Rule Cards Game Board Meal Cards Avatar Cards Advice Cards



34 X Avatar Cards

Printing instructions:

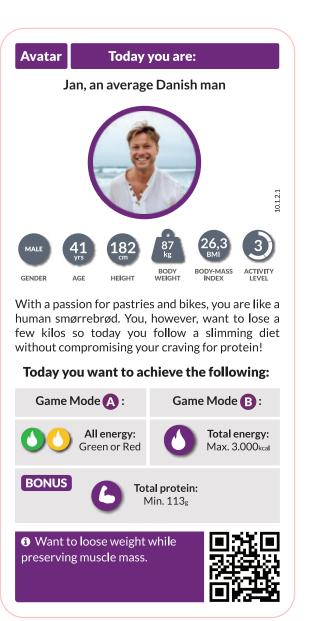
Print page 2 - 13 on A4 paper

Cut out the cards in format H x W= 156x78mm





























ACTIVITY

With your knack for cozy hygge and your general Scandi magic, today you are ready to conquer the world one cinnamon roll at a time. In other words:, Today you have an uncontrollable "carb craving"!

Today you want to achieve the following:

Game Mode A:

Game Mode B:



All carbs: Yellow or Red



Total carbs: Min. 265g

BONUS



Total fat: Min. 90g

Choose whole grains and nutrient-packed options.



Avatar

Today you are:

Jannie, going cross-country skiing

















Gliding through snowy landscapes, you fuel your adventures based on the harmony between fitness and feasting food choices! Today you need a lot of energy and carbs to keep the skis on track.

Today you want to achieve the following:

Game Mode A:

Game Mode B:



All energy: Yellow or Red



Total energy: Min. 3.000kcal

BONUS



Total carbs: Min. 370g

Cross-country skiing is considered an extreme calorieintensive sport. It can burn up to 600-900 calories per hour.



Avatar

Today you are:

Joana, walking 5km













Venturing into power-walking wonderland, you cherish nutrition's role in your journey. Step by step, you explore the world of healthy eating habits that fuel your new walk of life!

Today you want to achieve the following:

Game Mode A:

Game Mode B:



All energy: Yellow or Red



Total energy: Min. 2.300kcal

BONUS

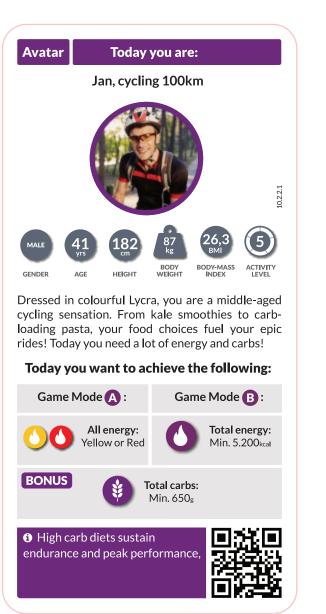


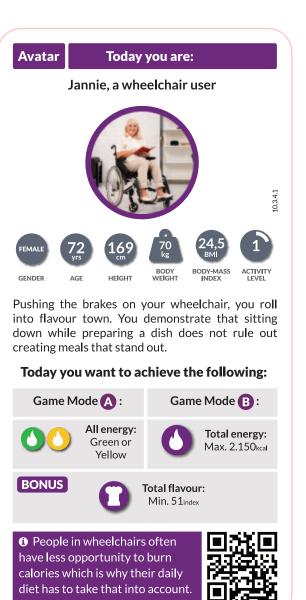
Total carbs: Min. 280g

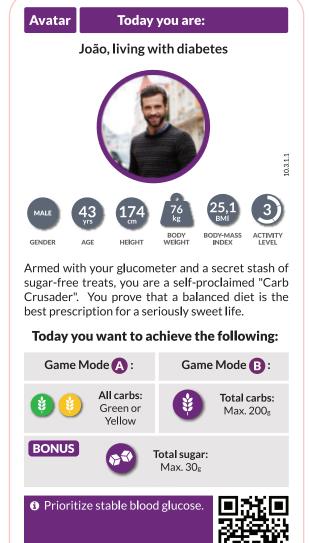
 Power walk with balanced carbs; sustain energy, prioritize overall wellness.

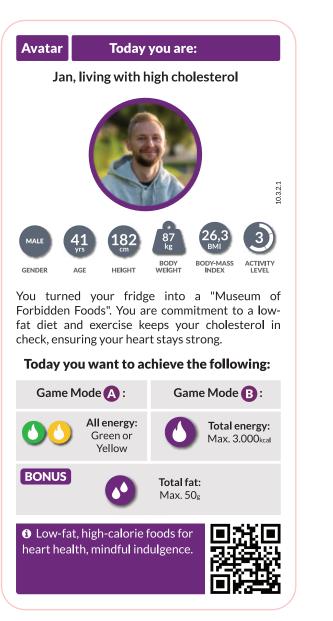


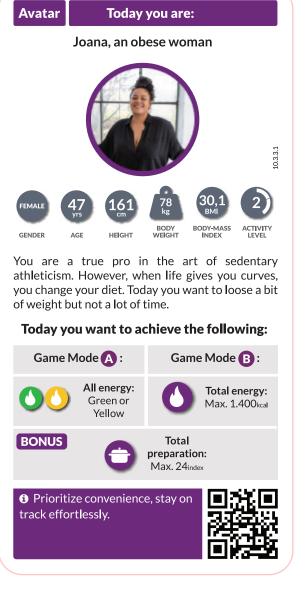














Today you are:

João, a climate activist on a budget



















ACTIVITY

With a keen eye on cost and carbon footprint, you crafts a menu of sustainable delights. Savoring each bite, you tread lightly on the planet, blending your love for food and the environment!

Today you want to achieve the following:

Game Mode A:

Game Mode B:



Total price: Max. 15index

BONUS



All price:

Green or

Yellow

Total carbon footprint: Max. 200g CO2e

1 Low cost, low carbon, sustainable choices.



Avatar

Today you are:

Jan, wanting to save money and lose weight

















You are seeking low-calorie gems without breaking the bank. With each culinary discovery, you satisfy your taste buds and wallet, making nutritious choices a delightful adventure!

Today you want to achieve the following:

Game Mode A:







All price: Green or Yellow



Total price: Max. 20index

BONUS



Total energy: Max. 2.300kcal

Prioritize affordability, support weight goals sensibly.



Avatar

Today you are:

Joana, a worried world-citizen



10.4.3.1











BODY-MASS



ACTIVITY

Passionate about affordability and low land use, you seeks sustenance that treads lightly on the planet. With each bite, you savour the taste of mindful choices and a healthy bank account.

Today you want to achieve the following:

Game Mode A:













BONUS



Total land use: Max. 0,31 m²

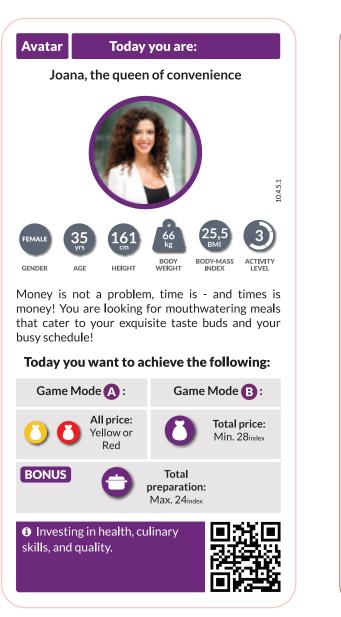
6 Economical and environmentally conscious options.

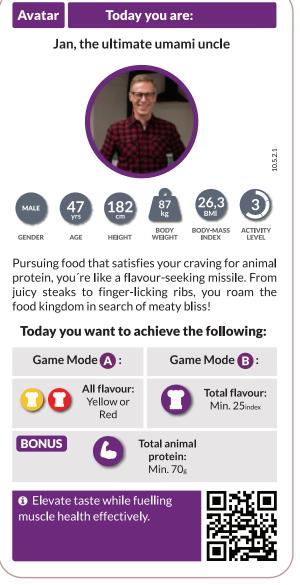




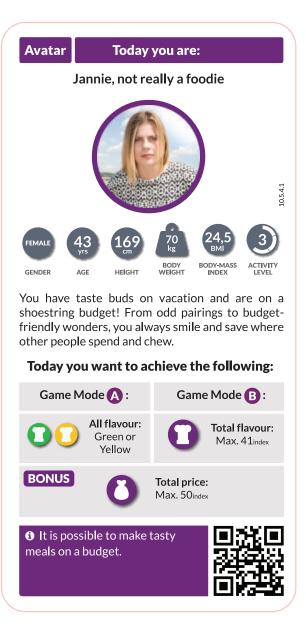
Today you are:

Avatar

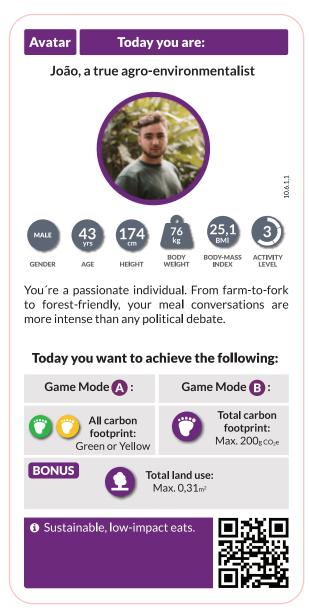


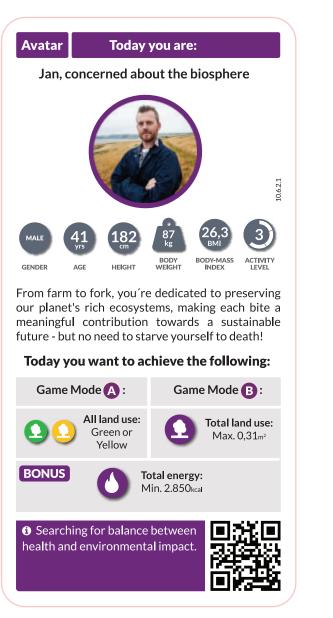


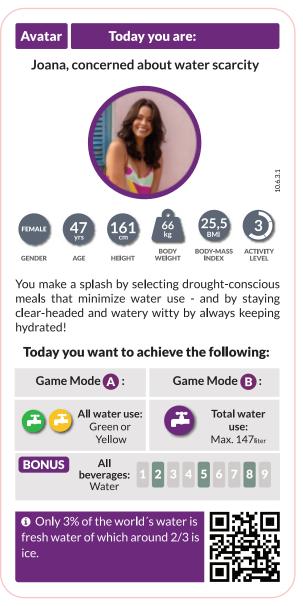
























HEIGHT







Today, you embark on a transformative journey with the Paleo(lithic) Diet. From mammoth-sized salads to primal protein plates, you embrace the Stone Age diet.

Today you want to achieve the following:

Game Mode (A):

Game Mode B:









Total fat: Min. 115g

BONUS



No dairy products: Milk, cheese, yoghurt

Always consult a health professional before you start following any diet fad.



Avatar

Today you are:

João, a salty sailor















You're the human equivalent of the Red Sea with a taste for the briny wonders of life! You sail through meals with a pinch (or more) of salt, making every dish a health corroding adventure!

Today you want to achieve the following:

Game Mode A:











Total salt: Min. 12g

BONUS



Total protein: Min. 150g

1 Eating too much salt (6g is the recommended daily intake) may cause high blood pressure.



Avatar

Today you are:

Jan, nicknamed "Carbonito"



10.7.5.1











ACTIVITY

You're the culinary daredevil with an appetite for high-octane eats! From fiery brown coal fired grills to carbon-footprint-packed feasts, you devour dishes that could power a rocket to Planet B.

Today you want to achieve the following:

Game Mode (A):













BONUS



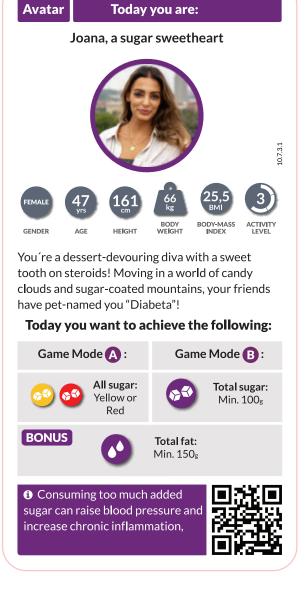
Total energy: Min. 2.850kcal

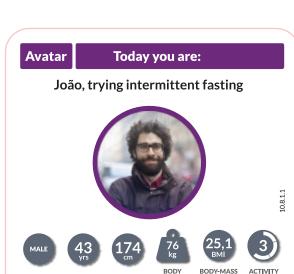
Carbon emissions are generated when growing, farming, processing, transporting, storing, cooking and disposing food.







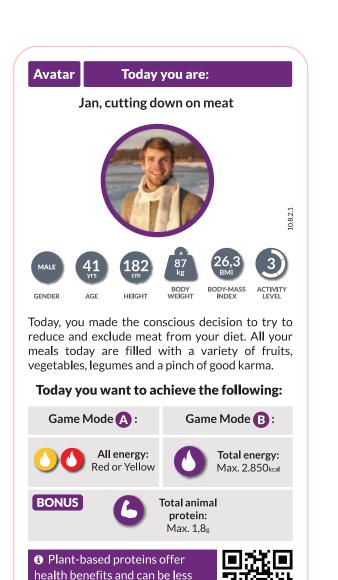




You are embracing the power of a 16-8 intermittent fasting regime. Armed with discipline and a hunger for change, you are reshaping your relationship with food one fast at a time.

Today you want to achieve the following:





expensive than meat.



Today you are:

Avatar

Avatar

Today you are:

Jannie, following the carnivore diet

















BODY-MASS INDEX

ACTIVITY LEVEL

After having read about the "Zero Carb Diet" in a tabloid, you redefine nutrition by solely embracing animal-based foods. You thrive on simplicity and pseudoscience without any second thoughts.

Today you want to achieve the following:

Game Mode A:





All protein: Yellow or Red



Total protein: . Min. 160_g

BONUS



Total carbs: Max. 125_g

• This diet is potentially very unhealthy and may lead to chronic diseases. Never follow fad diets!

