

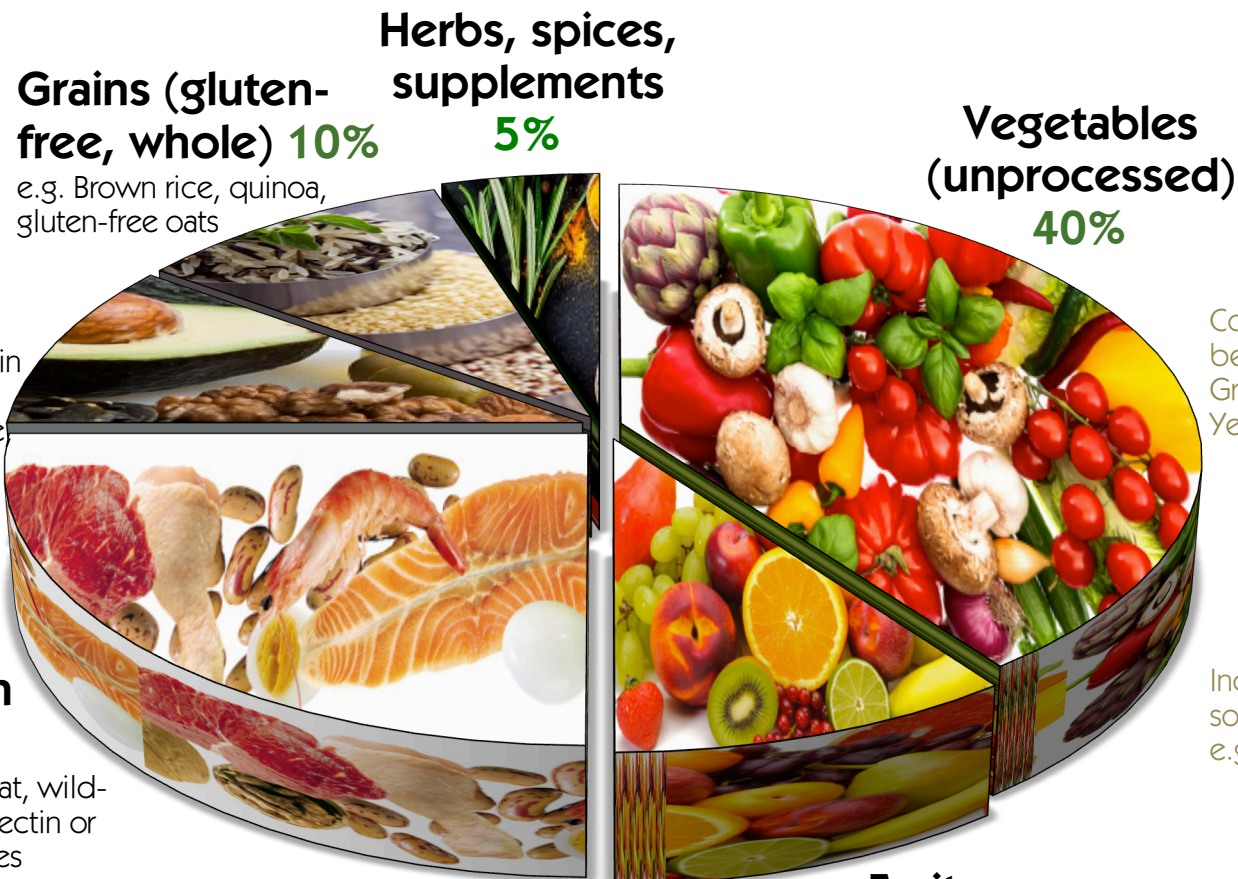
# The ANH Food4Health Plate

January 2015

Percentages refer to amounts by weight of each food category



alliance for  
**natural health**  
INTERNATIONAL



Consume daily vegetables and fruits belonging to all 6 colour groups: Green, Orange, Blue/Purple, Red, Yellow, White/Tan

Include consumption of at least some fermented vegetables e.g. sauerkraut, kimchi

## High 'healthy fat' foods 10%

e.g. unfiltered extra virgin olive oil, organic extra virgin coconut oil, nuts, seeds, avocados, butter, cheese, organic eggs

Include some fermented foods e.g. kefir, yoghurt

## High protein foods 25%

e.g. grass-fed meat, wild-caught fish, low-lectin or lectin-free legumes

## General guidelines

- Minimise consumption of any highly processed foods
- Do not use high-temperature cooking methods (frying, grilling), unless brief
- Minimise heat-damage to proteins, fats and vegetables by consuming plenty of raw foods and/or using slow cooking methods
- Use organic extra virgin coconut oil as your 'go to' fat for stir-frying or other cooking
- Consume plenty of fresh herbs and non-irradiated, organic spices
- Leave at least 5 hours between meals (avoid snacking between meals)
- Consume at least 1.5 litres of spring or filtered water daily, between meals
- Avoid all foods which trigger intolerance or allergy
- Seek advice from a qualified and experienced health professional on the most appropriate supplements (concentrated sources of nutrients)

**Fruit (unprocessed)**  
10%

