

HEALTH AND WELLBEING



Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

EAT A RAINBOW
7 a day
(5 veg and 2 fruit)

EXERCISE



Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.

DRINKS

Drink water, tea (black, green, fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners, including fruit juice.

LEAFY GREENS & SALADS

ROOT VEG & WHOLEGRAINS

OILS

Cook with healthy saturated fats like butter or coconut oil, and add olive oil at the table. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.

FRUIT

Eat 1-3 palm-sized portions of fruit a day. Choose different colours and eat locally (e.g. pears, apples, plums, berries) and seasonally.

OTHER VEG

PROTEIN

Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.

Multi-vitamin and extra vitamin D for most people. Probiotics and blood sugar support, as advised by nutrition healthcare professional.



British Association for Applied Nutrition & Nutritional Therapy

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THE WELLNESS SOLUTION