



ANA HELENA PINTO

**NUTRITIONIST,
CEO & FOUNDER
OF *NUTRITION FOR HAPPINESS***



MY STORY

2014

U. PORTO



FACULDADE DE CIÊNCIAS DA NUTRIÇÃO E ALIMENTAÇÃO
UNIVERSIDADE DO PORTO

Bachelor in Nutrition Sciences

Traineeship as a student at Food Service in a catering's business and a gastron's hotel

2015

Traineeship as a Nutritionist in Clinical Nutrition and in Food Service in a gastron's hotel

2016

Creation of the concept “Nutrition for Happiness”

“For Happiness” Co-founder and Clinic Coordination at “Casa da Saúde da Boavista”

Trainer at **SIMETRIA** project

Creation of the concept and project “**GEOFOOD - Projeto de Turismo de Saúde – Bem estar**”



4TH EATING CITY SUMMER CAMPUS PARTICIPANT (FIRST TIME)

ME & DIALOG!



Ana Helena Pinto

Nutritionist
years old, from Arouca, Portugal

I'm a nutritionist, interested in learning more about the humanity and the richness of its diversity. I believe that the dialogue between different people, with distinct perspectives, is the most effective way to find new solutions and answers for the problem we face today.

FINAL WORK

UNITED 4 FOOD
For a Regenerative Food System



The 4th Villarceaux Declaration 2016:
Together to Share a new Vision of Public Food Services
in the European Cities



**POWERED BY EARTH,
FOR A HEALTHY LIFESTYLE**

· Alimentação · Território ·
· Sustentabilidade · Turismo ·
· Sabor · Saúde



TO CONNECT THE CONSUMER, THE CLIENT AND THE TOURIST TO THE PRODUCTS OF A REGION, THE CULTURE, AND THE ORIGINS

Ana Helena Pinto | anahelenapinto@nutritionforhappiness.com | + 351 961 401 506 | @nutritionforhappiness





2018

EATING CITY
INTERNATIONAL PLATFORM
2010 - 2030

6TH EATING CITY SUMMER CAMPUS
CREATION OF THE FOCUS GROUP - NUTRITION

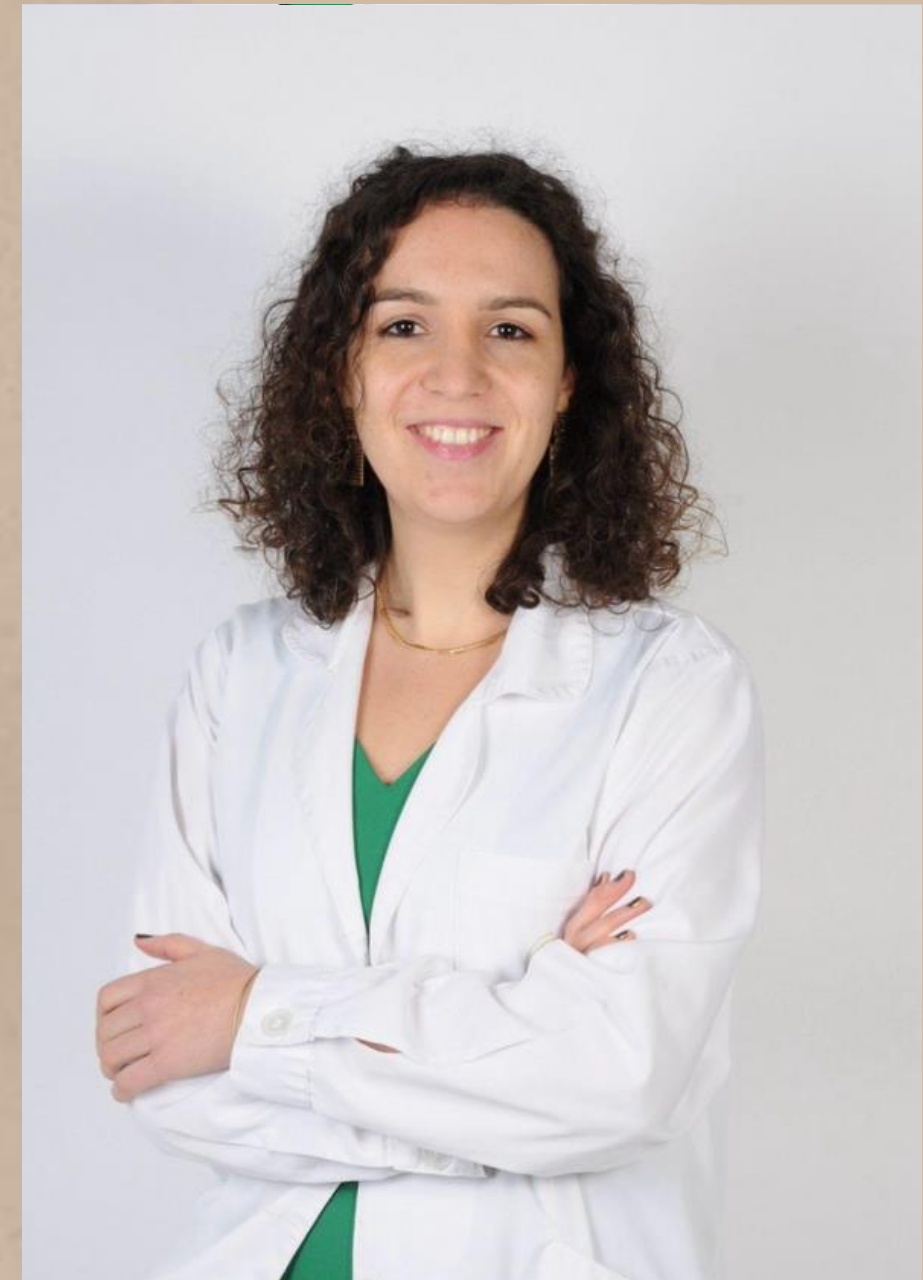


I'm a nutritionist, interested in learning more about the humanity and the richness of its diversity. I believe that the dialogue between different people, with distinct perspectives, is the most effective way to find new solutions and answers for the problem we face today.



2017 - 2018

- **Implementation of Menu's Geofod in 5 restaurants**
- **Honorable Mention in "Food Sustainable" in the "Food & Nutrition Awards"**
- **Pilot project in a school canteen**
- **Education program with culinary students**
- **Food tourism - experiences and itineraries**





Arouca Agrícola

<https://www.cm-arouca.pt/municipio/areas-de-atuacao/agricultura/arouca-agricola/>, acedido no dia 29 de agosto de 2024

2019

EATING CITY
INTERNATIONAL PLATFORM
2010 - 2030

7TH EATING CITY SUMMER CAMPUS
Facilitator



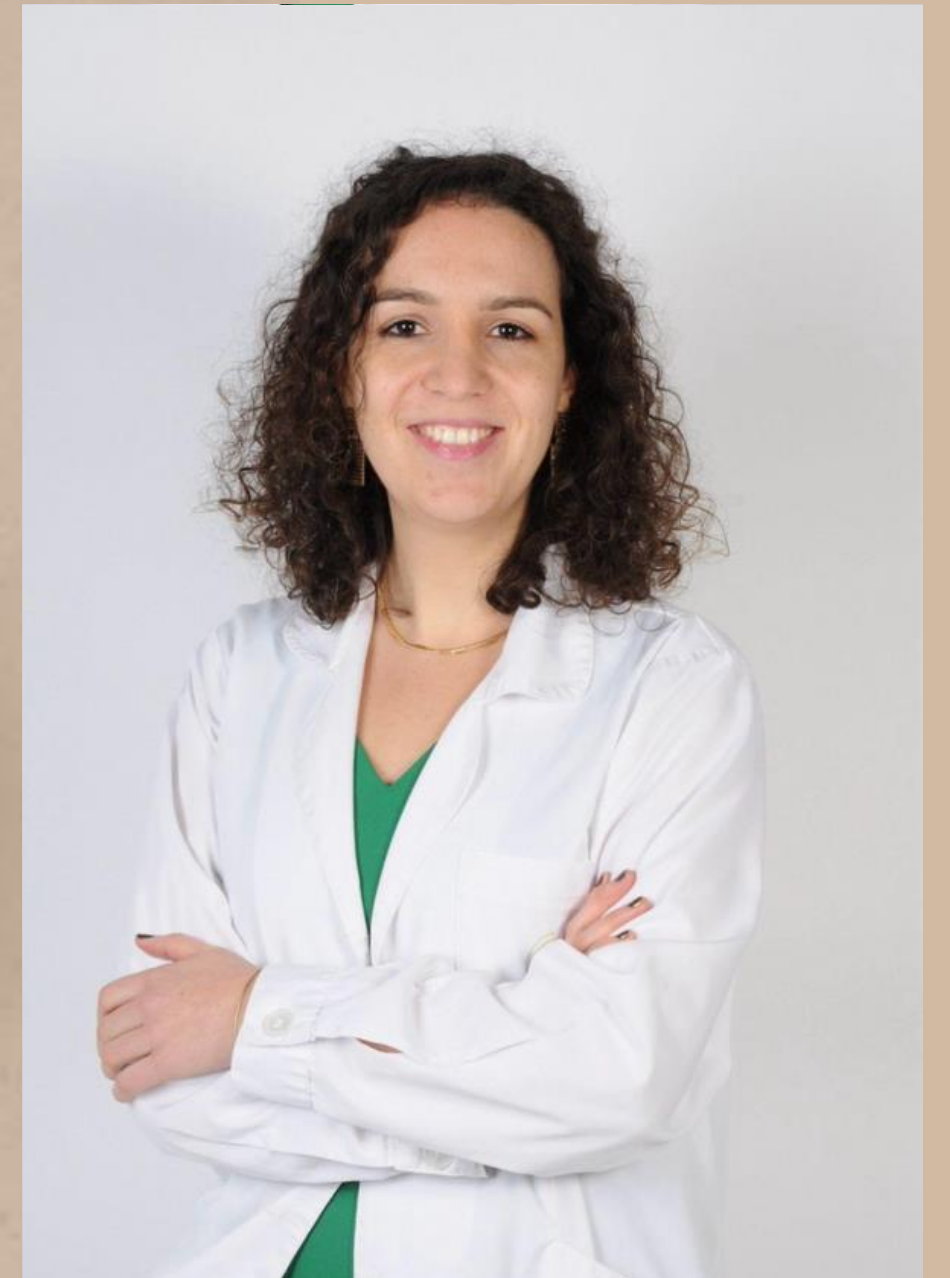
Ana Helena Pinto

Ana Helena Pinto is a nutritionist from Portugal. Founder of Nutrition for Happiness. Co-founder and coordinator of Clínica for Happiness (of the Casa de Saúde da Boavista). Author and consuler of Geofood from Arouca Geopark. Member of Health, Dialogue & Culture. With her work pretends to contribute for a food's integrated approach between personal and environmental issues.



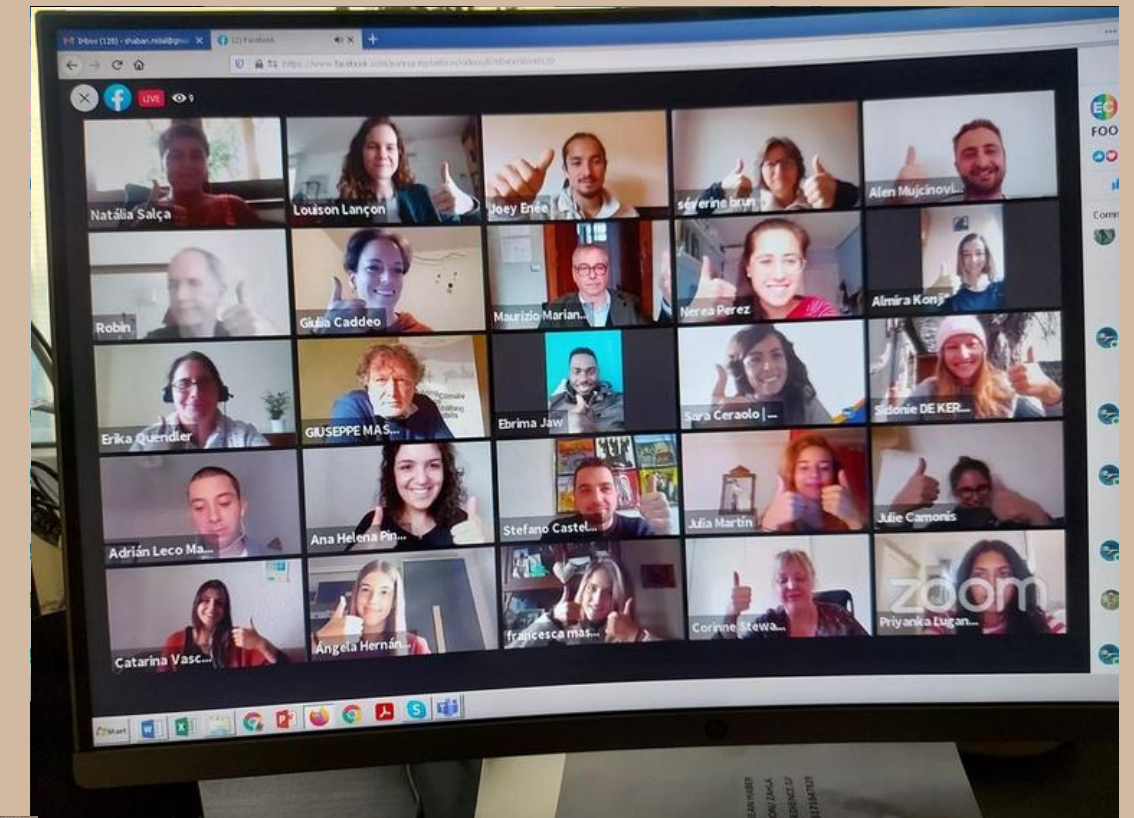
2019

- **Consultant for a municipality agro-food strategy**
- **The creation of first “Food Identity Book” - for “Terra Maronesa”**



2020

- Professor at **CESPU - Cooperativa de Ensino Superior Politécnico e Universitário**
- Consultant at **“+ Saudável + Sustentável” Project to the social` s sector in Porto’s Municipality**



Food Wave Online Meeting



Nutrition for Happiness

Alimentação Integral e Integrada
Nutrir o Ser para a Felicidade

Identificar e fazer cumprir o potencial positivo que a alimentação e a nutrição têm a nível pessoal, comunitário e ambiental, no contributo do desenvolvimento, melhoria, bem-estar, saúde e felicidade.

A alimentação como fonte de nutrição multidimensional tem o poder de suscitar o máximo potencial positivo a nível pessoal, comunitário e ambiental.

Lealdade | Sustentabilidade | Rigor
Criatividade

Já conhece
os nossos Serviços?

The infographic features six icons in rounded squares, each with a corresponding service name below it. The background is a blurred office scene. At the bottom, there is a logo consisting of three concentric circles and the text '@nutritionforhappiness'.

- Consultoria & Projetos**: Icon of three people with a speech bubble.
- Consulta de Nutrição**: Icon of a person holding a clipboard and talking to another person.
- Nutrição para Clubes Desportivos**: Icon of a soccer ball.
- Nutrição para Empresas**: Icon of three people sitting at a table.
- Nutrição Escolar**: Icon of a stack of books with an apple on top.
- Mentoria e Formação**: Icon of a shield with a checkmark inside.

@nutritionforhappiness

2021 - 2022

EATING CITY
INTERNATIONAL PLATFORM
2010 - 2030



2nd Meeting of the Eating City Platform Ambassadors

Eating City - Food Wave Manifest

- For Young people reflect on the topics of food and sustainability
- Opportunity to reflect on our path with the Eating City Platform!

2023 - 2024 FOOD IDENTITY

27 MUNICIPALITIES

2 FOOD IDENTITY'S BOOKS

MENTORNG PROGRAMS FOR MUNCIIPALITIES, SCHOOLS, SOCIAL SECTOR, TOURIST EVENTS AND LINK BETEWWEN
PRODUCTERS AND CONSUMERS



2023

EATING CITY
INTERNATIONAL PLATFORM
2010 - 2030



The City Food Maker: a new skill for transitioning to sustainable food systems - skills for sustainable, resilient, and socially fair communities"

Participant at a [Food Wave project](#) event along with ambassadors from the Eating City Platform



AND ALSO...

- **Consultant and trainer on various projects and areas, such as school nutrition, sustainable food, and new trends and innovation in food services and Food Hygiene and Safety - Restaurants & Hotels;**
- **Creator and facilitator of various workshops, seminars and activities in different areas of nutrition, as well as capacitation and motivations programs and creative writing.**
- **Speaker at various congresses, symposiums, and scientific seminars.**



2024..



**"NUTRITION INVOLVES THE INNER SELF.
TO BE, ONE MUST NOURISH AND GROW. BE HAPPY."**

Ana Helena Pinto



Thank you Eating City!



...of sustainable approach, which would reduce food waste by ...

... industrial farming and animal husbandry practices by raising awareness through cool ...

... of farming systems by researching forgotten foods and old varieties to grow ...

... include in my diet and by sharing my experience and enthusiasm.

... find their own way towards a balance among health, nature and ...

... reduce my personal consumptions of ultra-processed foods.

... emance by establishing a low environ...

Auton Bluel

Amel Jean

Amel Helene Pinto