



### Nutritional advice

Foods to eat	Foods to avoid
<b>All Vegetables &amp; Salads</b> – Lettuce, courgette, aubergine, beans, peppers, onion, tomatoes, cucumber, marrow, butternut squash, carrots, peas, celery, radishes, watercress, spinach, rocket, cabbage, potatoes, parsnips, sweetcorn etc	<b>Junk food</b> – Chocolate, Crisps, fizzy drinks (except fizzy water), fried foods, processed pre-packed ready meals
<b>All Fruit</b> – Oranges, apples, bananas, berries, grapefruit, kiwi, avocado, passion fruit, pomegranate, pears etc	<b>Wheat</b> – Pasta, Bread, Pastries, cakes
<b>White meats and Fish</b> – Chicken, Turkey, Tuna, Salmon, Mackerel, Sardines,	<b>Caffeine</b> – Tea, Coffee, Coca Cola, Red Bull
<b>Pasta &amp; Wheat alternatives</b> – Buckwheat, Corn, Rice, Millet, Quinoa, Oats (porridge in the morning)	<b>Alcohol</b> – Beer, Lager, wines, spirits (stick to a white spirit and tonic)
<b>Healthy snacks - Seeds</b> – Sunflower, Sesame, Flax, <b>Nuts</b> – Walnuts, Hazelnuts, Brazil, Macadamia, Almonds, <b>Houmous</b> , Dr Karg's spelt crisp breads (Available from Waitrose & Daily Bread), <b>Falafels, Olives, oat cakes, nut butters,</b>	<b>Low Fat foods</b> - can contain very high carbohydrates that are mostly made up of sugar. Don't be fooled by the low fat snack bars which generally contain high amounts of sugar
<b>Beans &amp; Pulses</b> – Lentils, Chick peas, kidney beans	<b>Creamy based foods</b> – cream cheese spreads, avoid creamy sauces and aim for simple tomato based dishes
<b>Drinks</b> – Water (still or fizzy), fruit teas, fresh fruit juices not from concentrate,	

### Shopping Advice

- Buy Organic where possible – avoid Any E Numbers Artificial colors and preservatives
- Check the order of ingredients on the pack.... The first product stated will be the highest concentration i.e. sugar
- No Hydrogenated Oil or Trans Fats
- Avoid all sweeteners e.g. Aspartame
- Buy foods produced in this country if possible or neighbouring countries as food is fresher

### Cooking Foods

- Always where possible steam or grill vegetables, meat & fish
- Pat down with kitchen paper any excess fat or oil from cooked meat to take away as much of the fat as possible
- Remove Poultry skin before cooking and eating & cut off any excess fat from any meat
- Drain off the fat from mince once cooked
- Keep Olive Oil out of direct sunlight or near the oven hob and keep in dark cool cupboard

### Helpful Tips

- **Eat five to six small meals a day** (Breakfast, Lunch, Dinner split up with small snacks in between)
- **Try to eat protein at every meal** - This is essential for your bodies immune system and for muscle growth and repair
- **Drink a pint of water before your meal** – this will give the feeling of being full and prevent excess food being eaten
- **Eat slowly** – studies have shown that you can consume up to 20% extra calories if you eat too quickly. Eating slowly and methodically you will eventually feel stuffed. Stopping that urge to go back for second helpings.
- **Sweet Tooth?** Brush your teeth or alternatively eat frozen fruit such as pineapple, cherries, grapes etc

- **Going out for dinner?** Have a starter, but then order another starter for your main meal. This will keep your portion size and calories consumed down to a minimum.
- **Portion Problems??** Eat from a small cereal bowl for all your main meals throughout the day, or alternatively only eat what ever you can carry in both hands cupped together (do not heap it up) this will reduce the amount you eat, but after 20 minutes when your body has digested your food you'll realize you're not as hungry as you thought.

## Meal Ideas

### Breakfast - 8am-10am

- Omelet
- Porridge
- Boiled Eggs
- Poached Eggs
- Freshly made smoothies (not innocent smoothies as they are full of sugar) Get your own hand blender and frozen fruit, wizz it all together with some water or fruit juice
- Yogurt with fruit and nuts or seeds
- If having cereal try and have fruit and nuts or seeds on top - cereals can sometimes be high GI so we need to slow down the rate that the sugar is absorbed into your system

### Lunch - 12 noon - 2pm

- Chicken Salad
- Buckwheat pasta salad
- Chicken & sweetcorn Jacket Potato
- Brown rice (White rice is high GI so try and avoid)
- Any meat, veg & potatoes

### Dinner - 6pm-8pm

- Grilled Chicken with Roasted Veg
- Steak with Jacket Potato & steamed broccoli
- Turkey Stir Fry
- Chili Con Carne with brown rice
- Any veg, meat & potato

### Snacks - you need to be eating every 2 - 3 hours so this is imperative to keep your blood sugar constant!

- Houmous on Dr Kargs crackers
- Oat Cakes
- Sun dried tomato pate
- Fruit with a handful of seeds
- Nuts
- Seeds
- Peanut butter

## FAQ's

- **Give up coffee!!!!!! Are you mad????!!!!!!!**

Not mad but unfortunately I have to inform you that like most drugs (caffeine) it is highly addictive and people can become very erratic in their behaviour and moods if they don't get their 10 fixes of coffee for the day. From personal experience I know I have been there before! I used to drink anything from 5 to 15 cups of strong Douwe Egberts a day (with 3 sweeteners thinking I was being healthy!)

Ok so here's a small simple biology lesson. What caffeine does is stimulate your adrenal gland which in turn tells your liver to release sugar from its stores into the blood because you've told it you need emergency energy. But in reality you're sitting at your desk clock watching waiting for 5.30pm to come along so you can go home and sit in front of the telly. But the problem is the sugar in your blood doesn't know what to do with it self.... All dressed up and nowhere to go.... So instead of going back to your liver to be stored again it eventually gets converted into fat which is stored around your body in the places you wish it wouldn't.

When that happens you get that big drop in energy again, feel sluggish and crap. So! What do you do you head for the coffee tin and pour yourself another cup of the brown stuff, oh and chuck in a couple of biscuits for good measure, and so the circle continues.

Yes it is a great energy provider, and yes it does help you function better in the morning. But it is a false economy, you are teaching your body to rely on a supplement to provide it energy. And making it forget how to produce its own energy.

Long term effects????? Who knows but there must be a correlation of pancreatic dysfunctions compared with the amount of caffeine consumed. (The pancreas control blood sugar levels and eventually you can/will wear it out and that is when you become insulin dependent).

However, this is my opinion and I'm sure others will strongly disagree with this view point. But, having seen and treated many, many clients, who drank coffee before, whom I told to give up, have said they feel fantastic not drinking it anymore. It only takes you to try and give it up once, feel the difference then make your own decision.

But I am warning you, you must give it up for at least one month if not longer. You need to remember that caffeine is a stimulant and it is a very mild drug, in which case you need to treat giving up any drug your 100% commitment. I guarantee you will feel awful at first and this may last anything up to 3-4 weeks experiencing anything from mood swings to irritability to chronic headaches etc but stick at it, drink plenty of water and allow your body to cleanse and detoxify. You will feel much better, cleaner and full of energy.

- **Seeds... Nuts.... I'm not a bloody squirrel!!!**

No. I know you're not a rabbit or a squirrel for that fact but Seeds and nuts provide massive amounts of protein which is vital for the growth and maintenance of our muscles. If we don't get enough protein then our muscles will waste causing our metabolism to slow and the ability of storing fat far greater! Added to this Seeds and nuts, are full of EFA's (essential fatty acids) EFA's are fats that our body desperately needs for us to function properly but can't produce itself so it relies on us to provide them from our diet. A Very important EFA is Omega 3 which has been linked to improve brain function, cell function and even eyesight the further benefits of this fantastic fat has still not been fully discovered but even without further evidence you need to make sure you are getting enough of it from your diet.

- **Give up bread??.... My life is over!**

Sorry but 90% of breads you buy in the supermarkets is a processed food. Full of all the same rubbish that they put in your processed ready meals. Why does your typical white bread stay upright the way it does? Because it's rammed full of fat, lard and more fat. Correctly made fresh bread should go off the same day it's been made. How come the bread in your bread bin is four days old but still "looks" ok? Because they cram it full of E numbers, preservatives and artificial this and that to make it have a shelf life.

Make your own bread, or buy your bread from a local baker who you know makes all their own loaves out the back in a big oven. Even then limit yourself to how much you eat.