

HEALTHY EATING PRINCIPLES



A POCKET NUTRITION GUIDE-PART II

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

Part I provides information on what to REDUCE

Increase

Organic foods, if possible

Significantly lower in pesticides and additives that are detrimental to health

Fruits and vegetables

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.

Notes on fruit:

The current wisdom is that fruit consumption is aligned with reduced risk of these diseases is unquestioned, however recent reports have made a link between frozen and canned fruit consumption and increased risk of heart disease, stroke and cancer. The association is not clear though; it may be that the consumption of these foods is benign and other important factors, such as problematic fats (e.g. damaged fats in the diets) in the diets of those studied, is more a concern. The sensible advice is to continue eating as much fruit as possible with the majority coming from fresh option with less consumption of frozen and canned fruits. It is best to opt for frozen or canned fruits that are without added sugar.

Whole grains, lentils, beans

These are high in nutrients, especially protein and fibre.

Protein

Have protein with most meals. Aim for (lean) animal protein and vegetable protein, such as lentils and beans which are sources of high quality protein. Poultry, lean meat, seafood, eggs, beans, peas, unsalted nuts and seeds are good quality sources of protein.

Water intake

Filtered or bottled water is ideal.

It is best to drink small quantities with meals and more between meals, aiming for a steady supply through the day.

N.B. Soft drinks are best consumed in moderation and should ideally be free from preservatives and sweeteners. Fresh fruit juices are a healthier option and they are best diluted to reduce the amount of sugar consumed.

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

