

# EATING YOUR WAY TO BETTER HEALTH

Here are my top ten dietary tips for improving your health...

**1) Go dairy-free or at least low-dairy:** Replace cow's milk with Oat Milk; Instead of spreading butter, "paint" cold-pressed Olive Oil on your bread with a pastry brush; If you can't live without Cheese then wean yourself onto Goat's Feta, and add tofu to hot dishes; Treat yourself with Gelato instead of Ice-cream. Avoid Chocolate.

**2) Go preservative and artificial additive-free:** Become a "code-breaker" and learn how to avoid processed foods with Sulfur Preservatives, Nitrates and Nitrites, MSG, Salicylates and Colorings. Major suspects = Dried fruits; fruit juices, cordials and fizzy drinks; chips and party nibbles; frozen fries, wedges and chips; preserved meats; wines, beers and pre-mixed spirits; some breads, cakes and slices (including muesli bars); some take-away fast-foods.



**3) Diversify your grains:** Don't just eat the same old bread all the time – mix up between white, wholemeal, multi-grain, rye, sourdough, spelt, sprouted grains etc. Eat a different grain for breakfast each morning. Don't always have bread for lunch and/or with every meal. Eat more rice.

**4) Increase your vegetable intake:** Eat more salads with a high raw vegetable content. Snack on vegetables. Eat as many different types of vegetables as you can. Avoid filling yourself up with just potato – eat more rice and sweet potato instead.



**5) Minimize fruits and fruit juices:** Even though fruits are said to be high in natural sugars, they are high in simple sugars nonetheless. And fruit juices further concentrate the sugar content, especially if more sugar has been added.

**6) Go Low GI:** Always choose low-GI foods over high GI: Choose a pear over and above an apple; eat a carrot or celery stick in preference to a sweet; eat nuts and seeds instead of biscuits and chocolate; breakfast on porridge instead of cocoa pops; eat wholegrain bread, not white bread; put more veggies on your dinner plate and skip dessert; pick a rice dish instead of a plate-full of deep-fried potato things.



**7) H2O is the way to go:** Always carry a bottle of water and drink ~two liters of water per day, preferably at room temperature. The increase the energy boost from your H2O, add ¼ teaspoon bicarbonate soda per 500mls, and also either a teaspoon of some liquid colloidal minerals or a tiny amount of sea salt. Avoid dehydrating drinks such as highly sweetened juices, fizzy and energy drinks, alcohol, tea and coffee. Replace caffeinated tea and coffee with herbal teas, and don't add sugar or milk.

**8) Snack for sustained energy:** Snack on vegetable-sticks, nuts, seeds, home-made muesli bars (no dried fruits), and a small amount of whole fruits.

**9) Get the good oil:** Use oils and fats in the forms that you would like them to be inside your body – liquid. Cook with cold-pressed, preferably virgin, Olive Oil. Paint some Olive Oil onto your bread and toast. Use Cold-pressed oil salad dressings. Take some Flaxseed, and/or fish oils as a supplement. Avoid solid oils such as butter, margarine and dripping. Trim the hard fat off all meats.

**10) Feed your mind-muscle good protein:** Diversify your intake of proteins. Vary meals between beef, chicken, lamb, and fish. Experiment with some different forms of protein such as turkey, kangaroo, tofu, and beans. Eat lots of Broccoli (the highest protein vegetable), Salmon, and Tuna (high sources of Omega-3s).



## SUPER DIET TIPS

Use the table below as guidelines to help you make your shopping list:

<b>Goods</b>	<b>Alternatives</b>
Milk	Oat, Rice, Soy and Almond Milks
Cheese	Goat's Fetta, Tofu, Hummus, Tahini
Butter	Olive Oil
Ice Cream	Gelati
Snacks	Nuts (preferably raw and even soaked in water), Seeds, Vegetable Sticks
Packaged foods	"No added colorings, flavorings, preservatives"
Bread	Flat Breads, Rye and Sour Dough, Wholegrain, Spelt
Potato	Sweet Potato, Rice
Processed Meats	Tinned Tuna or Salmon, Boiled Egg, Hummus
Fruit Juice	Freshly squeezed Vegetable or Fruit juices, Water
Coffee / Tea	Herbal Teas, Hot Water with slice Lemon or Lime
Sugar	Natural Honey
Fruit	Nuts (preferably raw and even soaked in water), seeds, vegetable sticks
Breakfast Cereals	Oats/Porridge, Vita Brits, Natural Muesli (no dried fruits)
Soft Drinks	Water
Cooking Oils	Only cold-pressed and non-GM
Meats	Diversify – none processed or pre-seasoned
Vegetables	Diversify – pick a vegetable each week that you haven't eaten for a while or never tried, and many different colors. Preferably Organic
Salt	Sea Salt