

ALLIANCE FOR NATURAL HEALTH

FOOD AND YOU



FOOD PROVIDES THE BUILDING BLOCKS FOR NEW CELLS

We are what we eat.

Every cell and every component within every cell, many of which are being replaced every few days or weeks, are built from the foods we eat. The epithelial cells of our guts have a particularly rapid turnover, being renewed every 4 to 5 days.



FOOD IS INFORMATION

A healthy, diverse diet contains a multitude of components that provide the plethora of interacting biochemical pathways the information they need to regulate the 12 key body systems

BODY SYSTEMS

BODY SYSTEM NAME	AREA OF FUNCTION
ENDOCRINE	HORMONAL
CARDIOVASCULAR	HEART AND CIRCULATION
RESPIRATORY	BREATHING/RESPIRATORY
IMMUNE	IMMUNE
NERVOUS	NERVOUS
REPRODUCTIVE/GENITAL	SEXUAL
RENAL/URINARY/EXCRETORY	DETOXIFICATION
GASTROINTESTINAL	DIGESTIVE
MUSCULAR	MUSCULAR
SKELETAL	BONES AND JOINTS
INTEGUMENTAL	SKIN, HAIR AND NAILS
OPHTHALMOLOGICAL	VISUAL/EYE

ANH-Intl's

Food4Health

Guidelines for adults and **Food4Kids**

Guidelines for young children, will help you make better choices in what, when and how you eat!

EAT A RAINBOW EVERY DAY

Consume foods which represent all 6 colour groups of the 'phytonutrient spectrum' each and every day!



RED FOODS

Beans (adzuki, kidney, red), Beetroot, Red peppers, Blood oranges, Cranberries, Cherries, Goji berries, Grapefruit (pink), Red apples, Red grapes, Red onions, Red plums, Pomegranate, Potatoes (red skin), Radicchio, Red cabbage, Red leaf lettuce, Radishes, Raspberries, Strawberries, Sweet red peppers, Rhubarb, Roobios tea, Tomato, Watermelon

BENEFITS

Cancer protective, healthy inflammatory response, cell protection, gastrointestinal health, heart health, hormone balance, liver health

ORANGE FOODS

Apricots, Bell peppers (orange), Carrots, Grapefruit, Mango, Nectarine, Orange, Papaya, Pumpkin, Squash (Butternut/Acorn/Winter), Sweet Potato, Tangerines, Turmeric Root, Yams

BENEFITS

Cancer protective, immune health, cell protection, reduced all-cause mortality, immune health, reproductive health, skin health, source of pro-vitamin A

YELLOW FOODS

Apple, Banana, Bell peppers (yellow), Sweetcorn, Corn-on-the-cob, Chickpeas, Ginger root, Lemon, Millet, Pineapple, Popcorn

BENEFITS

Cancer protective, healthy inflammatory response, cell protection, cognition, skin health, eye health, heart/vascular health





*Acknowledgment
We would like to
acknowledge the
Institute for Functional
Medicine ([www.
functionalmedicine.org](http://www.functionalmedicine.org))
as the primary source of
the above information
on the 'phytonutrient
spectrum'.*

GREEN FOODS

Apples (green), Artichoke, Asparagus, Avocado, Bamboo shoots, Bean sprouts, Bok Choy, Broccoli, Brussels sprouts, Cabbage (beet leaves, sprout, dandelion leaves, kale, lettuce, mustard leaves, spinach, rocket, etc.), Celery, Cucumbers, Edemame (soybeans), Beans, Peas (e.g. green, mangetout), Green Tea, Lettuce, Limes, Okra, Olives (green), Rosemary, Spinach, Watercress

BENEFITS

Healthy inflammatory response, brain health, cell protection, skin health, hormone balance, heart health, liver health

WHITE/TAN/BROWN FOODS

Apples, Beans (butter, cannellini, etc), Cauliflower, Cinnamon, Clove, Coconut, Cocoa, Coffee, Dark Chocolate, Flaxseed, Garlic, Ginger, Hummus, Legumes (chickpeas, dried beans, Hummus, Houmous, lentils, Peanuts, etc), Mushrooms, Nuts (almonds, cashews, macadamias, pecans, walnuts), Onions, Peas, Seeds (flax, hemp, pumpkin, sesame, sunflower, etc), Shallots, Tahini, Tea (black, white), Whole Grains (amaranth, buckwheat, corn, millet, montina, oats, quinoa, rice, sorghum, teff – all naturally free of gluten)

BENEFITS

Cancer protective, anti-microbial, cell protection, gastrointestinal health, heart health, liver health, hormone balance

BLUE/PURPLE/BLACK FOODS

Aubergine, Berries (blue/black), Cabbage (purple), Carrots (purple), Cauliflower (purple), Figs, Grapes (purple), Kale (purple), Olives (black), Plums, Potatoes (purple), Prunes, Raisins, Rice (black/purple)

BENEFITS

Cancer protective, healthy inflammatory response, cell protection, cognitive health, heart health, liver health

FOOD4HEALTH GUIDELINES

For adults and children over 6

6 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)

1 40% VEGETABLES
(UNPROCESSED)

2 10% FRUITS
(UNPROCESSED)

3 10% GRAINS
(GLUTEN-FREE
WHOLE GRAINS)

4 10% HIGH
'HEALTHY
FAT' FOODS

6 5% CONCENTRATED
NUTRIENTS (E.G.
NON-IRRADIATED
HERBS AND SPICES,
FOOD SUPPLEMENTS)

5 25%
PROTEIN-
RICH FOODS



10 KEY POINTERS

- 1 Macronutrient composition by energy contribution (kcal or kJ) should be approximately 20% protein (4 kcal/g), 30% carbohydrates (4 kcal/g) and 50% fats (9 kcal/g)
- 2 Minimise consumption of highly processed food
- 3 Consume plenty of fresh, raw foods
- 4 Avoid high-temperature cooking methods (frying, grilling), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- 5 Healthy fats for cooking include extra virgin coconut oil, unfiltered extra virgin olive oil and butter (the latter assuming no lactose intolerance)
- 6 Consume plenty of fresh herbs and non-irradiated, preferably organic, spices
- 7 Avoid snacking and try to maintain 5 or more hours between meals
- 8 Consume at least 1.5 litres of spring or filtered water daily (more if exercising intensively), between meals
- 9 Avoid all foods which trigger intolerance or allergy (concentrated sources of nutrients)
- 10 Seek advice from a qualified and experienced health professional on the most appropriate supplements (concentrated sources of nutrients)

FOOD4KIDS GUIDELINES

For young children aged 1-6

8 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)



7 7% DAIRY FOOD
AND DRINK (OPTIONAL)

8 3% CONCENTRATED
NUTRIENTS

1 25% NON-STARCHY
MULTI-COLOURED
VEGETABLES

2 5% STARCHY
ROOT
VEGETABLES

3 10%
FRUIT

4 10% GRAINS
(GLUTEN-FREE
WHOLE GRAIN)

6 25% HIGH
PROTEIN
FOODS

5 15% HIGH 'HEALTHY
FAT' FOODS



10 KEY POINTERS

- 1 Macronutrient composition by energy contribution (kJ or kcal) should be approximately 10% protein, 35% carbohydrates and 55% fats by energy contribution daily
- 2 Eat a 'rainbow' of different coloured vegetables and fruit every day
- 3 Avoid/minimise 'free' (added) sugars
- 4 Drink water, not soft drinks or fruit juices
- 5 Avoid drinks sweetened using non-nutritive sweeteners
- 6 Avoid all ultra-processed and refined foods
- 7 All whole grains should be gluten-free
- 8 Check for dairy intolerance and avoid dairy if intolerant
- 9 Avoid over-cooking or charring foods
- 10 Include concentrated nutrients daily

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.

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