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Im French; here is what I eat in a day. In this post, youll learn exactly what French women eat for breakfast, lunch, and dinner. Plus, there are ten rules to follow to eat like a French woman wherever you live. But first, here are ten ways to eat like a French woman wherever you live. For more, you can check out my previous article on the 8 diet tips to eat like the French and lose weight. Exclude all processed foods that contain ingredients such as salt, sugar, and fat to make their flavor more appealing. If youre not sure how to spot unhealthy, highly processed foods, always read the nutrition label. Religiously visit your local farmers markets at least once a week to buy fresh fruits, vegetables, meat, or fish. Cook every single meal (or as much as you can), and try to avoid takeaway food. Avoid snacking between meals. Avoid all soft drinks (even diet ones) and processed fruit juices, and limit your alcohol consumption to a maximum of two glasses of wine per week. If youre craving sugar, bake cookies or a chocolate cake. By choosing dark chocolate with at least 70% cacao, you can control the amount of fat and sugar you add to your preparation, as well as the quality of the ingredients. Avoid processed bread (like this one, which contains added sugar). Instead, go to your local bakery or bake your own bread (with just wheat, olive oil, water, and bakers yeast). Avoid all diet foods, such as fat-free cheese, fat-free yogurt, sugar-free ice cream, or sugar-free chocolates. Instead, prefer whole, plain food, as youll feel more satiated and eat less. Keep in mind that health is a matter of balance. If French women have a sugary snack during the day, they automatically eat something lighter for the next meal. I have little pleasures from time to time. Mine are croissants and pains au chocolat that I buy at my local bakery every Sunday morning. My guilty pleasure is the French madeleines that I buy at the supermarket. Eating breakfast is a staple for French women. We never leave the house without having something to eat and drink. In France, we dont eat salty foods in the morning, except maybe during the weekend. French people usually prefer sweet and sugary foods to start their day. First, always start your day with a glass of water (not too cold and not too warm) and fresh lemon juice. Not only does it promote hydration, but lemon juice is a good source of Vitamin C. It also supports weight loss, improves skin quality, aids digestion, freshens breath, and helps prevent kidney stones. Its probably the best way to start your day! Then have a cup of coffee or tea, as you prefer. French women usually prefer to have coffee in the morning, but personally, I like to alternate every other day between tea and coffee. If youre more of a coffee person, French women use a French press or a Moka pot that brews a premium cup of coffee in just 5 minutes by simply adding ground coffee and hot water. My favorite French press is the Bodum Chambord, and I also have this Bialetti Express Moka pot. They are both very easy to use and super easy to clean as well. French women always drink their black coffee without milk and without sugar. If youre more of a tea person, French women love the French tea brand Mariage Frres. My favorite one is the Mariage Freres Marco Polo (one of the best sellers of the brand). For breakfast, French women do not eat croissants and pains au chocolat every day. Those pastries are mainly eaten for special occasions and on the weekends as they are considered fatty and sugary meals by the French. Instead, the French breakfast is made of fresh bread with (salty) butter, jam, yogurt, and fresh seasonal fruits (ideally from your local farmers market). If youre more of a salty person, you can eat turkey slices, organic eggs, or even cheese with whole wheat bread instead. The French never eat processed bread, which is usually full of added sugar and preservatives. Instead, they prefer to go to their local bakery to buy artisanal bread or to bake their own bread. If you want to lose weight, avoid all processed foods for breakfast, such as cakes, cookies, and breakfast cereals. Those foods are just full of sugar and refined carbs. Starting the day with a high-sugar breakfast cereal will spike your blood sugar andinsulinlevels. A few hours later, your blood sugar may decrease, and your body will crave another high-carb meal or snack potentially creating a vicious cycle of overeating. Remember that excess consumption of sugar may also increase your risk of type 2 diabetes, heart disease, and cancer. Did you know that the average French lunch is around an hour and a half? French people usually stop what they are doing and take time to eat with their family, friends, or colleaguesand even during weekdays at the office! Lunch is a real tradition in France, and for the French, its unimaginable to just have a sandwich for lunch in front of their computers. In France, lunch is usually a three-course meal with reasonable portions: a starter, a main, and a dessert. The starter is usually a salad of crudits (raw vegetables) with olive oil, balsamic vinegar, and some herbs. Main is often made of cooked vegetables with a portion of fish or meat. Dessert is usually fresh fruit or plain yogurt. Finally, the French love to finish their lunch with an espresso (without milk and sugar). For the French, dinner is the lighter meal of the day. During wintertime, homemade soup can be the starter or the main. And the French usually eat it with a generous piece of bread and some cheese. I usually make a big batch of soup on the weekend that makes it through the week. My favorite soup is a vegetable soup made of leeks, garlic, onions, potatoes, shallots, and carrots with some lardons, olive oils, and herbs de Provence. During summertime, the French usually have a fresh salad or some cooked vegetables. Dessert is usually fresh fruit, yogurt, or a piece of cheese with bread. The French usually finish their dinner with a piece of dark chocolate (minimum 70% cocoa) with herbal tea. In Demystifying the French Woman Diet: Food List, Meal Plan, Benefits and Risks, youll walk through a comprehensive exploration of a diet style that has intrigued people worldwide for its ineffable blend of pleasure and health. This article offers an in-depth review of the French Woman Diet, a lifestyle approach to eating that seems to consistently deliver not only an appealing physique but also remarkable longevity. You will find an extensively researched food list, a sensible, adaptable meal plan, and a thorough analysis of both the benefits and potential risks of adopting this uniquely French perspective on nutrition. Prepare to enrich your dietary knowledge, redefine your views on mealtime, and maybe even discover your next gastronomic adventure.Understanding the French Woman DietThe French Woman Diet, often synonymous with the coveted elegance and longevity of French women, is less of a structured diet and more of a lifestyle approach. Bound more by its distinct principles, than by rigid meal planning, this dietary style is gaining attention.See also Low-Sodium Diet: Food List, Meal Plan, Benefits and RisksOrigins of the French Woman DietHistorically, French cuisine and culture have centered around an appreciation of foods, indulgence in moderation, and emphasis on mealtime experiences. This approach arrayed against the backdrop of a visibly healthier and thinner French population, gave birth to the concept of the French Woman Diet.General Principles Behind the DietThe French Woman Diet anchors its principles on eating mindfully, savoring meals, and choosing quality over quantity. It matters not just what you eat, but how you eat. Portion control, limiting processed foods, and a balanced variety of food groups lie at the diets heart. It also denotes embracing full-fat foods in moderation rather than falling prey to deprivation diets or fat-free alternatives.Food List for the French Woman DietInclusions in the DietThis diet involves a broad food palette. Fresh fruits and vegetables, whole grains, lean meats, fish, dairy, and a generous inclusion of bread and cheese form the primary components. Wine, consumed in moderation, also holds an esteemed place.Exclusions from the DietThe French Woman Diet leans towards limiting processed foods, sugary drinks, and fast food that lack nutritional value. The principle lies not in absolute avoidance but wise restriction.Sample Meal PlanBreakfast OptionsYour day might start with a petite bowl of full-fat yoghurt accompanied by a sprinkle of nuts and fresh berries. Or, a slice of whole-grain bread with a slather of all-natural preserves could equally fit the bill.Lunch OptionsFor lunch, a salad adorned with grilled chicken, a sprinkling of cheese, and a light vinaigrette dressing could serve as a delightful choice. Alternatively, a nourishing vegetable soup with a slice of freshly baked bread could be an option.Dinner OptionsFor dinner, a petite serving of lean steak with a side of grilled vegetables or poached salmon paired with a modest mound of quinoa might satiate your senses. And yes, a glass of wine is perfectly acceptable.Snack OptionsBetween meals, gorging on a handful of nuts, a fresh fruit, or a piece of cheese helps curb hunger pangs, always adhering to the principle of mindful eating and portion control.Benefits of the French Woman DietWeight Loss BenefitsAs portions are controlled and processed foods limited, this diet may aid in weight loss and prevent weight gain.Preventive Health AdvantagesA well-rounded and balanced diet where fresh produce, whole grains, and lean proteins star, bestows numerous preventive health benefits. This includes a healthier heart, lowered cancer risk, and improved gut health.Mental Health BenefitsThe French Woman Diet encourages savoring each bite and the experience it offers, thereby bringing mindfulness into your meals, which can reduce stress and promote overall mental well-being.Longevity BenefitsWith its focus on balanced and nourishing components, this diet might contribute to a longer and healthier life.Risks and Potential DownfallsPossible Nutrient DeficienciesPotential risks include nutrient deficiencies if one does not maintain a varied and balanced diet.Impact on MetabolismGiven the nature of the diet and the fact that portions are controlled, there might be an initial impact on metabolism, especially in the case of individuals used to larger portions or high sugar and fat diet.Possible Physical Health RisksOverindulging in certain foods like cheese, wine, or bread, even within a French Womans Diet context, could harbor potential health risks such as heart disease or diabetes.Possible Mental Health RisksTransition to this diet without an understanding of the fundamentals could induce feelings of deprivation or trigger unhealthy eating habits.What the Research SaysExisting Research on the French Woman DietAlthough there isnt specific research on the French Woman Diet, studies on mindful eating, portion control, and balanced diets do support its fundamental principles.Gap in the Current ResearchThere is an evident gap in assessing the diets specific effects. Rigorous research comparing the French Woman Diet with other dietary interventions would underline its efficacy and safety.Understanding French Food CultureImportance of Balance and ModeritiyThe French food culture is deeply invested in the principles of balance and moderation. The essentials of the French Woman Diet echo this belief, stating that no food is inherently bad, its simply a matter of how much and how often youre consuming it.Meal Timing and StructureFrench meals follow a structured pattern breakfast, lunch, a substantial break, dinner. This structure provides a rhythm discouraging mindless munching.Social Aspects of EatingMeals in France are a social affair perceived as an experience to cherish. Eating alone is less common and snacking is minimized.Incorporating the French Woman Diet into Your LifestylePractical Tips and TricksBegin by introducing smaller plates for portion control, making fruits and vegetables the star of meals, and actively reducing dependence on processed foods.Handling Social Events and Eating OutEat as the French do. Savor your meal, relish every bite, and remember: you do not have to deprive yourself. Choose smaller portions and avoid packaged foods when possible.Finding the Right Balance for YouThe aim should not be to overhaul your current diet but to introduce healthier and more mindful habits gradually, to find a balance that suits you.Alternatives to the French Woman DietMediterranean DietThe Mediterranean Diet, like its French counterpart, emphasizes fruits, vegetables, whole grains, and healthy fats, advocating moderate consumption of dairy and meat.DASH DietThe DASH diet focuses on reducing sodium intake to fight high blood pressure, including a wide range of nutrients without specific food restrictions.Mind DietThe MIND diet, a combination of Mediterranean and DASH, prioritizes brain health, stressing on food groups beneficial for the brain and those to be avoided.Conclusion: Is the French Woman Diet Right for You?Assessing Your Individual Health NeedsWhile the French Woman Diet has its merits, its important to assess your individual nutritional needs, existing dietary habits, and suitability to this form of eating.Weighing the Benefits and RisksConsider the potential benefits against risks. While the pros are compelling, this diet may not suit everyone, especially those with dietary restrictions or specific lifestyle constraints.Consulting with a Healthcare ProfessionalWhen altering your diet significantly or seeking ways to manage weight or chronic illness through food, always consult with a registered dietitian or another healthcare professional.In essence, the French Woman Diet, rooted in French food culture, might offer an appealing alternative to traditional restrictive diets. Balancing mindfulness, savoring foods, and portion control could hold the key to healthier eating habits. While I havent always had the healthiest diet, since moving to France Ive started to pay much more attention to what I eat. I also started observing what my French girlfriends were eating, too. Here are some things Ive learned about the standard French girl diet, which is an integral part of overall French wellness. Dont Eat Processed Foods The first thing to know about the French girl diet is the fact that French women really dont eat processed foods.They skip the potato chips and instead opt for fruits and vegetables. Choose Whole Foods A balanced French diet of whole foods is much preferred.Fresh fish, quality meats, and lots of vegetables are paramount to the ideal French regimen. Local Food Markets Shopping at the local farmers market is a way of life for many French women. My French friends say that they can spend all day shopping for the weeks groceries! Some favorite Parisian markets of mine include: March des Enfants RougesMarch MongeMarch dAligre High Quality The French go for smaller portions of high-quality foods over large amounts of low-quality foods. There is a cultural emphasis on purchasing bio (organic) foods that are available in every grocery store. Cook at Home French girls often cook at home. They may dine at a restaurant with friends, but for the most part, the kitchen is often used as part of the French girl diet. Set the Table No matter how small or quick the meal, French women take the time to set the table for eating. It helps promote taking the time to properly digest your meal and enjoy it without too many distractions like a laptop or TV. No Cheat Days There are no cheat days in the French diet. Its really a way of life to eat well. Cheat days imply that you are depriving yourself or forcing something unbearable. Make eating fun, enjoyable, and an exciting part of your life! Instead of having cheat days, the French might have cheat meals with friends where they eat something heavy at a restaurant that they normally wouldnt. A sugary dessert from a local patisserie is also permissible. The key is to think of this all as very natural, not forced. If you know youre going out at night, then adjust your diet during the day. If a friend bakes you some sweets, accept them graciously. Life isnt meant to be lived in a state of suffering! Dont Snack French girls dont really snack, I have noticed. When I meet up with friends in the afternoon after lunch, we typically go for a coffee or beverage instead of food. While France is famous for its goter, the after-school snack before dinner enjoyed by French children, this practice tends to stop once the French reach adulthood. Eat Small Portions Upon moving to France, I was so shocked at how small the portions of food were at French restaurants! This is undoubtedly one of the reasons why the French remain so slim. Their meal portions are noticeably smaller than American-sized ones. Serving ourselves less is something we can all practice no matter where we are. Slowly reducing the amount of food on our plate is a great way to lose weight and feel much better. While Ive never intentionally tried to serve myself less food, I have noticed that when I eat in France I dont feel as bloated and overstuffed as I do in the States. This is most likely due to the fact that Im eating less food overall albeit naturally! Eat Slowly There are lots of differences between the French diet vs. American diet. One of the most striking is that the OECD determined in 2018 that The French spend twice as long as Americans consuming food each day! Stay Active Exercise and diet are inextricably intertwined and the French make sure to stay active to increase the effectiveness of their diet. Of course, this doesnt mean sweating it out at the gym. It does mean going for long walks instead of taking a taxi, opting to walk up the stairs instead of using the escalator, and taking a pilates class when a friend invites you! French Diet & Cook Books I hope you loved these French diet tips. Keep reading more about the French alimentation routine with these best-selling French diet and cookbooks: Bon appetit! I hope you found these French diet tips enlightening and insightful! What have you noticed about the French girl diet? French foods are always at the top of the list when it comes to flavor and healthiness. Most of the famous recipes from France include fish, plant oils, and nuts, all of which are heart-healthy and high in omega-3 fatty acids. Of course, the French fondness for vegetables stems from centuries of tradition. People in France would probably rather go without food than feel guilty about not being able to finish a meal. That is a rare quality that not everyone possesses. So, today well discuss the most famous French diet tips that you might want to try if you want to eat like the French! Eat High Quality, Whole Foods Whole foods are high in phytochemicals, which are beneficial to the body. It is always lower in cholesterol and chemicals than processed foods. In fact, tons of nutritional research has shown that whole foods can help improve your diet while lowering your risk of heart disease. It can also treat or prevent type 2 diabetes and cancer. Avoid Processed Foods As stated in the first tip, processed foods contain more cholesterol and chemicals than whole foods. It is harmful to both ones health and ones diet. Fast food and processed foods are undoubtedly delicious, but they can be stored for more than a year without losing quality is concerning. Avoid eating too many processed foods if you have access to whole foods at home. Lots of Fruits and Vegetables Fruits and vegetables are possibly the only foods that can be consumed indefinitely without becoming obese. You can consider it a life hack once youve mastered the art of making healthy snacks and meals out of fruits and vegetables. This is a famous French diet tip, and the French widely follow it. And if they can do it, you can as well. Here is a healthy arugula salad prepared by French food writer Mimi Thorisson. @mimithor Dont Forget Protein You dont have to starve yourself to get slim and sexy. Youll only stress yourself out and gain weight as a result. Protein is also essential in your diet journey. It can be found in lean meats such as pork, beef, or lamb; poultry meats such as duck, chicken, and turkey; dairy products such as milk, cheese, and yogurt; fish and seafood; and eggs. Limit Your Croissant Intake Understandably, you cant go a day without craving your favorite croissant, but there should be a limit if youre on a diet. Why? This is because croissants contain 406 calories per 100 grams. You can calculate how many croissants you can eat in a week based on your weight goal and record it in your planner or journal. Shop the Local Farmers Food Markets Local Food Markets are not only convenient for saving money, but they are also an excellent source of fresh and whole foods. As you may know, local food markets are primarily open, making it much easier to check the freshness of the product, unlike in malls and supermarkets, where it is impossible to tell whether a product has been processed or not. @philoudarblay Cook at Home Often Cooking at home is a good option, especially if you know what nutrients you require. You can prepare recipes and meals based on your diet. You wont care how tasty your food is if its your creation. Cooking at home is beneficial in a variety of ways. It can also help you resist the temptation to eat a lot more than you usually would. Follow Mediterranean French Recipes Mediterranean French diet recipes are the crme de la crme if you want to have a healthy diet while also eating delicious meals and food. The Mediterranean region has tons of traditional French food that helps you live longer and stronger. The diet includes large quantities of vegetables, fruits, olive oil, nuts, and fish. You can make a vegetable salad out of these ingredients for the most part. Then top it off with light to moderate physical activity. @allard_restaurant Dont Snack Too Much If youre the type to indulge in stress eating occasionally, this may be a difficult step in your diet. However, this is also an important aspect. The key to accomplishing this is to counter your snack thoughts with the question, Are you craving a banana right now? If you are, you are likely hungry; however, if you are not, drink water because you are still full. If you enjoy eating bananas, this may not work for you. Walk Everywhere You Can Walking is an excellent fat burner. Yes, you dont have to jug frantically and do a slew of push-ups. Walking for 30 minutes a day can help regulate your blood flow and keep your organs active. Walking is an excellent diet partner because they complement each other well. Keep track of your diet and be patient with yourself. Carry your wine and baguette in a chic French straw market tote bag. @annelauremais Eat Small Portions Eating small portions is an excellent way to keep your meals to a minimum. Youll be able to do this better if you use a smaller plate instead of your usual one. Because small plates give the impression that your meal is larger, they can also give you the impression that youre eating a lot. In some ways, its an excellent way to start a diet, but if youre an experienced dieter, you wont need to trick yourself. More expat dedicated video on the Expat in France YouTube channel The French woman diet: is it a myth or a reality? Youll tell me. What do French women do to stay slim-ish with all our heavy traditional French cuisine? Ill share with you my eating habits and also my subjective opinion as a French woman. I guess some or most of these habits are shared by other French people and Im sure also other nationalities. First, this post is not about being slim or that people should be slim, it is about the French healthy eating habits. Feeling good in our body and being healthy is the most important! There are other great diets, Im a big fan of Asian diets too and love Brazilian food! This is my weak point. Im not very consistent with breakfast. I know I should have a big breakfast but I often skip it if Im running late. Im trying to change that now. Also, I realised my breakfast habits have changed a lot depending on where I live. When Im overseas, my breakfast usually adapts to the local menu. I could never eat beans and tomato sauce in the UK, but I love having eggs and bacon for breakfast. I have to admit it sometimes requires some psychological preparation since French breakfast is always sweet, but my taste buds love it. In Brazil, I usually have a very northeastern Brazilian breakfast with a tapioca crepe or couscous. All savoury food with a tropical fresh fruit smoothie. As a foreigner in France, are you having a French breakfast, a sweet breakfast? Or do you keep your home country breakfast habits? Northeastern brazilian breakfast In France, Im mainly having toasts with butter and my mums homemade jam with black and dark coffee (no milk, no sugar). And when I have time, a fresh seasonal fruit smoothie. One very important thing! When I say toast I mean tartines with real bread. Not industrial sliced bread (pain de mie) with a lot of additives and sugar. I also like having chia seeds mixed with coconut milk, fruits, almonds and honey. This one is not typically French! A German friend actually shared her recipe with me! And I just love this, it is like an energy boost to start the day well! More on the typical French breakfast in this post Then Ill have lunch around 12h30 1 pm. Im not a big carnivore, even though I like meat. Id say Im a flexitarian if I need to give it a label. But Ill always have at least 2 vegetables during my meal, often much more. Id have a salad with raw seasonal veggies. It is important for me to have good quality products and in my opinion, it is possible only with seasonal ones. Plus, it is better for the planet and the wallet! I also like adding nuts, condiments, dry fruits etc. to my food. In winter, Id crave homemade soup and gratin. Always homemade, I usually make a big batch of soup and I freeze portions for later. I like cooking but not the whole deal every day. I never, ever buy pre-prepared food at the supermarket or in very rare exceptions. Like when I go to an apro and I have had no time to prepare homemade nibbles. As the main course, Id have veggies and carbs and I also love pulses like lentils or chickpeas, and it goes great with cereals. Did you know that combining the two actually gives proteins? (a tip that many vegetarians would know, I guess). That explains many traditional dishes if you think about it! WellIm straying from the point My French woman diet. and that I wish I did: is Fish! Ive never learned to cook fish and seafood. I love it but Im just not from the seaside so Ive never learnt how to do it well. Ive never really eaten it at home as a child. So when I go to the restaurant, I usually have the fish option. And then comes the cheese, Im a cheese lover. It is THE food I miss the most with a good crunchy French fresh baguette when I am abroad. I dont have it at every meal but almost. At least a bit! Mon pch mignon (my guilty pleasure). Then I usually end my meal with a fruit or yoghurt with jam, I dont buy already flavoured yoghurt. But Id have yoghurt only if I didnt have cheese before. (My doctor warned me against eating too much dairy). French people eat a lot of them. (Have you seen the supermarket yoghurt section? Crazy right?) My mum always said everything is good in balanced proportions. Id say this applies to homemade food and raw products. The rest is guilty pleasures. Its ok as long as it remains an exception. I dont eat anything until dinner at 7 or 8 pm. If I am really hungry before dinner Id have a banana or another fruit to make me wait until dinnertime. I wouldnt snack actually in the morning either. I guess my parents repeated so much on ne mange pas entre les repas, that it became natural! (It wasnt as a teenager, I can tell you that!). At dinner, I usually have a lighter meal if Im not eating out. And if I both have a big lunch and a big dinner Ill definitely eat light the following day. I guess this is an essential rule of the French women diet: if there is one day of excess, you have a lighter meal the following day. Having a one-month strict diet in January and not paying attention to our daily eating diet as a whole is not the way I was brought up. I cant say every French would feel like this, but moderation usually comes quite naturally for many people (not for everyone, of course, lets not generalise). So, Id have a soup or a salad with a toast of pat or cheese or maybe tapenade (olive spread). I also like eating quiche with salad and fruit. I usually dont have the 3 or even 4-course meal as I do for lunch. (starter, main, a piece of cheese and a fruit as dessert). Yes, this 4-course meal applies to the French woman diet! What I mean is would you enjoy it? Because food is all about pleasure for the French. Yes, thats right pleasure and moderation can definitely go together. Do you find that much different from your diet? Some of you might think, how doesnt she crave crisps, chips, sodas, pastries, sweets? Well, I dont! Really. Of course, I eat what can be considered unhealthy food, when eaten in quantity, but just sometimes and usually apro is the best time for it! Also, I dont like sodas! Thats it for this sneak peek into my plate! Do you find this French woman diet different from yours? Any surprises? Id love to know. Im French; here is what I eat in a day. In this post, youll learn exactly what French women eat for breakfast, lunch, and dinner. Plus, there are ten rules to follow to eat like a French woman wherever you live. But first, here are ten ways to eat like a French woman wherever you live. For more, you can check out my previous article on the 8 diet tips to eat like the French and lose weight. Exclude all processed foods that contain ingredients such as salt, sugar, and fat to make their flavor more appealing. If youre not sure how to spot unhealthy, highly processed foods, always read the nutrition label. Religiously visit your local farmers markets at least once a week to buy fresh fruits, vegetables, meat, or fish. Cook every single meal (or as much as you can), and try to avoid takeaway food. Avoid snacking between meals. Avoid all soft drinks (even diet ones) and processed fruit juices, and limit your alcohol consumption to a maximum of two glasses of wine per week. If youre craving sugar, bake cookies or a chocolate cake. By choosing dark chocolate with at least 70% cacao, you can control the amount of fat and sugar you add to your preparation, as well as the quality of the ingredients. Avoid processed bread (like this one, which contains added sugar). Instead, go to your local bakery or bake your own bread (with just wheat, olive oil, water, and bakers yeast). Avoid all diet foods, such as fat-free cheese, fat-free yogurt, sugar-free ice cream, or sugar-free chocolates. Instead, prefer whole, plain food, as youll feel more satiated and eat less. Keep in mind that health is a matter of balance. If French women have a sugary snack during the day, they automatically eat something lighter for the next meal. I have little pleasures from time to time. Mine are croissants and pains au chocolat that I buy at my local bakery every Sunday morning. My guilty pleasure is the French madeleines that I buy at the supermarket. Eating breakfast is a staple for French women. We never leave the house without having something to eat and drink. In France, we dont eat salty foods in the morning, except maybe during the weekend. French people usually prefer sweet and sugary foods to start their day. First, always start your day with a glass of water (not too cold and not too warm) and fresh lemon juice. Not only does it promote hydration, but lemon juice is a good source of Vitamin C. It also supports weight loss, improves skin quality, aids digestion, freshens breath, and helps prevent kidney stones. Its probably the best way to start your day! Then have a cup of coffee or tea, as you prefer. French women usually prefer to have coffee in the morning, but personally, I like to alternate every other day between tea and coffee. If youre more of a coffee person, French women use a French press or a Moka pot that brews a premium cup of coffee in just 5 minutes by simply adding ground coffee and hot water. My favorite French press is the Bodum Chambord, and I also have this Bialetti Express Moka pot. They are both very easy to use and super easy to clean as well. French women always drink their black coffee without milk and without sugar. If youre more of a tea person, French women love the French tea brand Mariage Frres. My favorite one is the Mariage Freres Marco Polo (one of the best sellers of the brand). For breakfast, French women do not eat croissants and pains au chocolat every day. Those pastries are mainly eaten for special occasions and on the weekends as they are considered fatty and sugary meals by the French. Instead, the French breakfast is made of fresh bread with (salty) butter, jam, yogurt, and fresh seasonal fruits (ideally from your local farmers market). If youre more of a salty person, you can eat turkey slices, organic eggs, or even cheese with whole wheat bread instead. The French never eat processed bread, which is usually full of added sugar and preservatives. Instead, they prefer to go to their local bakery to buy artisanal bread or to bake their own bread. If you want to lose weight, avoid all processed foods for breakfast, such as cakes, cookies, and breakfast cereals. Those foods are just full of sugar and refined carbs. Starting the day with a high-sugar breakfast cereal will spike your blood sugar andinsulinlevels. A few hours later, your blood sugar may decrease, and your body will crave another high-carb meal or snack potentially creating a vicious cycle of overeating. Remember that excess consumption of sugar may also increase your risk of type 2 diabetes, heart disease, and cancer. Did you know that the average French lunch is around an hour and a half? French people usually stop what they are doing and take time to eat with their family, friends, or colleaguesand even during weekdays at the office! Lunch is a real tradition in France, and for the French, its unimaginable to just have a sandwich for lunch in front of their computers. In France, lunch is usually a three-course meal with reasonable portions: a starter, a main, and a dessert. The starter is usually a salad of crudits (raw vegetables) with olive oil, balsamic vinegar, and some herbs. Main is often made of cooked vegetables with a portion of fish or meat. Dessert is usually fresh fruit or plain yogurt. Finally, the French love to finish their lunch with an espresso (without milk and sugar). For the French, dinner is the lighter meal of the day. During wintertime, homemade soup can be the starter or the main. And the French usually eat it with a generous piece of bread and some cheese. I usually make a big batch of soup on the weekend that makes it through the week. My favorite soup is a vegetable soup made of leeks, garlic, onions, potatoes, shallots, and carrots with some lardons, olive oils, and herbs de Provence. During summertime, the French usually have a fresh salad or some cooked vegetables. Dessert is usually fresh fruit, yogurt, or a piece of cheese with bread. The French usually finish their dinner with a piece of dark chocolate (minimum 70% cocoa) with herbal tea. ,the free encyclopedia that anyone can edit.117,937 active editors 7,001,591 articles in EnglishThe English-language Wikipedia thanks its contributors for creating more than seven million articles! Learn how you can take part in the encyclopedia's continued improvement.Members of the victorious Blondie crewThe Boat Race 2018 took place on 24March. Held annually, The Boat Race is a side-by-side rowing race between crews from the universities of Oxford and Cambridge along a 4.2-mile (6.8km) tidal stretch of the River Thames in south-west London, England. For the third time in the history of the event, the men's, the women's and both reserves' races were all held on the Tideway on the same day. The women's race saw Cambridge lead from the start, eventually winning by a considerable margin to take the overall record to 4330 in their favour. In the women's reserve race, Cambridge's Blondie (crew pictured) defeated Oxford's Osiris by nine lengths. The men's reserve race was won by Cambridge's Goldie, who defeated Oxford's Isis by a margin of four lengths. The men's race was the final event of the day and completed a whitewash as Cambridge won, taking the overall record to 8380 in their favour. The races were watched by around 250,000 spectators live, and broadcast around the world. (Fullarticle...)Recently featured: Radar, Gun Laying, Mk.I and Mk.IIAndrea NavageroNosy KombaArchiveBy emailMore featured articlesAboutKitty Marion... that Kitty Marion (pictured) was force-fed over 200 times during a hunger strike?... that the North Korean destroyer Choe Hyon is the largest ship constructed for the Korean People's Navy?... that after the release of High and Low, director Akira Kurosawa received telephone calls imitating his film that threatened to kidnap his daughter?... that May Bradford Shockley is why Silicon Valley is where it is?... that the conservation of a goat might endanger the survival of Aquilegia paui?... that Joy Laking predicted in a school writing assignment that within ten years she would be making a living as an artist?... that the Taiwanese restaurant chain Formosa Chang drew inspiration from McDonald's for its non-greasy atmosphere and corporate practices?... that Haridas Mitra had his death sentence commuted after the intervention of Mahatma Gandhi?... that "Steve's Lava Chicken" recently became the shortest song to enter the UK Top 40?ArchiveStart a new articleNominate an articleNgg wa Thiong'oKenyan writer and activist Ngg wa Thiong'o (pictured) dies at the age of 87.In sumo, nosato Daiki is promoted to yokozuna.In association football, Liverpool win the Premier League title.In motor racing, lex Palou wins the Indianapolis 500.In basketball, the EuroLeague concludes with Fenerbahe winning the Final Four Playoff.Ongoing: Gaza warM23 campaignRussian invasion of UkrainetimelineSudanese civil wartimelineRecent deaths: Harrison Ruffin TylerPhil RobertsonMary K. GaillardPeter DavidAlan YentobGerry ConnollyNominate an articleMay 31: Dragon Boat Festival in China and Taiwan (2025); World No Tobacco DayBessarion455 Petronius Maximus, the ruler of the Western Roman Empire, was stoned to death by a mob as he fled Rome ahead of the arrival of a Vandal force that sacked the city.1223 Mongol invasion of Kievan Rus': Mongol forces defeated a Kievan Rus' army at the Battle of the Kalka River in present-day Ukraine.1468 Cardinal Bessarion (pictured) announced his donation of 746 Greek and Latin codices to the Republic of Venice, forming the Biblioteca Marciana.1935 A magnitude-7.7 earthquake struck Balochistan in British India, now part of Pakistan, killing between 30,000 and 60,000 people.2013 A tornado struck Central Oklahoma, killing eight people and injuring more than 150 others.Albertino Mussato (d.1329)Joseph Grimaldi (d.1837)Dina Boluarte (b.1962)Mbaye Diagne (d.1994)More anniversaries: May 30May 31June 1ArchiveBy emailList of days of the yearAboutCucumis metuliferus, the African horned cucumber, is an annual vine in the cucumber and melon family, Cucurbitaceae. Its fruit has horn-like spines, hence the name "horned melon". The ripe fruit has orange skin and lime-green, jelly-like flesh. It is native to Southern Africa, where it is a traditional food. Along with the gemsbok cucumber and the citron melon, it is one of the few sources of water during the dry season in the Kalahari Desert. This photograph, which was focus-stacked from 25 separate images, shows two C.metuliferus fruits, one whole and the other in cross-section.Photograph credit: Ivar LeidusRecently featured: Ignace TonenAustralian white ibisHell Gate BridgeArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements.Village pump Forum for discussions about Wikipedia itself, including policies and technical issues.Site news Sources of news about Wikipedia and the broader Wikimedia movement.Teahouse Ask basic questions about using or editing Wikipedia.Help desk Ask questions about using or editing Wikipedia.Reference desk Ask research questions about encyclopedic topics.Content portals A unique way to navigate the encyclopedia.Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. 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Unsourced material may be challenged and removed.Find sources:"455"news newspapers books scholar JSTOR (April 2019) (Learn how and when to remove this message)Calendar yearYearsMillennium1stmillenniumCenturies4thcentury5thcentury 6thcenturyDecades430s440s450s 460s470sYears452453454455 456457458vte455 by topicLeadersPolitical entitiesState leadersReligious leadersCategoriesBirthsDeathsDisestablishmentsvte455 in various calendarsGregorian calendar455CDLVAb urbe condita1208Assyrian calendar5205Balinese saka calendar376377Bengali calendar139 138Berber calendar1405Buddhist calendar999Burmese calendar183Byzantine calendar59635964Chinese calendar (WoodHorse)3152 or 2945to (WoodGoat)3153 or 2946Coptic calendar171172Discordian calendar1621Ethiopian calendar447448Hebrew calendar42154216Hindu calendars- Vikram Samvat511512- Shaka Samvat376377- Kali Yuga35553556Holocene calendar10455Iranian calendar167 BP 166 BPIslamic calendar172 BH 171 BHJavanese calendar340341Julian calendar455CDLVKorean calendar2788Minguo calendar1457 before ROC1457Nanakshahi calendar1013Seleucid era766/767 AGThai solar calendar997998Tibetan calendar(male Wood-Horse)581 or 200 or 572to(female Wood-Goat)582 or 201 or 571King Genseric sacks Rome (455)Year 455 (CDLV) was a common year starting on Saturday of the Julian calendar. At the time, it was known as the Year of the Consulship of Valentinianus and Anthemius (or, less frequently, year 1208 Ab urbe condita). The denomination 455 for this year has been used since the early medieval period, when the Anno Domini calendar era became the prevalent method in Europe for naming years.March 16 Emperor Valentinian III, age 35, is assassinated by two Hunnic retainers of the late Flavius Aetius, while training with the bow on the Campus Martius (Rome), ending the Theodosian dynasty. His primicerius sacri cubiculi, Heraclius, is also murdered.March 17 Petronius Maximus, former domesticus ("elite bodyguard") of Aetius, becomes (with support of the Roman Senate) emperor of the Western Roman Empire. He secures the throne by bribing officials of the imperial palace. Maximus consolidates his power by a forced marriage with Licinia Eudoxia, widow of Valentinian III.Maximus appoints Avitus, most trusted general, to the rank of magister militum and sends him on an embassy to Toulouse, to gain the support of the Visigoths. He elevates his son Palladius to Caesar and has him marry Eudocia, eldest daughter of Valentinian III.May 31 Maximus is stoned to death by an angry mob while fleeing Rome. A widespread panic occurs when many citizens hear the news that the Vandals are plundering the Italian mainland.June 2 Sack of Rome: King Genseric leads the Vandals into Rome, after he has promised Pope Leo I not to burn and plunder the city. Genseric sacks the city for a period of two weeks. Eudoxia and her daughters, Eudocia and Placidia, are taken hostage. The loot is sent to the harbour of Ostia and loaded into ships, from whence the Vandals depart and return to Carthage.July 9 Avitus is proclaimed Roman emperor at Toulouse, and later recognised by the Gallic chiefs in Viernum (near Arles).September 21 Avitus enters Rome with a Gallic army. He restores the imperial authority in Noricum (modern Austria) and leaves a Gothic force under Remistus, Visigoth general (magister militum), at Ravenna.The Ostrogoths conquer Pannonia and Dalmatia.Battle of Aylesford: Prince Vortimer rebels against the pro-Anglo-Saxon policies of his father, Vortigern. He is defeated in the battle at Aylesford (Kent). Hengist and his son Oisc become king of Kent. Horsa and Catigern, brother of Vortimer, are killed. The Britons withdraw to London (according to the Anglo-Saxon Chronicle).Skandagupta succeeds Kumaragupta I as ruler of the Gupta Empire (India). During his reign he crushes the Hun invasion; however, the expense of the wars drains the empire's resources and contributes to its decline.Gaero becomes king of the Korean kingdom of Baekje.[1]Earliest recorded date at Chichen Itza on the Yucatn Peninsula (Mexico) (approximate date).Barter economy replaces organized trade as Romans and other citizens desert their towns for the countryside, where they will be less vulnerable to barbarian raids (approximate date).The city of Vindobona (Vienna) is struck by an epidemic that spreads through the Roman provinces. The disease is probably streptococcus or a form of scarlet fever with streptococc