

# EATING FOR HEALTH AND WELLBEING..

## The Rules.

1. Always eat a nutritional breakfast that contains some protein.
2. Eat raw fruit everyday
3. Eat 5 servings of vegetables every day.
4. Include fish in your diet at least twice a week.
5. Snack on a piece of fruit or a few nuts and seeds, etc. Don't get overhungry.
6. Take the time to eat properly even if you are tired or rushed.
7. Drink 1.5-2.0 litres of filtered, spring or distilled water every day.
8. Avoid beer, fizzy drinks and large quantities of water while eating.
9. Avoid foods that are sugary, fatty, have preservatives, artificial colourings and/or flavourings.
10. Where possible choose organically grown foods.

## HOW TO SHOP.: A healthy body needs a healthy pantry and a healthy fridge!

Vegetables	Onions, broccoli, cauliflower, asian greens, sweet potato, pumpkin, carrots, beetroot, spinach, beans, peas, etc etc. Forget about canned vegetables, but frozen is better than nothing.
Canned beans	Kidney beans, lima beans, chickpeas. Beans are a source of low fat, high fibre protein so they're great for your bowels, blood pressure, weight loss, immune system and reduce cholesterol. Add them to minestrone, vege soups, curries etc.
Dairy Products	Choose cottage cheese, ricotta cheese, unsweetened yoghurt, goats cheeses, buttermilk. Mozzarella cheese has lower fat than many low fat cheeses and is great for melting. A small quantity of freshly shaved parmesan gives interest to salads and pasta. Feta cheese Firm tofu
Eggs	Organic or free-range eggs. Better boiled, poached or scrambled
Fruits	Fresh, frozen, or dried without sweeteners. Better to eat canned fruit than no fruit.
Nuts	Fresh raw nuts of all types. Avoid salted and roasted nuts as they are salty and fatty.
Seasoning & flavour	Fresh garlic, onions, ginger, fresh herbs such as basil, coriander, dill, oregano, kaffir lime leaves, fresh lemon.

Carbohydrates	Doongara, Basmati, and Japanese rice have a low glycaemic index, brown rice has fibre. Egg pasta has a low glycaemic index. New potato's or sweet potato have a low GI.
Oils and fats	Olive oil, mustard seed oil, canola oil. Sesame oil for flavour
Fish	Canned sardines, salmon. Fresh Atlantic salmon, mackerel, gemfish, sea mullet, tailor, southern bluefin tuna. Oysters and southern calamari (not crumbed). All of these are rich in omega 3 oils which we need.

## BREAKFAST SUGGESTIONS:

- Porridge:- you can try adding a sprinkle of cinnamon and sliced banana.
- Multigrain toast with avocado, sliced tomato and black pepper, or ricotta and banana drizzled with organic honey.
- Muesli topped with yoghurt and banana or berries, or stewed fruit.
- Organic Vita-Brits or "All Bran Soy and fibre", with yoghurt and fresh or canned fruit.
- Pancakes - buckwheat/wheat/potato/barley & hazelnut
- Brown rice with stewed, fresh, or dried fruit
- Fresh fruit - banana, paw paw, apple, pear, mango, peach, plum, kiwi fruit, grapefruit, berries etc.
- Stewed fruit - apples, pears, prunes, rhubarb etc.
- Fruit can be topped with raw and unsalted nuts, sunflower seeds, pepitas, sesame seeds; and or yoghurt
- Eggs - poached, scrambled, boiled or as an omelette. Add roasted tomato, and wholegrain toast.
- Scrambled tofu on toast
- Baked beans on toast

## LUNCH SUGGESTIONS:

- Sandwiches - salmon & lettuce, avocado & salad, hummus & tabouli, refer spreads. Choose multigrain bread preferably a heavy bread like *Burgen*.
- Salads - rice salad, bean, Greek, potato salad, pasta salad, seafood salad, etc.
- Hard boiled egg with salad
- Home made mini pizza's
- Fruit salad & yoghurt with nuts & sunflower seeds
- Quiche or omelette & salad
- Nori rolls
- Home made soup with crusty bread
- Noodles
- Leftovers from the night before (refer dinner suggestions)

## DINNER SUGGESTIONS

- Fish - grilled with lemon and herbs, wrap in foil and baked, barbecued, or cooked with coconut milk and spices. Home made fish rissoles (fish, mashed potato, rice, grated lemon rind, shallots, herbs and spices)
- Jacket potatoes - topped with yoghurt, chives, grated carrot, avocado, hummus, tahini, cottage cheese, mushrooms, shredded lettuce, tomato, etc. etc.
- Stir fried vegetables - (Stir fry in olive oil with 2-3 drops of sesame oil. Start with onions, ginger, and garlic. Add fresh herbs and spices as desired. Add chicken, tofu or finely sliced red meat) Choose carrots, zucchini, broccoli, cauliflower, cabbage, mushrooms, bean sprouts, capsicum, beans etc. Season with fish sauce and tamari or soy sauce. Add chilli if you like.
- Paella or pilaf dishes using Basmati or Doongara rice as these have a naturally low glycaemic index.
- Gado gado (tofu and vegetables with peanut sauce)
- Pasta - . Top with pesto, bolognese, marinara, neopolitan, pumpkin & pinenuts, lentil sauce, olive oil garlic and fresh herbs, tuna lemon & olives, Vegetarian lasagne, macaroni cheese **with salad**
- Steamed vegetables with lean meat - cut off fat and skin
- Vegetarian moussaka, lentil shepherds pie,
- Taco shells with spicy kidney beans and guacamole
- Curries vegetable, lentil (dahl), chicken, lamb, fish with Basmati rice (Note some bought curries are very high in oil so best to make your own)
- Rice paper rolls
- Home made pies, quiches, pizzas, pasties with salad and veges.
- Soup with crusty bread - include grains such as barley or rice and legumes like pinto, kidney or lima beans to make a complete meal.
- **Salads:** \* cos lettuce, parsley, tomato, capsicum, carrot, steamed asparagus, broccoli snow peas \*grated beetroot and spinach with sunflower seeds with sunflower seeds and avocado dressing or flavour with lime, ginger and cardamom. \* potato salad with garlic, chives, parsley, shallots and Norganic mayonnaise. \* Tabouli \* Brown rice, almonds, coconut, raisins and shallots. \* apple celery, walnuts and yoghurt.
- Dressing: Tahini, mayonnaise, olive oil and lemon juice with fresh herbs, yoghurt dressing, Norganic soy mayonnaise, tofu dressing, avocado dressing. Balsamic vinegar

## SNACK SUGGESTIONS:

- Nuts (raw or dry roasted, & unsalted). Especially almonds, brazil nuts, and hazelnuts. Seeds especially pepita, sunflower. Sun dried organic fruits - apricots, dates, figs, prunes etc.
- Fresh fruit or fresh squeezed (that means you see it being squeezed!) fruit or vege juices.
- Carrot/celery/cucumber/capsicum sticks. Dipped in hummous
- Rice cakes, ryvita, mountain bread, bread, fruit bread, walnut bread, seaweed crackers.
- Home-made muffins with fruit and/or nuts - banana, carrot, carob, date etc.
- Yoghurt, fruit smoothie

- Small quantity of low fat cheese with apple or pear.
- Miso soup

**Spreads:** Nut butters (peanut, almond, cashew, almond, macadamia etc.) Hummous. Baba ghannouj. Lentil pate. Tofu with lemon juice and herbs. Avocado. Tahini. Miso. Banana. Honey. Norganic mayonnaise

**Drinks:** Spring or filtered water, fruit juices, vegetable juices, nut milk, ecco, caro, dandelion tea or coffee, Herbal teas such as chamomile, peppermint, lemon, rosehip, apple & cinnamon, nettle, Penelope Sach gourmet tea blends. A glass of wine a day is OK.

PS: “Ame” is a non alcoholic wine with added herbal essences for some complexity of flavour. Dark grape juice is a good substitute if everyone except you is drinking red wine!

### **BOOK SUGGESTIONS:**

1. The Glucose Revolution G.I. Plus. Associate Professor Jennie Brand-Miller and Kaye Foster-Powel 2000 Hodder.
2. You are what you eat. Dr Gillian McKeith 2004 Penguin
3. Many modern cooking authors such as Donna Hay, Jamie Oliver, Jill Dupleix, Marie Claire show how to cook healthy food.
4. The CSIRO diet