

-Common sense

coh-mon seh-ns, *noun*.

Applying good sense and sound judgment in practical matters.

-Evosense

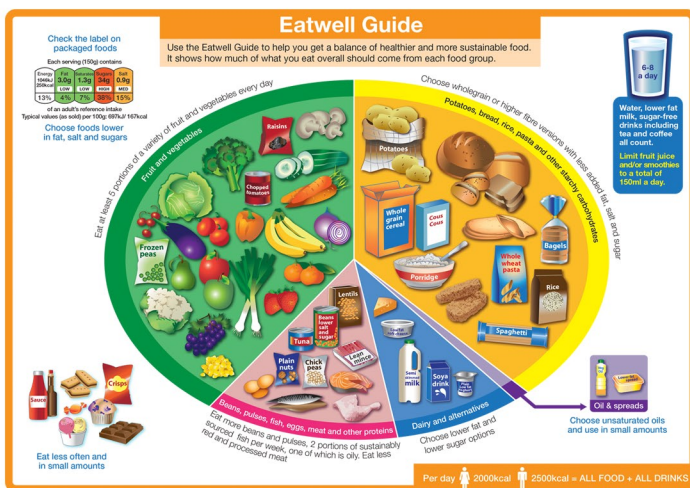
ee-voh seh-ns, *noun*.

Applying good sense and sound judgment to human behaviour with due acknowledgment of our evolutionary biology.



UK EATWELL GUIDE

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ANH FOOD4HEALTH PLATE

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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)