaten something that causes our blood sugar level to rise sharply, the body reacts with increased insulin secretion in order to regulate it again. Light meals can help to counteract this phenomenon: Firstly, the meals are much easier to digest and therefore place less strain on the body. In addition, vegetables and other foods keep insulin levels in balance.

8 NO RAVENOUS APPETITE ATTACKS

A large pizza is eaten during the lunch break, and yet, after a short time, the feeling of hunger is already there again. The reason: You have eaten a lot - but with not enough nutrient content. With a light diet, things look different: From a lot of fresh vegetables and healthy carbohydrates, such as whole grain rice or potatoes, the body can draw valuable energy and you feel full longer.

By the way!

By the way, you don't have to have the talent of a star chef to cook this cuisine.

9 QUICK, ENJOYABLE, VARIED

According to Wikipedia, there are over 890 varieties of fruits, vegetables, and lettuces, more than 120 varieties of beans, seeds and nuts, and around 165 spices and herbs. These numbers alone make it clear that there are no limits to the imagination when it comes to eating light. Monotony was yesterday. With light cuisine it becomes refined, colourful and varied. Gentle preparation methods - such as steaming or blanching - ensure that this even happens quite quickly.

10 THE NEW PLEASURE OF ENJOYMENT

Seeing, feeling, smelling, tasting - in short: Experiencing your own senses in a completely new intensity. That's what light nutrition does to you! It starts when you go to the vegetable counter or the weekly market. The colours and smells and consistencies are suddenly perceived much more consciously. In addition, there is the desire to try out new things or perhaps even create your own dishes.





A BASIC PRODUCT OVERVIEW

OILS AND FATS

Olive oil, linseed oil and argan oil are rich in essential fatty acids and are therefore particularly healthy. Avoid animal fats.

VEGETABLES AND FRUIT

Seasonal vegetables and fruit provide us with valuable vitamins. Season with fresh herbs! These provide lots of flavour and refined seasoning. Stock up on spices for the winter: Summer herbs can be dried, frozen or pickled in oil.

FISH AND MEAT

Choose local fish and buy meat from your local butcher or directly from a farmer. This way you can be sure to buy good quality. You will also be supporting local farms and reducing your ecological footprint by avoiding long transport routes for the products.

PROTEIN

Pulses and tofu are valuable sources of protein and should be on the menu more often.

CARBOHYDRATES

Carbohydrates are also allowed on the plate in light cuisine. Wholemeal rice and potatoes are considered healthy carbohydrates and - used sparingly - complete the light dishes.

*Excellent quality -
healthy products*

FAQ – what else might interest you



HOW LONG CAN I EAT LIGHT MEALS?

Light meals provide the body with many vitamins and important nutrients and minerals. So, from a time perspective, there are no restrictions for this enjoyable and wholesome form of nutrition. On the contrary: If you eat light food on a permanent basis, you will do your body and your health a lot of good in the long run.

DOES LIGHT CUISINE PROVIDE ME WITH ENOUGH ENERGY?

With a maximum of 1,200 kcal per day, light cuisine is considered low-calorie cuisine. But by using high-quality products and gentle preparation methods, the body is supplied with a lot of good energy. Another plus: The light meals mean that the body has to spend less energy on digestion.

CAN DEFICIENCY SYMPTOMS DEVELOP IN THE LONG TERM?

No, because the body is supplied with everything it needs through a healthy, light diet. Vegetables, fruit, poultry, fish and pulses are full of vitamins, nutrients, minerals and trace elements. Light cuisine, on the other hand, does not include any foods that are a burden on the body.

HOW EASY IS IT TO INTEGRATE LIGHT CUISINE INTO EVERYDAY LIFE?

The wide range of foods used in light cuisine opens up an infinite number of delicious meals. Even in restaurants you will easily find something that is allowed. In addition, the gentle and time-saving preparation methods make it easy to integrate this healthy cuisine into everyday life.

We look forward to seeing you!

You will be surprised how well you will feel with this conscious, light diet.

