

FOOD4HEALTH GUIDELINES

FOR ADULTS AND CHILDREN OVER 6

Unprocessed, diverse, lower carb, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed foods between ≥ 5 h periods of fasting by day and ≥ 12 h overnight (i.e. 'intermittent fasting'), along with regular physical activity, is the foundation for a healthy lifestyle



10 KEY POINTERS

- 1 Macronutrient composition by energy contribution (kcal or kJ) should be approximately 20% protein (4 kcal/g), 30% carbohydrates (4 kcal/g) and 50% fats (9 kcal/g)
- 2 Minimise consumption of highly processed food
- 3 Consume plenty of fresh, raw foods
- 4 Avoid high-temperature cooking methods (frying, grilling), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- 5 Healthy fats for cooking include extra virgin coconut oil, unfiltered extra virgin olive oil and butter (the latter assuming no lactose intolerance)
- 6 Consume plenty of fresh herbs and non-irradiated, preferably organic, spices
- 7 Avoid snacking and try to maintain 5 or more hours between meals
- 8 Consume at least 1.5 litres of spring or filtered water daily (more if exercising intensively), between meals
- 9 Avoid all foods which trigger intolerance or allergy (concentrated sources of nutrients)
- 10 Seek advice from a qualified and experienced health professional on the most appropriate supplements (concentrated sources of nutrients)

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QUICK and EASY WINS

Protein

- Cottage cheese
- Feta cheese
- Hard boiled eggs
- Greek yogurt
- Nuts and seeds
- Alternative pastas made from peas, lentils or buckwheat
- Canned salmon or sardines
- Lentils or chickpeas tinned or blended as dips, e.g. hummus
- Tempeh or tofu stir fried or grilled
- Unsweetened nut butters
- Protein powders (Form Nutrition or Vivo Life do good plant-based versions)

Fats

- Drizzle/ dressing of extra virgin olive oil, or flax seed oil (store flax seed oil in the fridge)
- Oily fish such as salmon, mackerel, sardines (tined versions are fine)
- Olives
- Handful of nuts e.g. almonds or walnuts or seeds e.g. pumpkin or sunflower
- Chia or flax seed – sprinkled over porridge/salads or soaked and stored in fridge
- Dark chocolate (70% or over)
- Olive oil hummus or tahini spread
- A knob of grass-fed butter, or ghee for cooking
- Avocado

Carbohydrates

- Vegetables- all varieties and colours, try sweet potatoes, carrot, celery and peppers – aim to eat as wide a variety of colours as you can each day
- Fruit up to 3 portions per day - especially berries (rich in antioxidants), apples good for digestive health and great paired with nut butter for a snack
- Brown rice
- Legumes – chickpeas, beans (e.g. black, kidney, butter, etc.), lentils
- Wholegrains e.g. oats, wholegrain bread (especially sourdough)

BALANCED MEAL AND SNACK IDEAS

Breakfast

- Greek yogurt, a scooped handful of jumbo oats, nuts/nut butter/tahini and seeds with berries or stewed/pureed fruit
- Chia pudding (chia seeds soaked in coconut or almond milk for 30 mins or overnight) topped with berries/ fruit and nut butter
- 2-4 eggs scrambled with grilled mushroom/ tomatoes on a piece of toast with butter
- Cottage cheese and berry smoothie with a banana and blueberries
- Almond and banana smoothie
- Overnight oats – oats, chia seed, Greek yogurt, milk of choice plus any fruit you enjoy (frozen berries work well) mix and leave in the fridge overnight for a stress-free breakfast.



Lunch

- Tin of oily fish (salmon, mackerel, sardines) on toast or crackers with butter and salad e.g. watercress/ rocket/ baby spinach – sprinkle with chopped nuts/seeds for extra nutrients
- Cottage cheese/ feta/ halloumi with olive oil roasted vegetables and sourdough toast
- Pea/ lentil/ buckwheat pasta with crumbled feta or grated cheddar and pesto, add extra veg of choice if you want to
- Mixed leaf salad with roasted pumpkin and sunflower seeds and poached eggs
- Quinoa salad with black beans, olive oil and lemon juice dressing with cherry tomatoes and cucumber.

Snacks

- Apple with tahini, peanut or almond butter
- Olive oil hummus or nut butter with carrot/ cucumber/ celery sticks
- Cottage cheese on rice/ corn cake with sliced cucumber or tomato
- Cup of broth or stock or Bouillon powder
- Cocoa with added collagen or gelatine or coconut oil
- Lentil or buckwheat cracker with butter
- Nut butter/tahini cookies



Evening meal

- Slow cooker beef/chicken/ lamb with carrots, celery, garlic
- Baked salmon with seasonal vegetables and brown rice or noodles
- Prawns with brown rice or buckwheat noodles and steamed broccoli, tender stem or peas
- Beef and kidney bean chili with pea/ lentil/ buckwheat pasta or brown rice and cheese
- Roast chicken with rainbow of seasonal vegetables
- Vegetable curry and lentil dhal with brown rice

