

FERMENTS AND PROBIOTICS

Adding kefir, kombucha, unpasteurised miso, natto, kimchi, sauerkrauts and brine pickles can support a healthy microbiome. For example: ½ cup of kefir or a tablespoon of natto or unpasteurised brine pickles, 1-2 teaspoons of miso or a small glass of kombucha. Watch for the salt content of miso and pickles if you have high blood pressure. Probiotic supplements may be supportive seasonally and for certain conditions: seek professional advice.



VEGETABLES, LEAFY GREENS AND SALADS

About ½ your plate to include a rainbow of non-starchy vegetables, leafy greens and salads. These contain a range of vitamins, minerals, polyphenols and antioxidants as well as fibre and prebiotics. Go for organic when you can.



FRUIT

Eat 2-3 portions per day. Apples, pears, berries, kiwis, citrus, figs, plums, pomegranates have a lower glycaemic index. Enjoy more exotic, higher glycaemic fruits in smaller portions.

DAIRY PRODUCTS

If tolerated and enjoyed, include organic dairy and focus on fermented foods such as unsweetened yoghurt, kefir and cheese. **Daily portion sizes** include a small glass of milk, a **small matchbox** of cheese, a few tablespoons of yoghurt or kefir, a tablespoon of butter.



A HEALTHY PLATE GUIDE

Remember, this is a guide, not a prescription. If you don't like or tolerate certain foods listed here, include those that you do. Aim to eat well 80-90% of the time, and enjoy good quality desserts, alcohol and treats 10-20% of the time.



HYDRATION

Maintain optimal hydration levels by drinking water, green and herbal teas and hydrating foods such as vegetables, fruit, beans, lentils + soups, stews and salads. Adequate water intake varies depending on your gender, size, dietary patterns, exercise levels and the season and can be anywhere between 1 and 3 litres. Reduce caffeine, coffee, fruit juices, soft drinks, barista-style drinks, alcohol and energy drinks. They may contribute to dehydration, disrupt blood glucose balance, increase stress hormones and reduce sleep quality.



ROOT/STARCHY VEGETABLES AND WHOLEGRAINS

About ¼ plate to include wholegrains and/or root vegetables. Full of fibre, prebiotics, complex carbohydrates, vitamins and minerals. Consume root vegetables like swede, carrots, beetroot and turnips and wholegrains like coloured rices, quinoa, farro, barley and buckwheat.



HEALTHY OILS & FATS

Cook with good quality extra virgin olive oil and use in salad dressings. Avoid margarines, hydrogenated and trans fats and if including butter and coconut oil eat in small amounts. **A helpful tip: if a baked good has a longer shelf life than 3 days, it's likely to contain trans fats or rancid oils.** Avoid and make your own! Healthy fats are also found in avocados, coconuts, olives, nuts and seeds. Aim for 25-40g per day of a variety of nuts. Include 1-2 tablespoons of a variety of seeds each day.



PROTEIN

About ¼ plate to include protein dense foods. **If you eat meat:** include organic fish, white meat and eggs, reducing red meat and avoiding factory-farmed produce, processed and smoked meats. **For omnivores, vegetarians and vegans:** include a variety of beans, pulses, tempeh, tofu and edamame. Nuts, seeds and some plant milks also contain protein. Small amounts of seaweed increase iodine and minerals in a vegan diet: nori, wakame, dulse, arame. Vegans should supplement with vitamin B12. To check you're eating a nutrient dense vegan diet visit Viva! The Vegan charity website or go to www.nutritionfacts.org. Alternatively, see a registered Nutritional Therapist.