

THE BASIC 8

EATING FOR WELLNESS GUIDELINES

Please download my Back to Basics Wellness Diet for food suggestions. If you have intolerances or allergies then please avoid these foods. Eat a variety of foods from these food groups.

1. PROTEIN

- Choose lean, grass fed, organic if possible.
- I recommend eating a source of protein with each meal.
- A good guide to serving size is the palm of your hand.

2. VEGETABLES

- Eat lots of and a variety of different vegetables.
- Eat the rainbow.
- 6-9 servings a day.
- Organic where possible
- Limit high carbohydrate vegetables to 1 serving per day eg. white potato, corn, peas and carrots.

3. FRUIT

- Include these delicious foods but limit to 2-3 servings per day due to their high sugar content.

4. GRAINS & CEREALS

- Don't avoid this food group, choose variety, limit to 1 serve per day.
- Eat whole grains e.g. brown rice, wholemeal flour, whole oats.
- Avoid packaged white bread and cereals, these are highly processed.

5. FATS

- Include sources of essential fatty acids especially omega 3, daily
- Include cold pressed oils such as olive oil and nut oils as well as whole nuts, avocado and oily fish.

6. BEVERAGES

- Pure Water- min 8 glasses daily.
- Add lemon/lime, ginger or cut up fruit for variety.
- Enjoy Herbal teas. Limit black tea & coffee to 1 per day.
- Minimal alcohol, 1-2 glasses a couple of times a week.
- Avoid fruit juices, soft drinks & high sugar drinks e.g. Milo

7. WHAT TO AVOID OR REDUCE

- Sugar, sugar and sugar! In all shapes and forms. Read labels and check for hidden sugar.
- Highly processed foods
- Deep fried, fatty foods.

8. ENJOY THE PROCESS

- Be kind to yourself always
- Enjoy 1 day/week to indulge in your favourite food & then back to the basics.
- Don't eat in front of the T.V.
- Be mindful when you eat. Don't eat when full or dehydrated

Naturally Dynamic Health

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