

HEALTHY EATING PRINCIPLES



A POCKET NUTRITION GUIDE-PART I

Healthy eating is essential to health, achievable and fun!
Below is advice on what to REDUCE/ AVOID as part of a healthy lifestyle approach.

Part II provides information on what to INCREASE

Avoid/ Reduce

Refined carbohydrates

White flour products: bread should be brown with seeds in it, such as fresh granary; pasta should be wholemeal.

Refined sugar

These are any sugar other than unrefined darker type sugars, such as dark muscavo.

Natural sweeteners, Manuka honey and organic unfiltered honey are good alternatives to refined sugar and worth trying out

Refined fats

Margarine and oils, such as sunflower, vegetable, corn, etc.

Unsalted butter, in small amounts is preferable.

Unrefined (preferably unfiltered) extra virgin oil is nutritious and best consumed cold.

Refined virgin oil is a reasonable alternative to vegetable oils for light frying. Avoid deep fried foods.

Red meat/ poultry without fat removed

High in saturated fats, which increase cholesterol in the body and are inflammatory, increasing disease risk. Potentially high in pesticide and hormone residues, unless from organic sources.

Excess dairy

Dairy may be inflammatory in the body and mucous forming (which could exacerbate asthma, sinusitis, in some individuals)

It is preferable to consume milk in moderation and opt for organic, to avoid consuming hormone and pesticide residues that may be present in standard versions.

Caffeine

Caffeine causes a stress reaction in the body, leading to blood sugar and energy imbalances, hormone imbalances, and vitamin and mineral depletion.

Limit intake to less than 2 cups of coffee daily or less than 3 cups of tea. Cola drinks are best taken in moderation due to their potential sugar content and their high caffeine content.

Given the COVID-19 pandemic and the major disruption to our daily lives, we are pleased to offer 50% off our accredited/ certified courses. Use code: HALFOFF

