

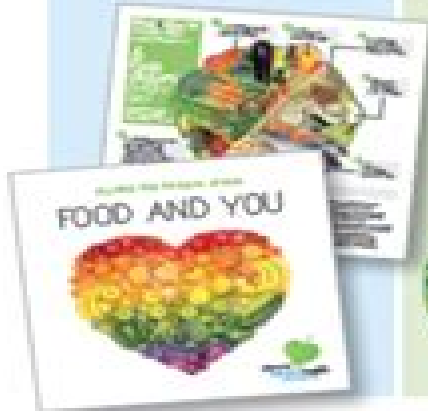
TOP 10 TIPS TO HELP YOU EAT YOUR WAY TO BETTER HEALTH



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



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 aqueponic 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 sides 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.



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WJ Hussar



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