



**DIANA WRIGHT**

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

## HEALTHY EATING GUIDELINES

### FOODS TO EAT IN ABUNDANCE

**VEGETABLES AND FRUIT** - contains abundant fibre, vitamins, minerals, and phytonutrients giving antioxidant and anti-inflammatory properties. Choose a variety of vegetables and fruit daily.

**Deep-coloured 'rainbow' vegetables:** tomatoes, peppers, sweet potatoes, squash, pumpkin, beetroot. Use in stir-fries, salads, soup, roasted etc.

**Cruciferous vegetables:** broccoli, kale, Brussels, cauliflower, spring greens. Added to soups & stews, steamed & dressed with olive oil & lemon, garlic, balsamic or lime, tamari & sesame seeds.

**Seaweeds:** Add to stews, soups, salads or in sushi (gives a savoury taste and a good salt replacement).

**Herbs and Spices:** these give a powerful boost to the nutritional value of your meal: examples include rosemary, thyme, mint, basil, parsley, turmeric, cinnamon, clove, garlic and ginger. Use fresh or dried herbs in salads or in cooked dishes. Herbal teas are also good.

**UK fruit:** berries, apples, pears, plums, apricots. Grate or finely chop and add to yoghurt, porridge, muesli and desserts.

**Tropical fruit:** kiwi, mangoes, melons, pineapple, papaya, lychees, paw-paw.

**PROTEIN FOODS** - these have many vital roles in the body including supporting repair function. Try to include protein at each meal.

**Pulses** - contains high amounts of protein compared with other plant foods. Low in fat, low GI, and high in fibre, phytoestrogens, vitamins and minerals: beans, lentils, chickpeas and peas. Add to soups, salads and stews; 50% of meat in a recipe can be replaced by beans. Tinned beans, lentils and chickpeas are easily stored. Choose Whole Earth baked beans (low in sugar).

**\*Oily fish** - rich in vitamin E and omega 3 fatty acids: salmon, mackerel, herring and sardines. Grill fresh fish or try tinned fish on toast with rocket, lemon and black pepper, fishcakes, in salads, in pasta.

**Free range eggs** - A high quality protein containing iron and choline: Poach, boil, add to food but don't fry!

**Dairy** - cottage cheese and natural yoghurt. Cottage cheese can be made into dips, and yoghurt eaten with berries and seeds, in smoothies, or on muesli.

**Organic white meal** - A high quality protein: Chicken, game and turkey. Eat approximately twice a week.

**\*Nuts and Seeds** - dense in minerals especially zinc, vitamin E and essential fatty acids: almonds, brazil nuts, hazil nuts, walnuts, sunflower, sesame, pumpkin and linseeds. Snack on with fruit, add to muesli and soak overnight, grind on porridge or in salads. Good seed mix for grinding = 1/2 linseeds, 1/6 sunflower, 1/6 pumpkin, 1/6 sesame seeds.

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## STARCHES

**Whole-grains** - Provides the body with important nutrients in particular fibre, B vitamins, vitamin E and various minerals: brown rice, oats, whole-wheat pasta, brown bread, whole-wheat couscous, rye, barley, millet, buckwheat, maize and quinoa.

**GOOD FATS** - these are essential for your body and the integrity of your cells. Saturated and unsaturated fats are important for good health.

\***Oily Fish** - (as above)

\***Nuts and Seeds** - (as above)

**Vegetable oils** - choose extra virgin and cold-pressed oils. These oils can be damaged when heated to high temperatures: olive oil, nut and seed oils (e.g. hemp, sunflower, linseed pumpkin seed oil)

**Butter** - this is far better than any type of margarine, low-fat spread or spreadable butter which normally contain damaged fats. Use in moderation.

## FLUIDS

**Filtered water** - 8 glasses per day or 2 litres

**Red wine** - less than one glass per day.  
Drink lots of water when eating linseeds

## FOODS TO EAT IN MODERATION

**RED MEAT** - unprocessed red meat consumed once a week contains B vitamins and certain minerals. Excessive of red meat is detrimental to your health: lamb and beef

**OTHER DAIRY PRODUCTS** - high in saturated fat and hormones: butter, cream and milk. Substitute with rice, oat, almond or soya milk.

**SALT** - many people consume too much which upsets delicate balance of minerals in the body.

**CAFFEINE** - increases your body's production of stress hormones. Green and white tea is high in antioxidants: tea (black, green and white), coffee, cola and chocolate.

**SMOKED AND CURED FOODS** - contains nitrates, saturated fats, salt and more which may-be detrimental to your health: salami, sausages, ham, luncheon meats.

## FOODS TO MINIMIZE

**SUGARS** - these have a high GI causing a fast release of sugar into the blood: white and brown, honey, maple & corn syrup, fructose, dextrose, maltose, maltodextrin. Alternatives include agave nectar, xylitol, FOS, molasses, stevia.

**SUGARY FOODS** - these have a high glycaemic load: jams, jellies, fruit in syrup, desserts, fruit yoghurts, soft drinks, cordials, sweets, milk chocolate, commercial breakfast cereals and even fruit juices. Substitute with 70%+ chocolate, nuts, seeds, diluted fruit juices. Consider smoothies to be a food rather than a drink.

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**REFINED GRAINS** - essential nutrients and fibre are removed during refining leading to a fast release of sugar into the blood: white flours, breads, pasta, rice and pastries. Alternatives include whole-grains, oats, brown rice, rye, pulses.

**DEEP FRIED FOODS AND HYDROGENATED FATTY FOODS** - can damage your cells: chips, crisps, doughnuts, salty snacks, battered and breadcrumbed food, packaged biscuits, cakes and pastries.

**PROCESSED FOODS** - tend to be high in salt and sugar, and low in nutrients: tinned, packaged and pre-prepared foods.

**ALCOHOL** - depletes many nutrients especially B vitamins and zinc

## SUMMARY OF THE DIETARY RECOMMENDATIONS

FOODS TO EAT IN ABUNDANCE	FOODS TO MODERATE	FOODS TO MINIMIZE
<p><b>VEGETABLES &amp; FRUIT</b> Rainbow vegetables Cruciferous vegetables Seaweeds Herbs &amp; spices Fruit</p> <p><b>PROTEIN FOODS</b> Pulses Oily fish Free range eggs Cottage cheese &amp; yoghurt White meat Nuts &amp; seeds</p> <p><b>STARCHES</b> Whole-grains</p> <p><b>GOOD FATS</b> Oily fish Nuts &amp; seeds Vegetable oils Butter</p> <p><b>FLUIDS</b> Filtered water, herbal teas etc – 2 litres per day</p>	<p><b>RED MEAT</b> - lamb &amp; beef</p> <p><b>OTHER DAIRY PRODUCTS</b> - milk &amp; cream</p> <p><b>SALT</b></p> <p><b>CAFFEINE</b> - tea (black, green &amp; white), coffee, cola &amp; chocolate</p> <p><b>SMOKED &amp; CURED FOODS</b> - salami, sausage, ham, luncheon meats</p>	<p><b>SUGARS</b> - white &amp; brown sugar, honey, maple &amp; corn syrup, fructose, dextrose, maltose, maltodextrin.</p> <p><b>SUGARY FOODS</b> - jams, jellies, fruit in syrup, desserts, fruit yoghurts, soft drinks, cordials, sweets, milk chocolate, commercial breakfast cereals &amp; fruit juices</p> <p><b>REFINED GRAINS</b> - white flours, breads, pasta, rice &amp; pastries.</p> <p><b>DEEP FRIED FOODS &amp; HYDROGENATED FATTY FOODS</b> - tinned, packaged &amp; pre-prepared foods</p> <p><b>ALCOHOL</b></p>

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