



EAT LIKE A STUDENT & BOOST YOUR HEALTH

RESETTING BETWEEN
PEN & PARTY



PARTICIPANT INFORMATION

This project is investigating how Alliance for Natural Health International's (ANH-Intl) book, 'Reset Eating: Reset your health and resilience by turning what and how you eat into powerful medicine' (2022), can be adapted and positioned within the student context to help transform health outcomes. The centrepiece of the book is the ANH-Intl Food4Health guide and its 10 key guidelines for a more balanced diet and healthier approach to eating based on the latest developments in metabolic and clinical research. The book and its associated campaign strives to change how, what and when we eat in order to fundamentally reset our metabolism in ways our genes and nature intended. As well as showing that healthy meals can taste incredibly delicious too!

I will be focusing on how the 10 Food4Health guidelines can be applied and made accessible to the everyday living, financial and social context typical of university students in the UK. The 10 guidelines can be found on page 4 of this document.

I have created three activities to probe into your thoughts and opinions on how the guidelines could be relevant to you as an

individual as well as being compatible with student life and budgets. Please make a copy of this document so you can edit and participate in the activities online, then send your copy to the email address below.

There are no right or wrong answers and if you have any questions concerning the tasks or research project don't hesitate to contact me. There is no pressure to complete all of the tasks if you do not feel comfortable doing so. At the end of the research project, I will be writing an article using the results of the activities, all participants will be anonymous. Thank you for participating and hope you enjoy the activities!

ABOUT THE RESEARCHER



MOLLY BULL

UNDERGRADUATE STUDENT AND ANH-Intl INTERN

I'M CURRENTLY A THIRD-YEAR UNDERGRADUATE STUDENT AT THE LONDON INTERDISCIPLINARY SCHOOL (LIS) STUDYING A BACHELOR OF ARTS AND SCIENCES (BASc) IN INTERDISCIPLINARY PROBLEMS AND METHODS. THE DEGREE FOCUSES ON EXPLORING AND INVESTIGATING COMPLEX GLOBAL PROBLEMS, SUCH AS AI ETHICS, ENVIRONMENTAL CHANGE AND INEQUALITY, THROUGH PARTNERING QUALITATIVE AND QUANTITATIVE METHODOLOGY WITH A MYRIAD OF DISCIPLINES.

I WAS INTRIGUED BY ANH-INTL'S APPROACH TO IMPROVING HEALTH AND HOW IT COULD BE COMMUNICATED TO AND AMONG STUDENTS. I GREW UP IN A HOUSEHOLD THAT WAS CENTRED AROUND EATING NUTRITIOUS AND MINIMALLY UNPROCESSED FOODS, ALONGSIDE LEARNING HOW TO COOK FOR MYSELF AND THE FAMILY. YET WHEN I LEFT HOME AT 16 FOR EDUCATIONAL OPPORTUNITIES, I FOUND IT DIFFICULT TO MAINTAIN A HEALTHY APPROACH TO EATING. LIKE SO MANY, I WAS DRAWN TO THE ABUNDANCE OF TANTALISING HIGHLY PROCESSED FOODS. IT HAS TAKEN ME UNTIL MY THIRD YEAR OF UNIVERSITY TO FIND THE FOODS THAT WORK ME AS AN INDIVIDUAL AND WAYS TO OBTAIN NUTRITIOUS AND LARGELY UNPROCESSED FOODS THAT ARE TIME AND BUDGET-FRIENDLY.

AS A STUDENT, I UNDERSTAND FOOD BUDGETS, TIME CONSTRAINTS, AND THE EXPERIENCE OF LEAVING HOME FOR THE FIRST TIME. I'M THEREFORE PASSIONATE ABOUT FINDING WAYS TO MAKE HEALTHY EATING MORE RELEVANT, INTERESTING AND ACCESSIBLE TO STUDENTS.

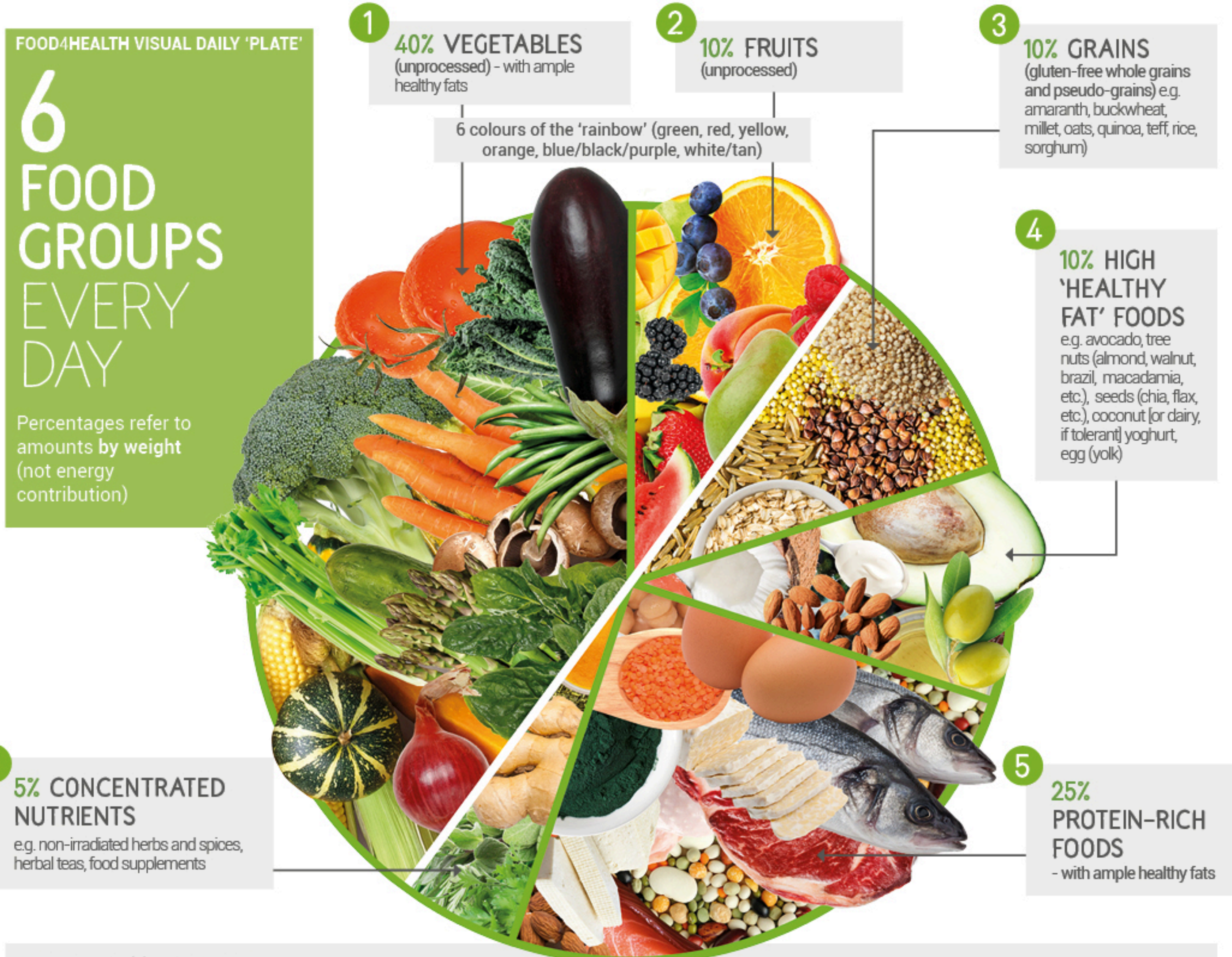
FOOD4HEALTH GUIDE

Revision 1, June 2018

FOR ADULTS AND CHILDREN OVER 6

Plant-dominant, diverse, low starchy carb, anti-inflammatory, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole foods with a macronutrient ratio by energy roughly of 20%, 25% and 55% for protein, complex carbohydrates and healthy fats, respectively. Intermittent fasting, that includes 5 hours or more between meals and 12 hours or more overnight, coupled with regular physical activity and ample rest, is the foundation for a healthy lifestyle.



10 KEY GUIDELINES

- Macronutrient contribution by energy (kcal or kJ) should be approximately 20% protein (4 kcal/g), 25% carbohydrates (4 kcal/g) and 55% fats (9 kcal/g) - based on daily 'plate' illustrated above
- Minimise consumption of highly processed foods and avoid all refined carbohydrates
- Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan)
- Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- Healthy fats for cooking include virgin coconut oil, unfiltered extra virgin olive oil, virgin avocado oil, safflower oil, and butter or ghee (the latter two only if no lactose intolerance). Other healthy fats for addition to other foods include oils of flaxseed, hempseed and macadamia
- Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)
- Avoid snacking and try to maintain 5 or more hours between meals
- Consume at least 1.5 litres of spring or filtered water daily between meals (more if exercising intensively)
- Avoid all foods which trigger sensitivity, intolerance or allergy
- Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)

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FOOD4HEALTH VEGAN GUIDE

January 2019

FOR VEGAN ADULTS AND CHILDREN OVER 6

Largely minimally processed, plant-based, diverse, low starchy carbs, anti-inflammatry, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole plant foods with a macronutrient ratio by energy roughly of 20%, 25% and 55% for protein, complex carbohydrates and healthy fats, respectively. Minimising reliance on snacks and fasting 5 hours or more between meals and at least 12 hours overnight, along with regular physical activity, ample relaxation and sleep, is the foundation for a healthy lifestyle.

FOOD4HEALTH VISUAL DAILY 'PLATE'

6 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)

1 40% VEGETABLES
(unprocessed) - with ample healthy fats

2 10% FRUITS
(unprocessed)

3 10% GRAINS
(gluten-free whole grains and pseudo-grains) e.g. amaranth, buckwheat, millet, oats, quinoa, teff, rice, sorghum)

4 10% HIGH 'HEALTHY FAT' FOODS
e.g. avocado, tree nuts (almond, walnut, brazil, macadamia, etc.), seeds (chia, flax, etc.), coconut yoghurt

5 25% PROTEIN-RICH FOODS
e.g. peas, chickpeas, beans, lentils, tofu, tempeh, hempseed, chia seeds, almonds, peanuts, pea protein isolate

6 5% CONCENTRATED NUTRIENTS
e.g. non-irradiated herbs and spices, herbal teas, food supplements (e.g. complete plant protein, micronutrients including vitamin B12, Omega-3 fatty acids, botanicals)

6 colours of the 'rainbow' (green, red, yellow, orange, blue/black/purple, white/tan)



10 KEY GUIDELINES

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- 2 Minimise consumption of highly processed foods and avoid all refined carbohydrates
- 3 Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan)
- 4 Avoid high-temperature cooking methods (frying, grilling, BBQ) that cause blackening or charring. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- 5 Healthy fats for cooking include virgin coconut oil, unfiltered extra virgin olive oil, virgin avocado oil or safflower oil. Other healthy fats for addition to other foods include oils of flaxseed, hempseed and macadamia
- 6 Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)
- 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 between meals (more if exercising intensively)
- 9 Avoid all foods which trigger sensitivity, intolerance or allergy
- 10 Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)

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GUIDELINE BREAKDOWN

More information on the ANH-Intl Food4Health Guidelines

G1: MEAL BALANCE

- Consume a variety of whole, minimally processed, organic and gluten free (if necessary) forms of grain. These should not represent more than one-third of your overall meal by fresh weight.
- Diversify and vary what's on your plate, from meal to meal and day to day.

G2: AVOID HIGHLY PROCESSED FOODS

- Consume complex, rather than simple, carbs. The best sources come from above-ground veg with plenty of fibre. Refined grains can lose up to 80% of their vitamin and mineral content.
- Avoid fatty and processed meats that often deliver unhealthy fats, additives and other nasty compounds.
- Prepare most of your meals at home from scratch - try not to rely on corner stores, service stations and junk food retailers!

G3: CONSUME A RAINBOW A DAY

- This means eating at least 4 portions of veg, and no more than 3 portions of fruit, a day, equating roughly to 400-500 grams fresh weight.
- Try to eat veg, fruit, herbs and spices that represent all the 6 major colour groups, namely green, red, yellow, orange, blue/black/purple and white/tan.

G4: AVOID HIGH-TEMPERATURE COOKING

- Try to avoid high temperature frying, or grilling, especially if it blackens your food, as this not only degrades nutrients in your food it also produces compounds that are toxic or have dangerous long-term consequences, like cancer.

G5: FATS ARE GOOD FOR YOU AS LONG AS THEY ARE THE RIGHT TYPE!

- Fats should not be highly refined, processed or subjected to high temperatures. Cold-pressed olive oil, virgin coconut oil, butter and eggs all provide good fat sources.

G6: CONSUME AS MUCH ORGANIC PRODUCE AS YOUR BUDGET ALLOWS

- Helps provide a greater diversity of nutrients and reduces chemical load on the body
- Non-organic bagged salad leaves, tomatoes, cucumbers and other salad veg in supermarkets have often never seen soil and are grown in hydroponic cultures which don't yield nutrient-dense foods.

G7: GIVE YOUR BODY TIME TO REST AND DIGEST AFTER EATING

- Try to keep 5 hours between meals and avoid snacking in between to stabilise insulin levels and limit energy crashes
- Allows the body to burn excess fat stores and lower inflammation.

G8: CONSUME 1.5L OF WATER PER DAY

- More if you're exercising a lot.

G9: AVOID FOODS THAT TRIGGER SENSITIVITY

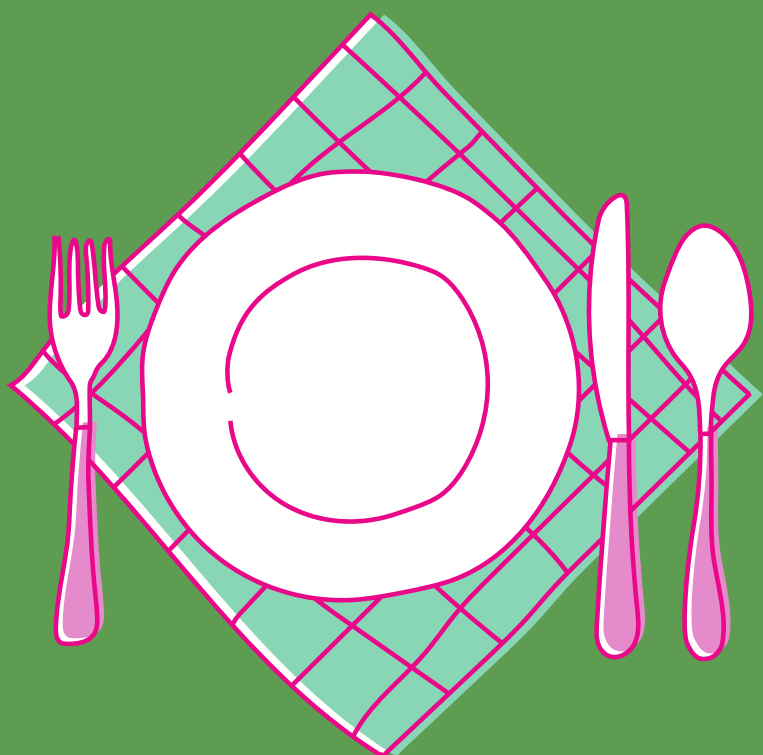
- If you feel bloated after a meal or get skin reactions, avoid the food or food group that's causing you problems. Gluten and dairy are often the worst culprits!

G10: TAKE HIGH QUALITY SUPPLEMENTS TO FILL ANY NUTRITIONAL GAPS

- A daily multi-vitamin and mineral and some Omega-3 fatty acids are a good insurance against deficiencies of micronutrients in your diet.

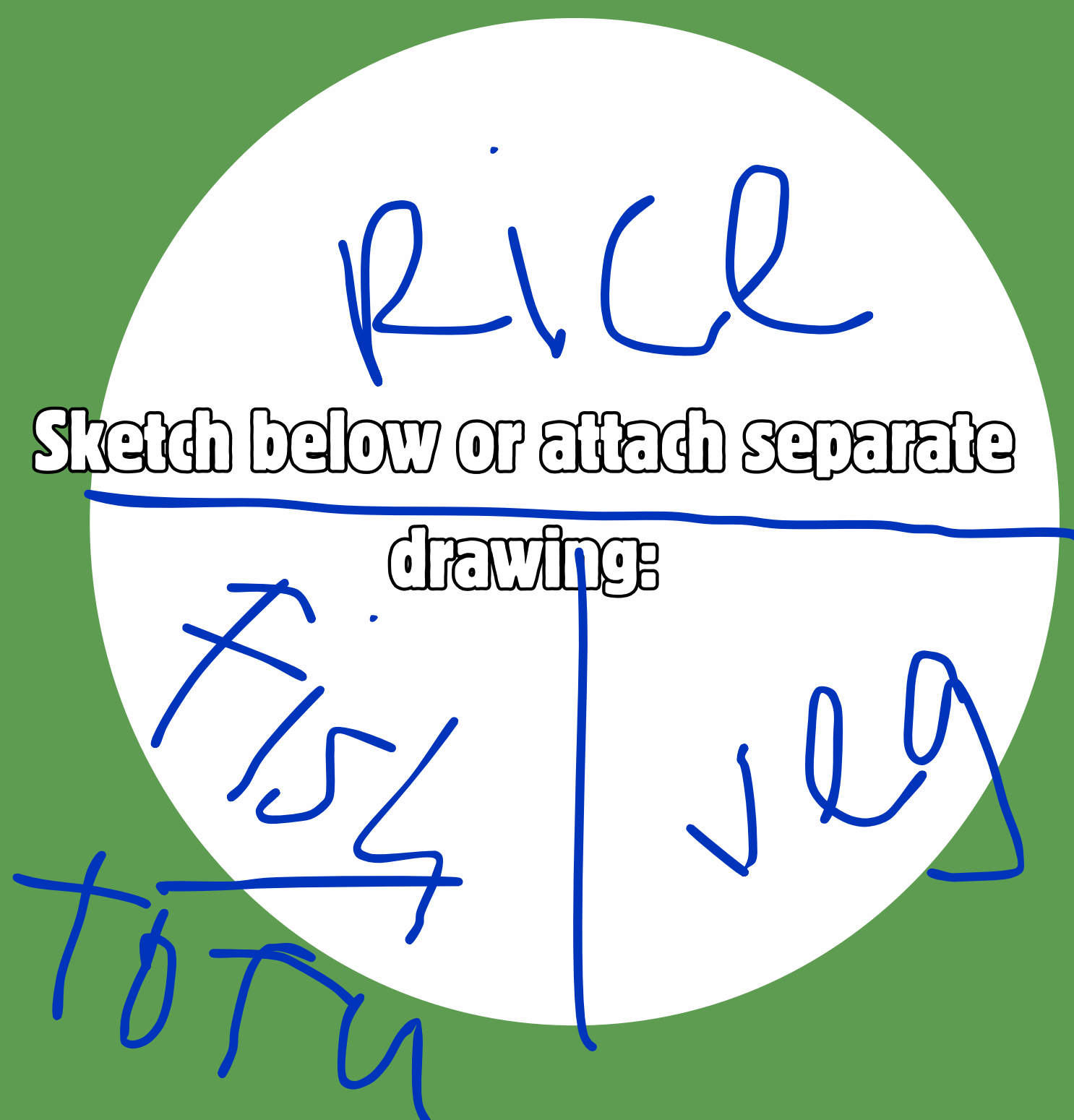
ACTIVITY 1:

BUILD YOUR OWN PLATE



INSTRUCTIONS: This activity is intended to collect information on the composition of a typical main meal of yours, including the different types of foods (protein sources, vegetables, grains, fats, etc). Try to draw it using main food groups like in the Food4Health plate above. Please ignore the recommendations of the plate as this activity is purely about the food you eat as an individual.

1. SKETCH ON THIS PAGE OR ANOTHER SHEET OF PAPER, A TYPICAL PLATE OF FOOD YOU WOULD EAT. THIS CAN BE BASED ON PREFERENCE, INTOLERANCES / ALLERGIES, OR WHATEVER YOU HAVE TIME TO MAKE IN BETWEEN STUDIES, OTHER ACTIVITIES AND SOCIALISING.
2. SECTION THE PLATE AS YOU SEE FIT DEPENDING ON THE QUANTITY (BY WEIGHT) OF EACH FOOD YOU WOULD TYPICALLY CONSUME.
3. LABEL THE TYPES OF FOOD ON YOUR SKETCHED PLATE.
4. IF YOU DRAW ON A PIECE OF PAPER, PLEASE TAKE A PHOTO AND PASTE IT ON THIS PAGE.



ACTIVITY 2:

ORGANIC THOUGHTS

INSTRUCTIONS: This task is to gather your thoughts and definitions of the terms 'organic' and 'healthy'.

USING THE THOUGHT BUBBLES, TYPE YOUR THOUGHTS ON THE QUESTIONS PROVIDED. ANSWERS CAN BE AS LONG OR SHORT AS YOU WISH

ideally earring homegrown or organically grown vegetables, and making sure to get enough from different nutrient sources. Usually plant based

WHAT DOES EATING HEALTHILY MEAN TO YOU?

Eating a varied diet with enough protein that makes me feel good in myself! TMI but Normally if my bowel movements are good that's indicative of healthy eating to me at least

WHAT DOES THE TERM 'HIGHLY PROCESSED FOODS' CONJUR IN YOUR MIND?

COULD YOU GIVE 3 EXAMPLES OF HIGHLY PROCESSED FOOD?

Tesco meal deals, hot dogs, cake

- **crisps**
- **store bought biscuits**
- **candy**

**WHAT DO YOU FEEL STOPS MOST STUDENTS
FROM EATING FRESH, LARGELY UNPROCESSED
FOODS?**

**Budget, price of non
unprocessed foods**

The cost of fresh ingredients and also lack of time

**WHAT DO YOU FEEL WOULD HELP
MORE STUDENTS TO PREPARE
FOODS FROM SCRATCH?**

**access to more fresh
ingredients**

Perhaps cheaper

ACTIVITY 3:

RESET FOR STUDENTS

INSTRUCTIONS: This activity is to gather your opinion on how you would make the guidelines more relevant to students.

1. CHOOSE 2 OF THE GUIDELINES YOU THINK COULD BE CHANGED TO INCREASE THEIR ACCESSIBILITY TO STUDENTS.

2. DOUBLE CLICK THE GUIDELINE NUMBER BOX TO ADD THE GUIDELINE NUMBER YOU THINK COULD BE CHANGED, FOLLOWED BY THE SUGGESTION BOX AND TYPE YOUR THOUGHTS AS TO HOW YOU WOULD CHANGE THEM TO FIT BETTER WITH YOUR STUDENT LIFESTYLE.

SUGGESTION

GUIDELINE No.

G5

Perhaps provide cheaper alternatives to the oils listed as they can be quite expensive

SUGGESTION

GUIDELINE No.

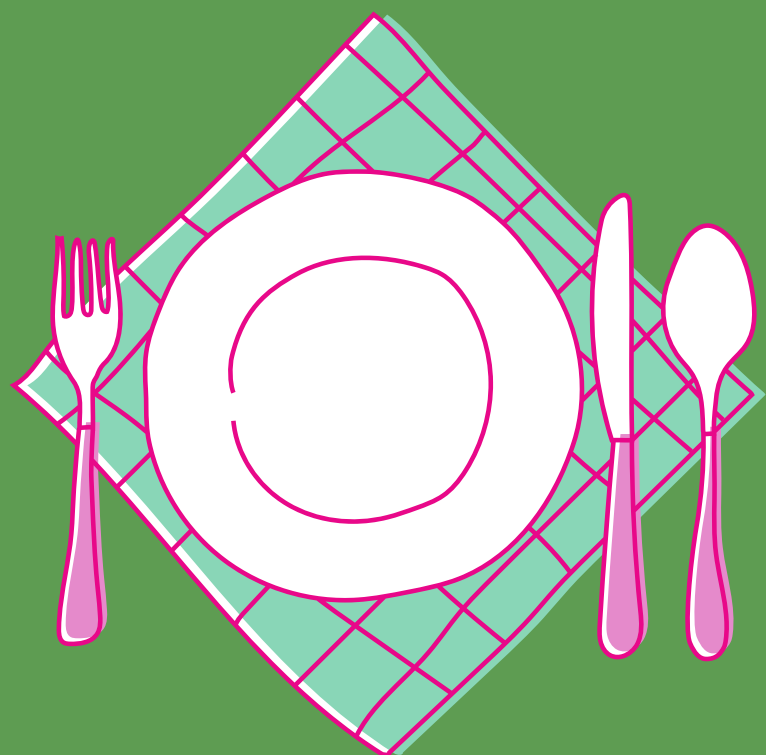
G10

Maybe list some examples of good supplements? It can be hard to know which ones are good.

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Sketch below or attach separate drawing:



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ORGANIC THOUGHTS

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USING THE THOUGHT BUBBLES, TYPE YOUR THOUGHTS ON THE QUESTIONS PROVIDED. ANSWERS CAN BE AS LONG OR SHORT AS YOU WISH

WHAT DOES EATING HEALTHILY MEAN TO YOU?

Feeling energetic, sharp and clean at the end of the week. Eating enough protein, veg, and fruit during the week and actually being consistent not just having one good day

WHAT DOES THE TERM 'HIGHLY PROCESSED FOODS' CONJUR IN YOUR MIND?

COULD YOU GIVE 3 EXAMPLES OF HIGHLY PROCESSED FOOD?

A can of pringles pops up into my mind when I think of highly processed foods. I also think why are some of the tastiest things highly processed.

**Pringles
Cookies
Bread**

WHAT DO YOU FEEL STOPS MOST STUDENTS FROM EATING FRESH, LARGELY UNPROCESSED FOODS?

Probably the cost of food and time to make the food. Also I and many others don't have much fridge space in student halls. I would like to buy the slightly more expensive things, but I end up choosing easy foods, especially when I usually get home quite late. I love food and the culture around food and I think lots of friends do but I don't feel like I'm in the stage of my life where I can make it into the ritual I would like to. Also I just remembered knife skills!! Teach students how to wield a knife like Uma Thurman and the time to prepare veggies goes down a lot.



WHAT DO YOU FEEL WOULD HELP MORE STUDENTS TO PREPARE FOODS FROM SCRATCH?

Oh I just answered this above but I honestly think knife skills. You see the videos of Marco Pierre White chopping those onions while looking at the camera. That's what students need to learn. Also instead of recipes books like Salt, Fat, Acid, Heat would go a long way into improving students food intelligence instead of going off recipes.



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RESET FOR STUDENTS

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SUGGESTION

GUIDELINE No.

G2

I think that this guideline should be changed to swapping out highly processed foods for healthier snacks. So this could be with healthier options that are store bought or advising people on how to make their own snacks that they can dip into instead of buying the highly processed stuff. I think students will still snack regardless so mitigating the negative effects of this could be the way to go.

SUGGESTION

GUIDELINE No.

G7

I don't know if this would count for the guideline but maybe some of the hacks that the glucose goddess has for helping with insulin spikes like having some apple cider vinegar before meals or before snacking.