

# DESIGN A HEALTHY DIET

A healthy diet should be high in vegetables, fruits, and legumes, with plenty of lean protein and moderate portions of unprocessed whole grains and healthy fats. Eat *at least* 5–6 servings of fruits and vegetables per day. Choose nutrient-dense foods that contribute to health, instead of processed and sugary ‘empty calorie’ foods.

- ❖ Aim to get 50 per cent of your carbohydrates from fruits and vegetables, and 50 per cent from whole grains.
- ❖ Choose lean protein sources such as skinless chicken breast, fish (broiled or steamed, not breaded and fried), extra-lean cuts of beef and pork, low-fat dairy products, and tofu or tempeh.
- ❖ Limit sugary foods and soft drinks.
- ❖ Have an occasional small serving of raw nuts and seeds.
- ❖ Include protein, carbs, a little fat and a vegetable or piece of fruit in every meal or snack.

## HEALTHY CARBOHYDRATES

**Whole grains:** Brown rice, pot barley, quinoa, amaranth, millet, old-fashioned oats, buckwheat, kamut, spelt, corn

**Starchy vegetables:** Potatoes, sweet potatoes, yams, squash, parsnips, turnips, pumpkin

**Beans and pulses:** Black beans, kidney beans, romano beans, chick peas, lentils, green peas, sprouts

## HEALTHY PROTEIN

**Animal sources:** fish, chicken, turkey, lean red meats in moderation – organic when possible

**Beans and pulses:** Tempeh, tofu, black beans, kidney beans, romano beans, chick peas, lentils, green peas, sprouts

## HEALTHY FATS

**Animal sources:** Wild salmon, mackerel, sardines, raw goat/sheep cheese

**Vegetable sources:** Avocados, extra-virgin olive oil, raw nuts/seeds (walnuts, ground flax, almonds, sesame, macadamia, pumpkin, organic Valencia peanuts). Avoid regular peanuts, which are heavily sprayed with pesticides and often contaminated with a toxic fungus.

**For cooking:** Virgin coconut oil, extra-virgin olive oil, or even butter remain stable at higher heat. Never cook with polyunsaturated oils, such as flax oil. Instead, eat some freshly-ground flax seed each day.

**\*Avoid foods containing hydrogenated vegetable oil, shortening, or margarine (unless non-hydrogenated). Read labels before buying and eating processed foods.**

## HIGH ANTIOXIDANT FOODS

Eat a rainbow everyday; the more colour and variety, the better!

**Fruits:** blueberries, apples, blackberries, pomegranate, cranberries, cherries, prunes, pears, grapefruits, bananas

**Vegetables:** dark leafy greens (spinach, kale, dandelion greens, mustard greens, cilantro) broccoli, beets, bell peppers, carrots, artichoke, tomatoes, onions, garlic

**Spices:** Turmeric, cinnamon, oregano, cloves, cayenne

## THE ART OF SNACKING

To avoid grabbing a sugary or salty snack when hunger hits, plan ahead and always have healthy snacks on hand. Eating small, balanced meals throughout the day to maintain your energy levels. Here are a few healthy snack ideas:

- ❖ Wholegrain crispbread with hummus (read labels, watch for additives), nut butter (almond, cashew), or salsa
- ❖ Fresh vegetable sticks such as carrots, celery, cauliflower or broccoli dipped in tahini (sesame seed paste – makes a great dip!), hummus, or nut butter
- ❖ Plain yogurt with frozen wild blueberries, sprinkled with ground flaxseeds
- ❖ Fresh or dried fruit and *raw* nuts and seeds