

PROTEIN

Remember “fresh is best” and choose to avoid processed meats (e.g. bacon, salami, smoked or cured meats) as these may have negative health effects.

Choose lean protein sources, organic or free range where possible.

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|----------|------------|
| Veal | Chicken |
| Lamb | Turkey |
| Beef | Fresh Fish |
| Kangaroo | Tempeh |
| Eggs | Tofu |

One palm size portion per meal. Increase to two palms for tofu and tempeh. Limit large fish to once a week due to possible contaminants.

LEGUMES

Lentils, chick peas, mung beans, pinto beans, lima beans, black eyed peas, green split peas, kidney beans, yellow split peas, navy beans, white kidney beans and black beans. Legumes have less protein and more carbohydrate than other sources, however they are a good vegetarian protein option.

DAIRY

Check with your Practitioner if dairy is suitable for you.

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|--------------|-----------------|
| Cheese | Natural Yoghurt |
| Milk | Paneer |
| Whey protein | |

Whey has the highest Biological Value. (Biological Value is a measure of the proportion of absorbed protein from a food which becomes incorporated into the proteins of the body.)

FRUIT

Enjoy a minimum of two pieces or one cup of fresh fruit daily.

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|---------------|----------------|
| Apples | Apricots |
| Bananas | Blackberries≈ |
| Blueberries≈ | Blackcurrants⌘ |
| Cherries⌘ | Cranberries≈ |
| Custard Apple | Figs |
| Grapes | Grapefruit |
| Guava⌘ | Jack Fruit |
| Kiwi fruit⌘ | Lemons |
| Mandarins | Mangos |
| Melons | Mulberries |
| Nectarines | Papaya |
| Passion fruit | Peaches |
| Persimmon | Pineapple≈ |
| Plums≈ | Pomegranate≈ |
| Rhubarb | Strawberries⌘≈ |
| Limes | Lychees |
| Raspberries≈ | Oranges⌘ |
| Watermelon | |

≈ Potent antioxidant / phytonutrients

⌘ Rich source of vitamin C

VEGETABLES

Enjoy a minimum of three cups of vegetables daily.

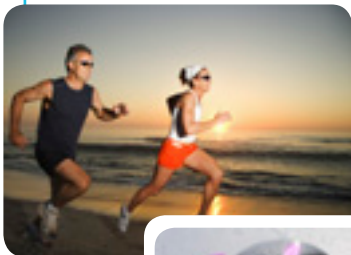
Limit the intake of energy dense, high carbohydrate vegetables to one cup a day. If available choose certified organic or spray free produce. It’s a good idea to wash your fruits and vegetables thoroughly to remove any pesticide residue. Light steaming is generally a better method of cooking vegetables than boiling or mashing, to reduce nutrient loss.

The list below provides examples of vegetables you can enjoy.

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|-------------------|--------------|
| Alfalfa sprout | Avocado« |
| Asparagus | Beans, green |
| Bok Choy | Broccoli* |
| Brussels Sprouts* | Broccolini* |
| Cabbage* | Capsicum |
| Carrots« | Cauliflower* |
| Cucumber | Celery |
| Fennel« | Eggplant |
| Garlic« | Fresh Kale |
| Herbs« | Ginger« |
| Leeks | Lettuce |
| Onions | Mushrooms |
| Rocket | Pumpkin |
| Potato« | Radish |
| Silver beet | Salad greens |
| Snow peas | Shallots |
| Sprouts | Spinach |
| Sweet potato« | Squash |
| Water cress | Tomato |
| | Zucchini |

« Energy dense / high carbohydrate vegetables, limit to one cup (raw) daily. body’s protective antioxidant production

* Cruciferous vegetable sources boost the body’s protective antioxidant production



GRAINS

Your daily consumption of allowable high GL (glycaemic load) foods should be limited to one to two servings daily (each providing approximately 30 g of carbohydrate). Serving sizes are as follows:

Bread 2 slices
Wheat crackers 10 biscuits
Rice crackers 20 biscuits
Breakfast cereals ½ - 1 cup
Rice ½ cup (cooked)
Pasta ½ cup (cooked)
Cous cous ½ cup (cooked)
Potato 2 medium

BREADS

Multigrain, Wholemeal, Rye, Spelt, Essene bread,

CEREALS

Whole grain breakfast cereals
Oats, Muesli, Bran

PASTA/NOODLES

Wholemeal pasta
Low carbohydrate pasta
Spelt pasta

RICE/GRAINS

Brown rice, Basmati rice
Barley

SNACKS

Rice cakes, Corn cakes
Buckwheat crisp bread,
Rice crackers

*Note: Gluten containing foods

Many grains and related foods contain gluten. Check with your Practitioner if gluten containing foods are suitable for you. Grains which contain gluten include: wheat, rye, oats, barley, spelt, triticale, semolina, bran, wheatgerm, bulgur and malt.

COOKING OILS

Maximum 2 tablespoons per day.

Olive oil, Salad oils, Flax seed oil
Apricot kernel oil,
Macadamia nut oil,
Walnut oil, Sesame oil

NUTS AND SEEDS

You can enjoy a small handful or ¼ a cup of nuts and seeds daily. Vegans may need to increase their allowance to ½ cup daily to assist in providing essential protein. Choose organic options where possible.

Almonds
Brazil Nuts
Cashews
Coconuts
Hazel Nuts
Linseeds
LSA (ground linseed, sunflower seeds and almonds)
Macadamia Nuts
Natural nut butter and spreads (limit to 2 serves per day)
Pecans
Pepitas
Pine Nuts
Pistacchio
Sesame seeds
Sunflower Seeds
Walnuts

BEVERAGES

Consume 2 to 3 litres of water a day.

Pure water can be flavoured with lemon juice, fresh ginger or mint. Eliminate soft drinks.

Reduce your intake of caffeine to one to two cups a day.

As part of a healthy diet, alcohol should be kept to a minimum.

TAKEAWAY

Enjoy a "Freedom Meal" once a week.

We are all occasionally too busy to prepare meals. Social engagements and eating out sometimes make it difficult to stick to a dietary plan.

Here are a few ideas to minimise the impact of these occasions on your healthy lifestyle.

Thai
Japanese
Falafel kebabs
Grilled fish and salad
Vegetarian pizza

SWEETS

Fresh fruit
Fruit sorbet
Frozen berries and yoghurt
Apple/ blueberry pie
Stewed fruit and custard

