

HEALTH & 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.

SALADS & VEGETABLES

Unlimited salads, leafy greens and vegetables, excluding root vegetables.

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.

OILS

Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.

FRUIT

Maximum of one palm-sized fruit portion per day. Berries in abundance and local and seasonal fruit.

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

EAT A RAINBOW
7 a day
(6 veg and 1 fruit)



DRINKS

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

Limit whole grains to their natural forms (e.g. wild and brown rice, quinoa, millet, etc)

AVOID...

- ✗ Artificial sweeteners
- ✗ Fizzy/sugary drinks
- ✗ Alcohol
- ✗ Pasta, bread, sweets, cakes & biscuits
- ✗ Dried fruits and fruit juices
- ✗ Eating between meals
- ✗ Ready and processed meals

TRY TO...

- ✓ Be mindful of emotional eating
- ✓ Reduce portion sizes
- ✓ Eat sitting down, rest and digest
- ✓ Go for wholefoods
- ✓ Establish adverse reactions to food
- ✓ Prepare your own meals
- ✓ Eat right for your genes

Make fish, poultry and eggs your principal sources of protein. 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.

FIGHT THE FAT • BEAT THE BLOAT

Promote cardio-metabolic function



THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS