



TOP 10 TIPS TO HELP YOU EAT YOUR WAY TO BETTER HEALTH



1

EAT A RAINBOW EVERYDAY

- Consume vegetables and fruit that contain each of the **6 colours** of the phytonutrient spectrum (green, orange, red, yellow, blue/black/purple & white/tan).
- Pick up your handy 'Food and You' guide. Further info at www.ahninternational.org/food4health



2

SOIL GROWN VEGETABLES ARE BEST



- Make sure your plant foods are grown in **rich, living soil**.
- Much of the supermarket salad veg today is grown in **glasshouse aquaponic systems** without soil.
- If your salad veg tastes watery, it's likely **deficient in lots of nutrients!**



3

BUY LOCAL/REGIONAL AND SEASONAL

- Try not to rely only on supermarket produce, most of which comes from **factory farms** and industrial-scale agriculture, and often from distant lands.
- Buy from the **'farm gate'**, from farmers' markets or have your organic produce delivered to your door via a **'box scheme'**.
- Buy food that's in season and when you do shop in supermarkets, make sure that most of your trolley has come from the living, fresh aisles and is **bar code free**.
- Ensure that processed foods and ready meals make up less than **15% of your diet**. Shopping can still be convenient, quick and cheap!



4

AVOID HIGHLY REFINED CARBS

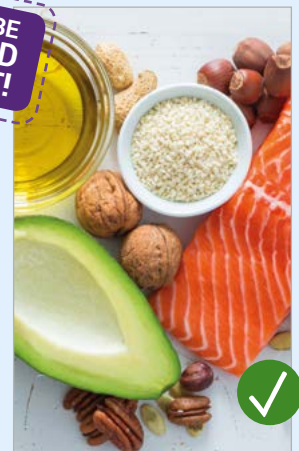
- Cut out or **minimise sugar**, white bread, pastries, cakes, biscuits, pizza and white pasta.
- Replace these foods with more vegetables that are rich in complex, (rather than simple) carbs and fibre.
- Swap out fries and white potatoes for sweet potatoes or other root veg.
- Make sure that your meals and snacks include **good quality protein**, healthy fats, nuts, seeds and veg.

5

DON'T BE AFRAID OF FAT!

101 ON HEALTHY FAT SELECTION

- Fat doesn't make you fat!
- **Healthy fats** like avocados, coconut oil, nuts (not peanuts), extra virgin olive oil, oily fish, grass-fed beef, butter & ghee (unless intolerant) and eggs should be regulars in your diet.
- Other healthy plant oils include flax and hemp oils.



6



BALANCE YOUR OMEGA FATS

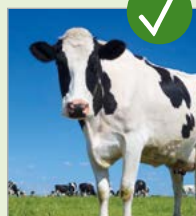
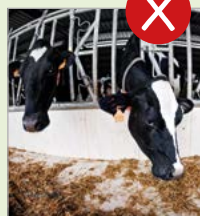
- We need **the right balance** of essential fatty acids (EFAs) for good health.
- Omega 3 fats (e.g. from oily fish) are necessary for our brains, eyes, nervous system and **every cell in the body**.
- Go easy on Omega 6 fats, which are particularly high in vegetable oils, seeds and processed foods. Replace with mono-unsaturated fats like olive oil.
- We've evolved to function on a ratio of Omega 6 to Omega 3 fats of around 3:1.
- Our modern, Western diets are typically more like 20:1 and are a major cause of persistent inflammation in our bodies, **a condition that underlies most chronic diseases**.

7

ANIMAL WELFARE STANDARDS

AVOID ANIMAL FOODS FROM FACTORY FARMS

Choose animal products from farming systems with **approved animal welfare standards**, and ones that don't use genetically modified animal feeds (cereals, soya, etc).



8

AVOID HIGHLY PROCESSED, 'WHOLE GRAIN' CEREALS

- These cereals are highly mechanically processed and spike blood glucose **just like sugary, refined cereals**.
- They don't make you feel full.
- They burn fast, contributing to mid-morning lows and make you want to eat more!
- Many are also **high in sugar** before adding sugar or honey like so many people do.



9

BEVERAGES: THE GOOD, BAD AND THE UGLY

- **Eat your calories, don't drink them!**
- Fizzy drinks and fruit juices can be a hideous source of hidden sugars.
- Check labels before drinking and **avoid artificial sweeteners**.
- **Drink alcohol in moderation** – red wine contains resveratrol which has many beneficial properties!
- Tea and coffee are dehydrating not hydrating – **your body is 70% water**.
- Fresh spring or filtered water is what your body really needs - **your body will thank you for 1.5 litres per day**, more if you're exercising or the weather's hot.

AS MUCH AS 30g SUGAR IN A 330ml CAN OF FIZZY DRINK


10

FOOD PREP AND COOKING GUIDELINES

- Avoid prolonged high temperature cooking like **frying and grilling**.
- Briefly searing meat or fish to seal in the goodness is advised.
- Proteins, fats and vegetables are very sensitive to **heat damage**.
- **Treat your food kindly** with lower temperature cooking.
- Minimise charred or toasted foods which contain **cancer-causing** chemicals.
- Get experimenting with a slow cooker!



ABOUT US

Alliance for Natural Health International is an internationally-active, non-governmental organisation promoting natural and sustainable approaches to healthcare worldwide. Our catchcry is 'love nature, live naturally'.

ANH-Intl campaigns across a wide range of fields, including for freedom of choice in healthcare, healthy eating & lifestyles, and the use of micronutrients and herbal products in the management of our health and resilience. We operate campaigns that include drawing attention to misinformed, Big Food-influenced government healthy eating advice, to the uncertain science and risks of genetically modified foods, to the need for informed choice on vaccination and that aim to end mass fluoridation of drinking water supplies. We accomplish our mission through a unique application of 'good science' and 'good law'.

ANH-Intl was founded in 2002 by Robert Verkerk PhD, an internationally acclaimed expert in agricultural and health sustainability. Our international office is based in Dorking, UK, while our US base (www.anh-usa.org) operates out of Atlanta, Georgia.

PLEASE HELP US SPREAD THE WORD

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