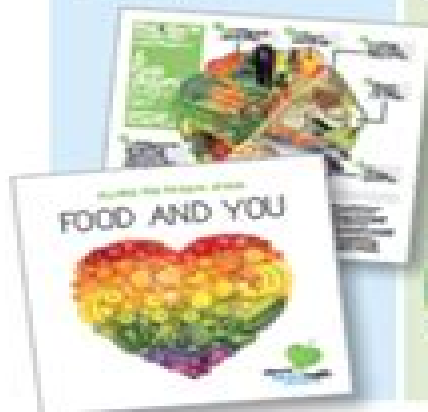


# TOP 10 TIPS TO HELP YOU EAT YOUR WAY TO BETTER HEALTH

1

## EAT A RAINBOW EVERYDAY

- Consume vegetables and fruit that contain each of the 6 colours of the phytonutrient spectrum (green, orange, red, yellow, blue/black/ purple & white/tan).
- Pick up your handy 'Food and 'You' guide. Further info at [www.anhinternational.org/food4health](http://www.anhinternational.org/food4health)



2

## SOIL GROWN VEGETABLES ARE BEST



- Make sure your plant foods are grown in rich, living soil.
- Much of the supermarket salad veg today is grown in glasshouse aquaponic systems without soil.
- If your salad veg tastes watery, it's likely deficient in lots of nutrients!



3

## BUY LOCAL/REGIONAL AND SEASONAL

- Try not to rely only on supermarket produce, most of which comes from factory farms and industrial-scale agriculture, and often from distant lands.
- Buy from the 'farm gate', from farmers' markets or have your organic produce delivered to your door via a 'box scheme'.
- Buy food that's in season and when you do shop in supermarkets, make sure that most of your trolley has come from the living, fresh aisles and is bar code free.
- Ensure that processed foods and ready meals make up less than 10% of your diet. Shopping can still be convenient, quick and cheap!



4

## AVOID HIGHLY REFINED CARBS



- Cut out or minimise sugar, white bread, pastries, cakes, biscuits, pizza and white pasta.
- Replace these foods with more vegetables that are rich in complex, (rather than simple) carbs and fibre.
- Swap out fries and white potatoes for sweet potatoes or other root veg.
- Make sure that your meals and snacks include good quality protein, healthy fats, nuts, seeds and veg.

5

## 101 ON HEALTHY FAT SELECTION

- Fat doesn't make you fat!
- Healthy fats like avocados, coconut oil, nuts (not peanuts), extra virgin olive oil, oily fish, grass-fed beef, butter & ghee (unless intolerant) and eggs should be regulars in your diet.
- Other healthy plant oils include flax and hemp oils.

DON'T BE AFRAID OF FAT!



# Health Promotion Interventions To Promote Healthy Eating In The

**Mike Jess**



**Health Promotion Interventions To Promote Healthy Eating In The:**

## Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Health Promotion Interventions To Promote Healthy Eating In The**

In a world inundated with displays and the cacophony of quick interaction, the profound energy and emotional resonance of verbal art often disappear in to obscurity, eclipsed by the continuous onslaught of sound and distractions. However, located within the lyrical pages of **Health Promotion Interventions To Promote Healthy Eating In The**, a captivating perform of fictional brilliance that impulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, this magical opus courses visitors on a psychological odyssey, lightly revealing the latent possible and profound influence embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key styles, dissect their charming publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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