

Healthy Eating Guidelines

FOODS TO EAT IN ABUNDANCE

Vegetables and fruit (50% of plate) – contains abundant fibre, vitamins, minerals, and phytonutrients giving antioxidant and anti-inflammatory properties. Choose a variety of vegetables and fruit with a rainbow of colours daily. Eat as much raw food as possible

Deep-coloured 'rainbow' vegetables: tomatoes, peppers, sweet potatoes, squash, pumpkin, beetroot. Use in stir-fries, salads, soup, roasted etc.

Cruciferous vegetables: broccoli, kale, Brussels, cauliflower, spring greens. Added to soups & stews, steamed & dressed with olive oil & lemon, garlic, balsamic or lime, tamari & sesame seeds.

Seaweeds: Add to stews, soups, salads or in sushi (gives a savoury taste and a good salt replacement).

Herbs and Spices: thyme, rosemary, mint, turmeric, cinnamon, clove, garlic, mustard etc.

UK fruit: berries, apples, pears, plums, apricots. Grate or finely chop and add to yoghurt, porridge, muesli and desserts.

Tropical fruit: kiwi, mangoes, melons, pineapple, papaya, lychees, paw-paw.

Herbs and spices – these give a powerful boost to the nutrient value of your meal: examples include rosemary, thyme, mint, basil, parsley, turmeric, cinnamon, garlic and ginger. Use fresh or dried herbs in salads or in cooked dishes. Herbal teas are also good.

Sprouts

Protein Foods (25% of plate) – these have many vital roles in the body including supporting repair function. Try to include protein at each meal.

Pulses – Relatively high in protein compared with other plant foods. Low in fat, low GI, and high in fibre, phytoestrogens, vitamins and minerals: beans, lentils, chickpeas and peas. Add to soups, salads and stews; 50% of meat in a recipe can be replaced by beans. Tinned beans, lentils and chickpeas are easily stored. Choose Whole Earth baked beans (low in sugar).

*Oily Fish – rich in vitamin E and omega 3 fatty acids: salmon, mackerel, herring and sardines. Grill fresh fish or try tinned fish on toast with rocket, lemon and black pepper, fishcakes, in salads, in pasta.

Free range eggs - A high quality protein containing iron and choline: Poach, boil, add to food but don't fry!

Dairy: cottage cheese and natural yoghurt. Cheese can be made into dips, and yoghurt with berries and seeds, smoothies, on muesli.

Organic White meal – A high quality protein: Chicken, game and turkey. Eat approximately twice a week.

Nuts and Seeds – dense in minerals especially zinc, vitamin E and essential fatty acids: almonds, brazil nuts, hazel nuts, walnuts, sunflower, sesame, pumpkin and linseeds. Snack on with fruit, add to muesli and soak overnight, grind on porridge or in salads. Good seed mix for grinding = ½ linseeds*, 1/6 sunflower, 1/6 pumpkin, 1/6 sesame seeds.

Starches (25% of plate)

Whole-grains – Provides the body with important nutrients in particular fibre, B vitamins, vitamin E and various minerals: brown rice, oats, whole-wheat pasta, brown bread, whole-wheat couscous, rye, barley, millet, buckwheat, maize and quinoa.

Good Fats – these are essential for your body and the integrity of your cells. Saturated and unsaturated fats are important for good health.

*Oily Fish – (as above)

*Nuts and Seeds – (as above)

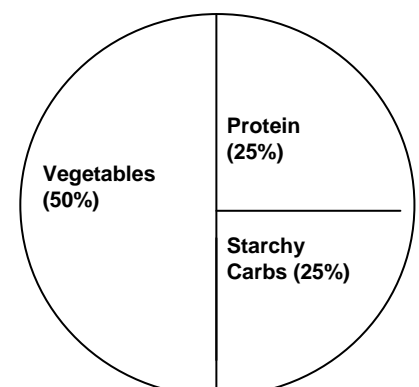
Vegetable oils – choose extra virgin and cold-pressed oils. These oils can be damaged when heated to high temperatures: olive oil, nut and seed oils (e.g. hemp, sunflower, pumpkin seed oil)

Butter – this is far better than any type of margarine, low-fat spread or spreadable butter which normally contain damaged fats. Use in moderation.

Fluids

Filtered water: 8 glasses per day or 2 litres

Red wine: less than one glass per day.



FOODS TO EAT IN MODERATION

Red meat – unprocessed red meat consumed once a week contains B vitamins and certain minerals. Lots of red meat can be detrimental to health: lamb and beef

Other dairy products – high in saturated fat and hormones: butter, cream and milk. Substitute with rice, oat, almond or soya milk.

Salt – many people consume too much which upsets delicate balance of minerals in the body.

Smoked and cured foods – contains nitrates, saturated fats, salt and more which may-be detrimental to your health: salami, sausages, ham, and luncheon meats.

Fruit juices and dried fruit – dilute fruit juices 50/50 and soak dried fruit overnight.

Alcohol – depletes many nutrients especially B vitamins and zinc

FOODS TO AVOID OR ATLEAST MINIMIZE

Sugars – these have a high GI causing a fast release of sugar into the blood: white and brown, honey, maple & corn syrup, fructose, dextrose, maltose, malt dextrin. Alternatives include agave nectar, xylitol, FOS, molasses, stevia.

Sugary foods – these have a high glycaemic load: jams, jellies, fruit in syrup, desserts, fruit yoghurts, soft drinks, cordials, sweets, milk chocolate, commercial breakfast cereals and even fruit juices. Substitute with 70%+ chocolate, nuts, seeds, diluted fruit juices. Consider smoothies to be a food rather than a drink.

Refined grains – essential nutrients and fibre are removed during refining leading to a fast release of sugar into the blood: white flours, breads, pasta, rice and pastries. Alternatives include wholegrains, oats, brown rice, rye, pulses.

Caffeine – increases your body's production of stress hormones. Green and white tea is high in antioxidants: tea (black, green and white), coffee, cola and chocolate.

Deep fried foods and hydrogenated fatty foods – can damage your cells: chips, crisps, doughnuts, salty snacks, battered and breadcrumbed food, packaged biscuits, cakes and pastries.

Processed foods – tend to be high in salt and sugar, and low in nutrients: tinned, packaged and pre-prepared foods.

Summary of the dietary recommendations

Foods to eat in abundance	Foods to moderate	Foods to avoid (or at least minimize!)
<u>Vegetables and fruit</u> Rainbow vegetables Cruciferous vegetables Seaweeds Herbs and spices Fruit	<u>Red meat</u> – lamb and beef <u>Other Dairy products</u> – milk and cream <u>Salt</u> <u>Smoked and cured foods</u> – salami, sausage, ham, luncheon meats <u>Alcohol</u>	<u>Sugars</u> – white and brown sugar, honey, maple & corn syrup, fructose, dextrose, maltose, maltodextrin. <u>Sugary Foods</u> – jams, jellies, fruit in syrup, desserts, fruit yoghurts, soft drinks, cordials, sweets, milk chocolate, commercial breakfast cereals and fruit juices <u>Refined grains</u> – white flours, breads, pasta, rice and pastries. <u>Deep fried foods and hydrogenated fatty foods</u> – tinned, packaged and pre-prepared foods <u>Caffeine</u> – tea (black, green and white), coffee, cola and chocolate
<u>Protein foods</u> Pulses Oily fish Free range eggs Cottage cheese and yoghurt White meat Nuts and seeds		
<u>Starches</u> Whole-grains		
<u>Good fats</u> Oily fish Nuts and seeds Vegetable oils Butter		
<u>Fluids</u> Filtered water, herbal teas etc – 2 litres per day		