

# Healthy Eating Guide



The following sheet is meant to be a general guide only. It does not address specific issues such as food allergy or intolerance, particular disease states or nutrition for particular age groups. Your own dietary situation needs to be assessed by a naturopath or nutritionist to ensure you get the best results.

## Some extra guidelines include:

- \* Enjoy your food. Sit and eat, don't eat and run. Use it as necessary down time to de-stress. This will help you digest and get the most nutrition from it.
- \* Have plenty of variety. Eating the same thing every day leaves you open to nutrient deficiencies if your diet is lacking.
- \* Trim all meat fat off before cooking. Meat fat is saturated fat that adds weight and promotes heart disease.
- \* Use plenty of fresh herbs, extra virgin olive oil, and look for products that do not contain GM substances (which are poorly tested for side effects).
- \* Use butter, not margarine. Butter is natural - just use very little of it.
- \* Cook with a little butter or olive oil. They remain more stable at high temperatures than polyunsaturated (vegetable) oils. Never heat oil to the max.
- \* Cook using stainless steel or pyrex glass. Don't use aluminium, or teflon pans.
- \* Keep your salt intake controlled. High salt consumption leads to hypertension.
- \* Buy organic whenever you can afford it. More nutritious and no pesticides.



## On rising

Your choice of:

- \* Juice of half a lemon in warm filtered water. Bitters are great for digestion.
- \* A slice of fresh ginger in filtered water
- \* Freshly squeezed grapefruit juice
- \* A teaspoon of apple cider vinegar in hot water with a little honey

Take probiotics at least half an hour before any of the above



## Breakfast

This is the most important meal of the day, and should be a generous one. You do need protein at every meal, particularly breakfast.

Your choice of:

- \* Yoghurt (non-sweetened, preferably organic or home made) with fruit (banana, grated apple, dried apricots and sultanas, wheatgerm and honey. Avoid yoghurt with artificial sweeteners.
- \* Poached, scrambled or boiled egg on wholemeal (not white or multigrain) bread
- \* Wholemeal toast with sardines or baked beans & cheese or ricotta or nut butter with sesame seeds or hommous. Add tomatoes (fresh, grilled or sundried).
- \* Soak 3/4 cup rolled oats overnight in water (leave in the fridge). In the morning tip off excess water, and add yoghurt, banana, grated apple and chia seed
- \* Brown rice with a miso soup and tofu/tempeh
- \* Fruit smoothie with milk or soymilk, plus a banana, lecithin (make sure it's not GM lecithin - buy German products), wheatgerm and lots of berries (great antioxidants. Finish off with a raw apple.
- \* Fresh ricotta mixed with grated apple, grapes, sultanas and berries.
- \* Couscous with milk, yoghurt and dried or stewed fruit.
- \* Porridge made with rolled oats. Add sultanas, dried apricots and slivered almonds, and serve with milk or soy milk and chia seed.
- \* Last night's casserole leftover
- \* A high quality organic commercial cereal plus wheatgerm/chia seeds, chopped fruit and milk or soymilk



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## Lunch/Dinner

Your choice of

\* A big raw salad (lettuce, capsicum, grated carrot, olives, tomatoes (fresh or dried), shallots, garlic, lemon juice, mustard, fresh or dried herbs, parsley, cauliflower, shredded cabbage or any veg you wish, plus a good helping of protein: tuna/salmon/home-cooked meat/hard boiled eggs plus parmesan. If vegetarian see the Protein for Vegetarians fact sheet for suggestions as to how to combine proteins to get the best from them.

\* A sandwich on wholemeal bread (wheat or rye) with protein, plus salad veg

\* Stirfried veg with tofu and nuts/chicken/fish/beef or other protein source

\* Brown rice, wholemeal or buckwheat pasta with grated cheese, fresh herbs (parsley, basil), garlic, sundried tomatoes and tomato sauce

\* An omelette or quiche

\* Hearty vegetable soup with beans/grains for protein. Serve with a wholemeal bun and garlic butter

\* Grilled chicken in a mustard sauce or grilled fish with roast vegetables



## Snacks - morning and afternoon tea

\* Raw vege sticks (carrot, cucumber) with hommous

\* Fresh nuts and seeds - about 100g

\* Rice cakes with avocado and tomato

\* A piece of fruit

\* Bruschetta - wholemeal toast rubbed with garlic, and piled with chopped tomatoes, torn basil and extra virgin olive oil

\* Fresh fruit smoothie (as for breakfast)

## Drinks

\* Water - about 1-2 litres of filtered water daily. Don't drink chlorinated or fluoridated tap water. Research is showing both chemicals can affect the thyroid

\* Green tea has great polyphenols and no tannin or caffeine

\* Herb teas can have benefits specific to the herb. eg sage tea can reduce hot sweats

\* Fresh fruit juice (not too much - it's a concentrated food) with spirulina

\* Dandelion coffee, Caro and bamboo beverages



## Avoid:

\* all artificial sweeteners, processed foods and all white flour products

\* sugary products (sucrose, fructose) that can promote weight gain and diabetes

\* margarines

\* anything with a long ingredients list on the label. The more chemicals, the more health problems it can raise

\* dried fruit covered in mineral oil. The oil blocks absorption of nutrients

\* more than 1-2 cups of coffee per day

\* no-oil salad dressings and "lite" products. They can be high in sugar and additives, and "lite" olive oil is much more chemically processed than extra virgin

\* all known or suspected allergens

\* storing food in plastic containers as plasticisers can leach into food



## Sweeteners

For sweetening, try stevia (an acquired taste, but no calories and it's a herb),

xylitol (not as good, but in small quantities acceptable), rice syrup, barley syrup,

honey (not for babies), maple syrup and agave nectar.