

Inimesest lähtuv toitumine täna ja homme

Eesti Toidu Visioonikonverents 8.9.2021

Priit Lumi
Elsavie tegevjuht



Euroopa Maaelu Arengu
Põllumajandusfond:
Euroopa investeeringud
maapiirkondadesse

elsavie

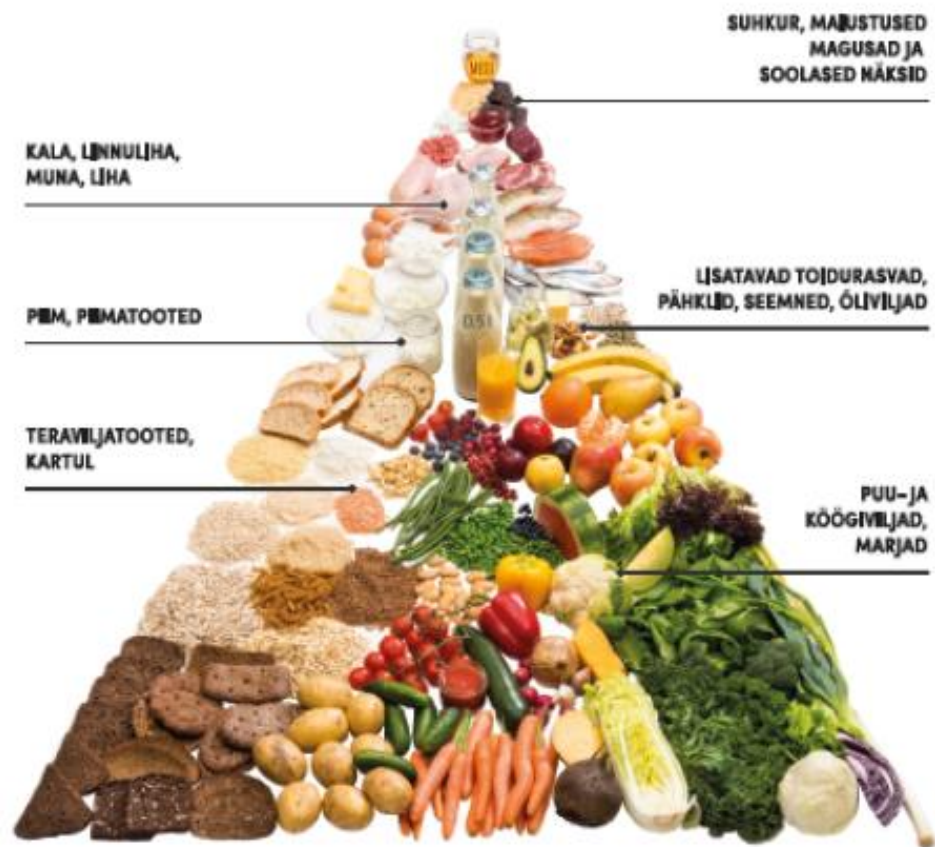
ELSAVIE

Miks?

Et tõsta sinu teadlikkust kõigest sellest, mida saad ise oma tervise jaoks ära teha.

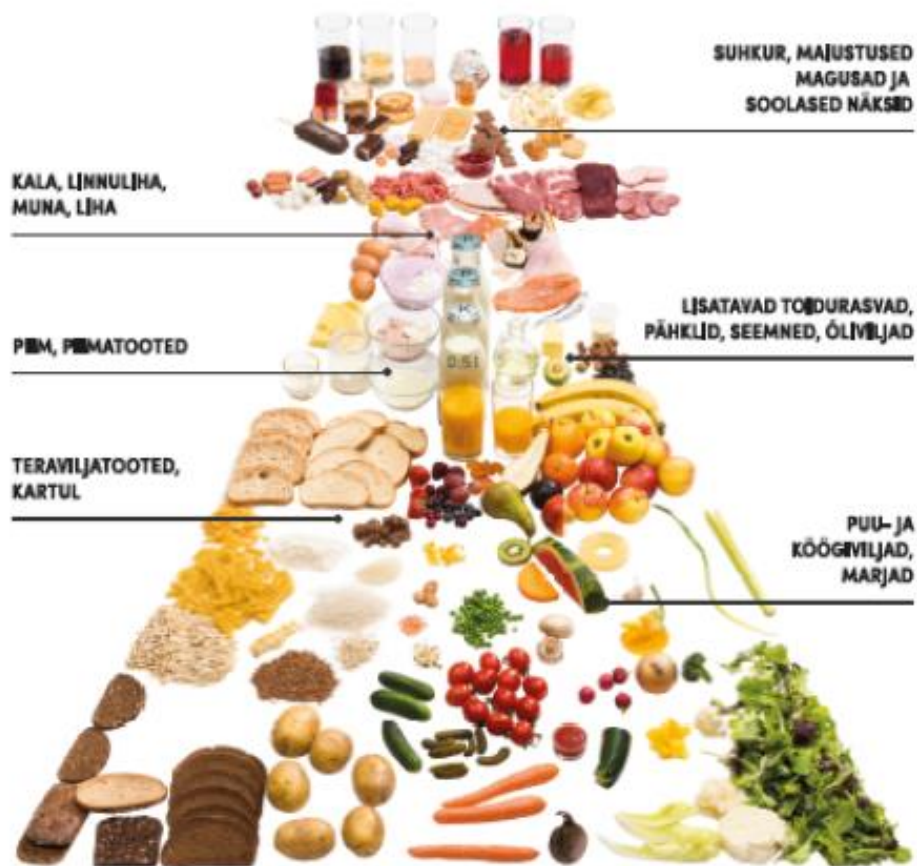
Ja seejärel anda sulle kõige võimsamad tööriistad, et saaksid oma tervise viia täiesti uuele tasemele.

SOOVIK EESTI ELANIKU NÄDALA TOIDULAUD

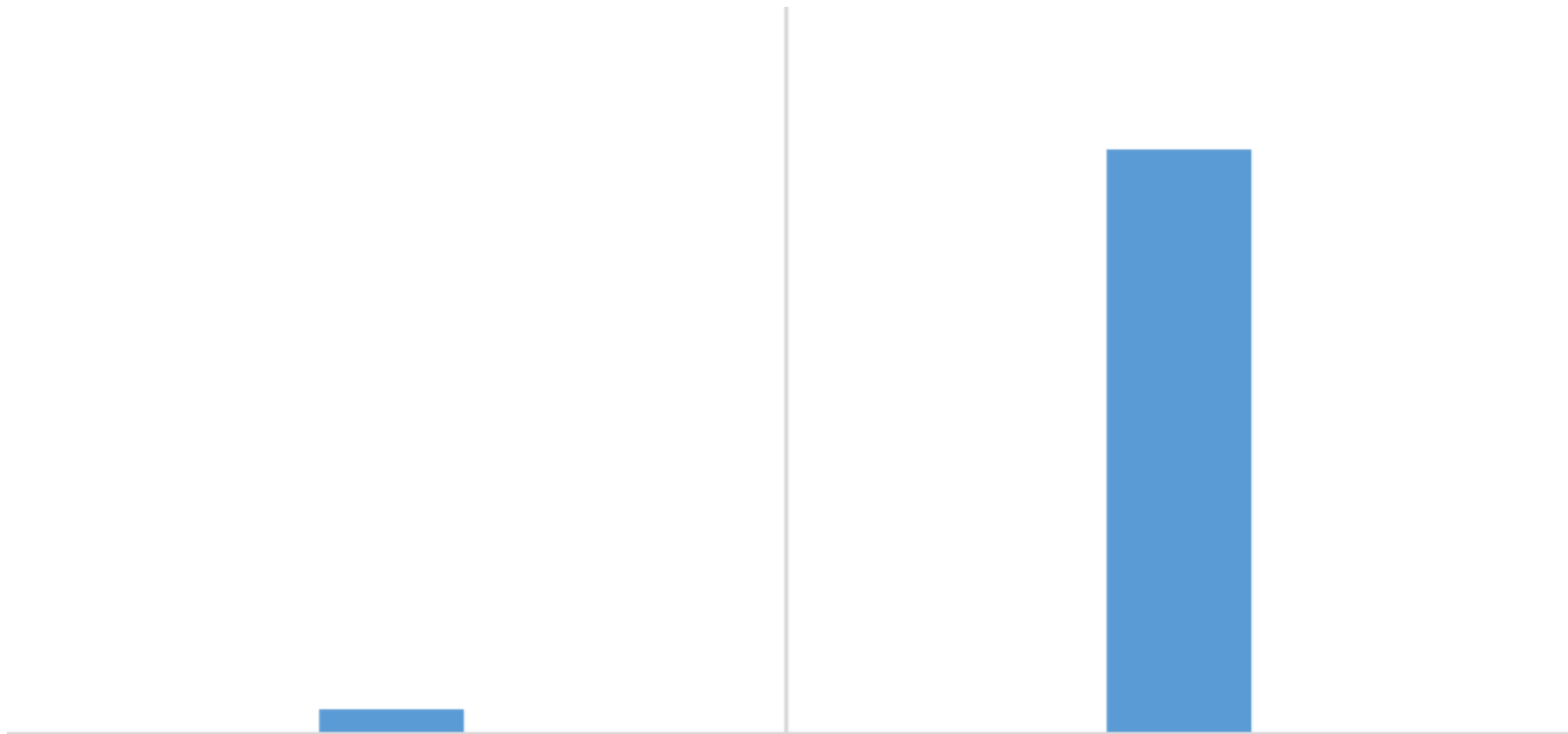


Nädala näitlik toidukogus 2000 kcal energiavajaduse korral

TEGELIK EESTI ELANIKU NÄDALA TOIDULAUD



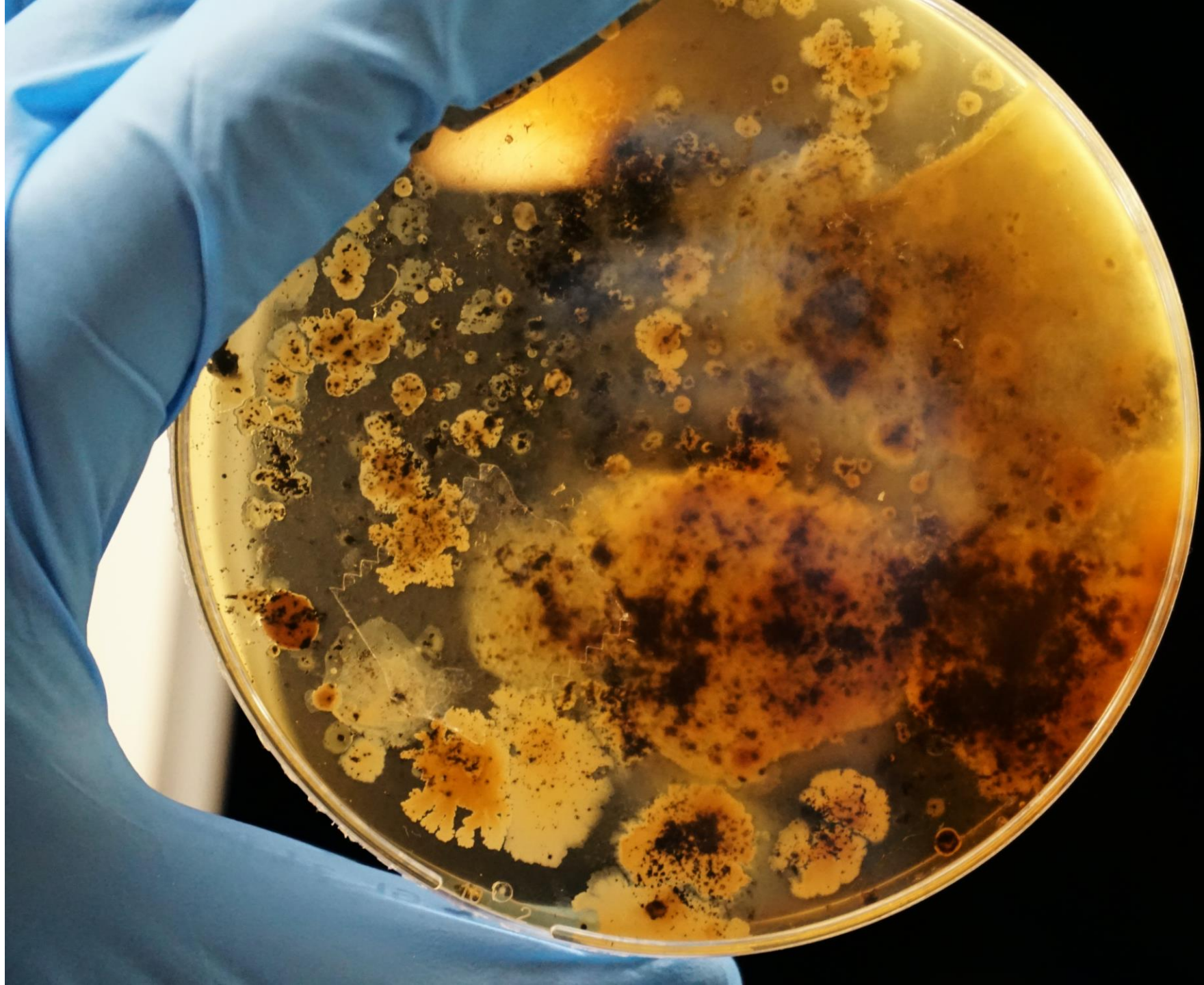
Keskmine 2000 kcal tarbinud täiskasvanud inimese nädalane toidukogus
Rahvastiku toitumise uuring 2014



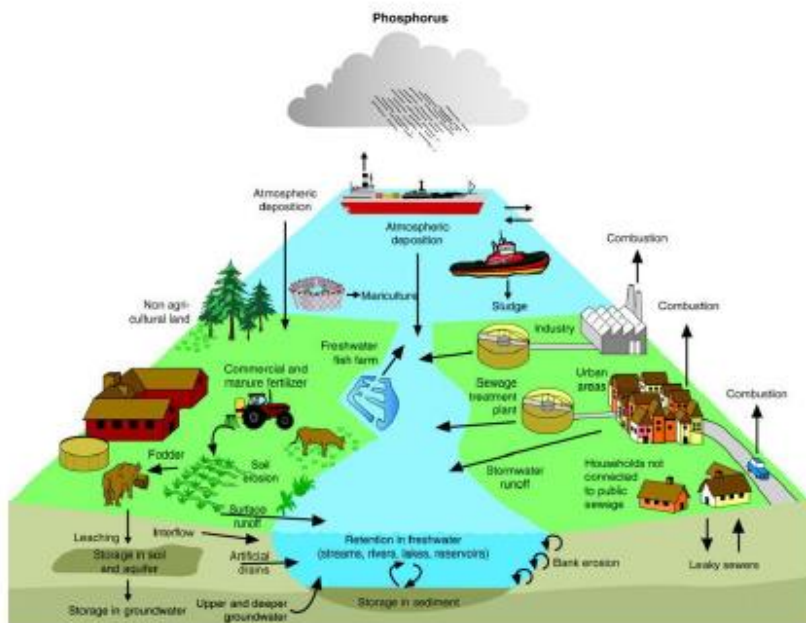
elsavie



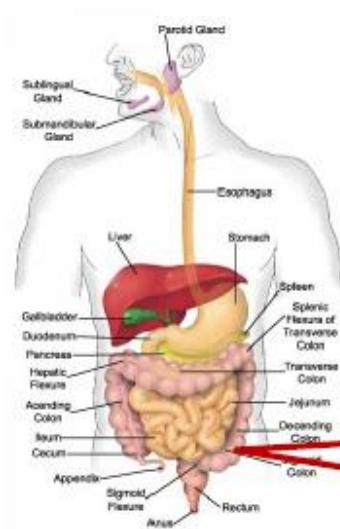
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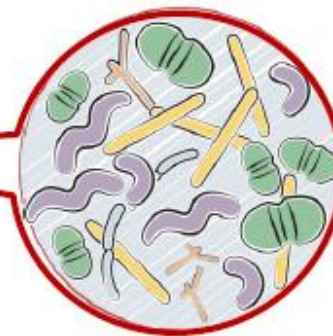
Ökosüsteem



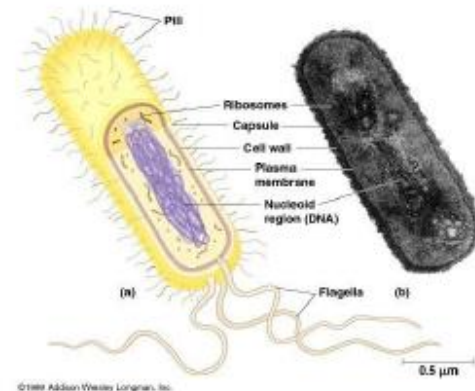
Inimene kui superorganism



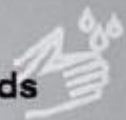
Mikroorganismide kooslus - mikrobiota



Bakter kui üksikrakk



**! wash
your hands**



feces
catcher

Carefully loosen in the direction of the arrow



5. After taking the sample loosen the FecesCatcher on both ends and squeeze the ends together.
6. Drop the FecesCatcher in the toilet bowl and wait a moment, until the paper is soft and can easily be flushed down the toilet.

The FecesCatcher should also be used in shelf toilets, because detergents or fragrances contained in the flush water may adversely affect test results.



FecesCatcher

1 gather the stool

Attach the feces catcher to the toilet as shown in the instructions of the feces catcher. Gather the stool sample on the feces catcher

Carefully loosen in the direction of the arrow

2 swab the sample

Open the sterile swab carefully ensuring that you don't touch the cotton end with your hands. Insert the end of the sterile swab into the middle part of the stool (about 1 cm / 1/2 inch). Insert the swab in the same manner in 3 different areas of the stool.

sterile
swab

3 insert the sample

Unscrew the solution filled tube. Insert the swab into the solution and twist around for about 1 minute. Make sure that there is at least so much sample as to cover the bottom of the tube. Snap the swab stick at neckline of the solution tube and leave the cotton end in the tube and close the cap tightly.

Wash your hands again



Mark the date and time of the sample on the tube in the format day / month / year with a permanent felt marker. Post the sample as soon as possible but definitely within 7-10 days of taking it.

4 return the sample

Place the sample tube in the return envelope and seal the top. Put the envelope in the mail. Move on to the step 5. Find it under the envelope.

RESPONSE PAYEE/REPLY PAID
ESTONIA/ESTONIA

TFTAK
Aadressivä tee 100
10418 Tallinn
ESTONIA

PRIORITÄÄR
PÄR AVION
BRS/CRII N° 2002

supplements, which you can order from
elsavie.com

return
envelope

elsavie



Euroopa Maaelu Arengu
Põllumajandusfond:
Euroopa investeringud
maapiirkondadesse

healthy from the inside out
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