



Healthy Eating Plan

- *There is a link between nutrition and your health.*
- *Diseases such as PCOS, glucose intolerance, Type 2 diabetes, weight gain and hypertension are directly affected by what you eat, when you eat and how much you eat.*
- *Changing the way you eat can ease symptoms now and protect your health in the future*

◆**Drink More Water.** Try to drink at least 1.5 litres (6 – 8 glasses) of fresh water each day. Try to avoid coffee if possible. Caffeine raises insulin levels and encourages your body to store fat. Never drink any caffeine drinks on an empty stomach as this can put your body into starvation metabolism and you will store fat. *Tip:* add fresh lemon juice to sparkling water for a lovely alternative to fizzy drinks.

◆**Eat AT LEAST Five Portions of Fruit and Vegetables Each Day**

(10 – 12 are actually recommended). Aim to eat two pieces of fruit and five portions of vegetables a day – that way you’ re bound to manage at least five. A vegetable portion is 1 to 2 cups of raw vegetables, 1 cup cooked. A fruit portion is 1 medium sized apple, banana or orange.

◆**Eat Complex, Low – Glycaemic Index (GI) Carbohydrates.** In addition to the carbohydrate in fruit and vegetables, try to eat four portions of whole grains, such as brown rice, a day. One serving is one slice of bread or half a cup of cereal, cooked rice or pasta. Eat less sugar (use Xylitol). The following have such low GI’ s that they can be eaten as often as you want, especially in their raw form: - Apples, Broccoli, Cabbage, Celery, Cherries, Cucumber, Lettuce, Parsley, Peaches, Pears, Plums, Radishes, Spinach Turnips, Watercress.

◆**Eat a High Fibre Diet.** Fibre slows the absorption of glucose into the bloodstream.

Eat your five portions of fruit and vegetables a day and you are halfway towards your fibre intake. You can get the rest of your fibre from complex carbohydrates. Avoid large portions of bran, which act too fast and prevent you from absorbing vital nutrients.

◆**Eat Good – quality Protein with Every Meal.** Eat two to five portions of protein each day, which should include some vegetable sources such as beans, lentils and tofu. Include protein such as dairy products, lean meat (chicken, turkey), eggs, tofu, soya milk, pulses (beans, lentils – also an excellent source of fibre), nuts and / or seeds with every meal. One portion is about 3 oz of cooked meat or fish (which is about the size of a deck of cards), one egg or half a cup of beans.

◆**Make Sure You Get Enough Essential Fatty Acids (EFA’ s).** Try to obtain as little fat as possible from the saturated, animal fats or trans fatty acids found in many processed foods, margarines, baked goods and takeaway chips, as well as cereals, peanut butter, mayonnaise and snack foods. Do eat nuts, seeds (flax, sunflower, pumpkin, hemp, sesame, almonds, cashews, walnuts) or avocado daily, and olive oil, flaxseed oil or hempseed oil can be taken by the tablespoon or used in salad dressings, added to smoothies. Sesame oil can be used with stir – fries. Aim to eat fish at least twice a week, particularly oily fish (mackerel, salmon, herrings and sardines). Flax (linseed) 2 parts, pumpkin seeds 1 part, sesame seed 1 part, ground to a powder (like ground coffee) stored in the fridge can be added (2 heaped dessert spoons) uncooked to porridge/breakfast cereals.

◆**Stock Up on Phytonutrients.** These are health – supporting substances that occur naturally in plants and give them colour, flavour and natural disease resistance. Aim for multicoloured meals (colours of the rainbow) – check orange, yellow, red, purple and green are all present. The deeper the colour, the more phytochemicals are present.

◆**Eating to Reduce Cholesterol.** Include foods in your diet such as oats, garlic, onions, and oily fish. Take regular exercise.

◆**Spice Up Your Life.** Instead of salt, try herbs, spices, and lemon juice or root ginger to flavour your food. Salt causes fluid retention and can raise blood pressure. ½ tsp cinnamon every mealtime helps with insulin resistance and obesity.

◆**Get Snacking.** Frequent small snacks keep your metabolic rate high. Have a good breakfast, a mid-morning snack, followed by lunch, a mid – afternoon snack and then supper. This is a more metabolically sound eating pattern, which will help stabilise blood sugar levels. Eat the same amount of food, but in a different order. If you skip meals, your body will enter starvation mode and aim to store fat as soon as you next eat.

LUNCH: experience shows that many people don't do well with sandwiches – a lot of people today are sensitive to wheat and most breads lack adequate nutrients and they provide too much carbohydrate in relation to protein. Include a combination of the foods listed below, always including a protein source and vegetables in some form.

Fish (esp. oily fish), chicken, beans, tofu, cheese, eggs, avocado, nuts

Salad / raw or cooked vegetables; bean, lentil or vegetable soup

Crisp bread like Ryvita, oatcake, brown rice or other grain, small sweet potato, wholemeal pitta bread

DINNER: Stop. Sit down. TV off! Relax. Eat slowly and chew thoroughly (put knife and fork down between mouthfuls). ¼ plate protein food: fish, seafood, chicken, lamb, beef, eggs, meat, tofu, beans, nuts, and seeds

½ plate of salad and/or a good selection of vegetables especially green ones (at least 3 – steamed, lightly boiled, stir fried, roasted)

¼ plate starchy carbohydrates, like brown rice, millet, barley, quinoa, whole wheat or wheat free pasta, sweet potato or root vegetable. Root vegetables and peas also fit into this category. Avoid floury potatoes – new potatoes in their skins have the lowest G.I.

Fruit and / or live plain yoghurt if desired

Healthy Snacks – Low G.I. carbohydrates plus a source of protein

- ♥ 6 almonds eaten every 2 hours, or other nuts
- ♥ hard boiled egg
- ♥ 8 oz. low glycaemic meal replacement drink (ask for details)
- ♥ ½ cup strawberries, blueberries or an apple with yoghurt
- ♥ ½ cup cottage cheese with 8-10 almonds, cashews or pecans
- ♥ ½ cup low fat yoghurt with nuts or seeds
- ♥ celery sticks, cucumber, few carrots or peppers with peanut butter, or hummus
- ♥ 1 oatcake with peanut or almond butter
- ♥ fresh fruit, such as an apple and a few almonds or seeds
- ♥ Ryvita or an oatcake spread with hummus

4 Golden Rules: •

- i) Eat when you are hungry. Try not to eat later than 8 p.m.
- ii) Eat what you want, not what you think you should (within the bounds of The Healthy Eating Plan)
- iii) Eat consciously, and enjoy every mouthful (put knife and fork down between each mouthful)
- iv) When you think you are full, stop eating

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PROMOTING HEALTH NATURALLY