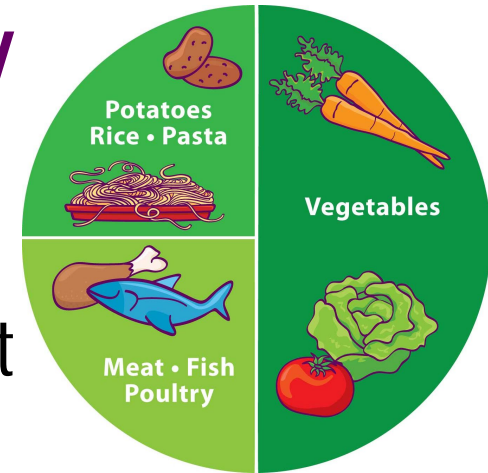




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# Eating for vitality

- Every meal combine slow releasing carbohydrates, protein and healthy fat
- Cut down on stimulants such as caffeine, sugar, refined carbohydrates, processed food and alcohol to avoid the 'highs' and 'lows'
- Eat breakfast, lunch & dinner plus a mid morning & afternoon snack. "GRAZE NOT GORGE"
- Eat 5+ portions of fruit or vegetables per day, choosing different colours to increase nutrient intake – combo of raw and cooked.



# Foods to Avoid

Below are food choices that may actually increase our stress levels:

- Coffee/tea/Red Bull/ Fizzy Drinks (stimulants)
- Alcohol
- Food intolerances (known or unknown)
- Sugar (white refined)
- White refined carbohydrates
- Processed food
- Salt (refined)
- Lack of water (dehydration)





## Foods to Enjoy

Below are food choices that will help us fight the effects of stress:

- Good quality protein – fish, chicken, eggs, beans, pulses, nuts and seeds
- Essential fats – oily fish, walnuts, seeds, avocado and olive oils
- Whole grains – rice and oats
- Vegetables and fruits – supply good fibre, enzymes, antioxidants, vitamin C and more
- Water (at least two litres a day)



## Go Low GL



- Avoid high glycemic fruits such as bananas, grapes, dried fruit and undiluted fruits juice.
- Opt for Low GL fruits - apples, berries, pears, plums and cherries.
- Watch for sugar by a different name (honey, fructose, lactose, dextrose etc.). Xylitol is a good alternative.
- Add more high fibre foods – peas, beans, wholegrain and low GL veggies and fruits.
- Avoid artificial sweeteners – no nutritional value and can increase appetite/cravings for sweet foods.

# Top Tips



1. Eat little and often- include protein at each meal/snack
2. Watch the refined carbs and sugars – Go Low GL
3. Eat real food and get cooking (you know what you are eating!)
4. Watch the hidden/extra calories – ketchup, milky/syrup coffees etc..
5. Always eat breakfast – b/fast like a king, lunch like a prince, dine like a pauper)
6. Eat Essential fats – omega 3, 6 & 9 etc.. (Fish, nuts and seeds)
7. Keep Hydrated.
8. Identify if you have any food intolerances.
9. Eat until satisfied & then stop/Eat slowly and consciously – it takes 20 minutes for our brain to catch up and tell us we are full!
10. Watch the salt and hidden sugars etc.
11. Work out what you need to eat for you age/sex & stick to it.
12. Watch alcohol – spirits with lime/soda better & always with food
13. 80:20 Rule, don't get bored & have lots of variety
14. Supplements can help – e.g. can't stop eating, crave foods, get indigestion etc..
15. Keep Happy and Keep active!