



FRESH VEGETABLES AND FRUIT

HOW MUCH: 5-7 portions of vegetables and 2-3 portions of fruit. A portion size is a clenched fist – about 60-80g.

HEALTHY CHOICES: lightly cooked dark leafy greens (spinach, collard greens, kale, Swiss chard), cruciferous vegetables (broccoli, cabbage, Brussels sprouts, kale, bok choy and cauliflower), onions, peas, courgettes, aubergine, tomatoes, green beans and mange toute, fennel, radish, salad onion, squashes, sea vegetables and washed raw salad greens.

WHY: Eat a rainbow of colours to ensure you get a good range of nutrients. Deeply coloured fruit and veg are excellent choices as they are particularly rich in beneficial plant chemicals.

ROOT VEGETABLES AND WHOLEGRAINS

HOW MUCH: 2-5 servings a day (one serving is equal to about ½ cup of cooked grains). Portion size ½ cup of cooked grain or a cupped hand.

HEALTHY CHOICES: Brown rice, basmati rice, wild rice, buckwheat groats, barley, quinoa, steel-cut oats and beetroot, carrots, turnips, parsnips, white and coloured potatoes, celeriac, swede.

WHY: Whole grains and root vegetables digest slowly, reducing frequency of spikes in blood sugar that promote inflammation. They contain fibre and prebiotics that support good gut health.

WHOLEGRAIN PASTAS AND BREADS

HOW MUCH: 2-3 portions per week. Portion size: ½ cup of cooked pasta or a slice of sourdough bread.

HEALTHY CHOICES: Wholegrain and gluten free grain pasta, noodles and sourdough breads.

WHY: Wholegrain varieties have a lower-glycemic load and extra fibre helping balance blood glucose. They are still a refined carbohydrate so eat in balanced portions. Avoid highly refined white and ultra-processed pasta and bread products.

BEANS AND LENTILS

HOW MUCH: 1-3 servings per day depending if you're omnivore, vegetarian or vegan (one serving is equal to ½ cup of cooked beans or a cupped hand).

HEALTHY CHOICES: Beans like cannellini, butter, pinto, aduki and black, as well as chickpeas, black-eyed peas and the whole range of lentils.

WHY: Beans are nutrient dense, rich in a range of vitamins and minerals and soluble fiber. They help balance blood glucose levels. Eat them well cooked either whole or pureed into spreads like hummus.

SOYA BEANS AND PRODUCTS – ESPECIALLY FOR VEGANS AND VEGETARIANS

HOW MUCH: Up to 1-2 portions per day (one portion is equal to ½ cup tofu or tempeh, 1 cup soy milk, ½ cup cooked edamame, or 1 ounce of roasted soya beans, 1-2 tsp of miso, 1 tablespoon of natto).

HEALTHY CHOICES: Tofu, tempeh, edamame, unsweetened soya milk, miso, natto and yoghurt.

WHY: Soya foods contain isoflavones that have antioxidant activity and are protective against cancer. Choose organic whole soya foods and **avoid** isolated soya-protein powders and imitation meats made with soya isolate. Some people are sensitive to soya products so assess if they are good for you.

FISH AND SHELLFISH

HOW MUCH: 2-6 servings per week (one portion is equal to approx. 100g or your palm-size of fish or seafood).

HEALTHY CHOICES: Wild Alaskan salmon, herring, sardines, and mackerel. Choose small, oily fish like mackerel, anchovies and sardines avoiding farmed or unsustainably caught larger fish like tuna for our health and sustainability.

WHY: These fish are rich in omega-3 fats, which are strongly anti-inflammatory. A fish or algae oil supplement with preformed EPA/DHA may be beneficial if you eat little or no fish. Seek advice from a professional.

HEALTHY FATS

HOW MUCH: 5-7 servings per day (one serving is equal to 1 teaspoon of oil, 2 walnuts, 1 tablespoon of flaxseed, 1 ounce of avocado).

HEALTHY CHOICES: For cooking, use extra-virgin olive oil as your main oil. Other sources of healthy fats include nuts (especially walnuts), avocados, and seeds, including hemp seeds and freshly ground flaxseed. Omega-3 fats are also found in cold-water fish, omega-3 enriched eggs, and whole-soy foods. Organic, expeller-pressed, high-oleic oils may also be used sparingly, as well as dark roasted sesame oil as a flavouring for soups and stir-fries. Using vegetable stock instead of oil at the start of cooking is a healthy alternative.

WHY: Healthy fats are those rich in either monounsaturated or omega-3 fats. Extra-virgin olive oil is rich in polyphenols with antioxidant activity.

WILD AND EXOTIC MUSHROOMS

HOW MUCH: Several times per week (portion size approx. ½-1 cup of raw mushrooms).

HEALTHY CHOICES: Shiitake, enoki, maitake, oyster mushrooms, king trumpet mushroom (and other wild mushrooms if available).

WHY: These mushrooms contain compounds that enhance immune function. Never eat mushrooms raw, and include some common varieties, opting for organic produced mushrooms.

MEAT, EGGS AND DAIRY

HOW MUCH: 1-7 portions per week (one portion is equal to 1 ounce of cheese, one 8-ounce serving of dairy, 1 egg, or 3 ounces cooked poultry or skinless meat).

HEALTHY CHOICES: High-quality natural cheese and yogurt, omega-3 enriched eggs, skinless poultry, grass-finished lean meats, turkey, game.

WHY: Overall, it is beneficial to reduce consumption of meat in favour of vegetable protein. Meat can be a healthy addition once or twice a week and can be a useful source of minerals and B vitamins.

PROBIOTIC FOODS

HOW MUCH: Small, supplemental amounts from a teaspoon to a tablespoon: ½ cup of kefir, a tablespoon of natto or pickles, a teaspoon of miso diluted, a small glass of kombucha.

HEALTHY CHOICES: kefir, kombucha, unpasteurised miso, natto, kimchi, sauerkrauts and pickles.

WHY: Fermented foods can help support a healthy microbiome as they contain a range of healthy microbes and bacteria. They can be high in salt so be cautious if managing high blood pressure. Probiotic supplements may be supportive seasonally and for certain conditions: please seek professional advice.

HERBS AND SPICES

HOW MUCH: Unlimited amounts.

HEALTHY CHOICES: Turmeric, curry powder (which contains turmeric), ginger and garlic (dried and fresh), chili peppers, basil, cinnamon, rosemary, thyme, parsley, dill, cardamon, caraway, fennel, coriander etc.

WHY: Use these herbs and spices generously to season foods – each contains a range of phytochemicals with powerful impact on key biological functions. Turmeric, garlic and ginger are powerful natural anti-inflammatory agents for example.

TEA AND HERBAL TEA

HOW MUCH: 2-4 cups per day.

HEALTHY CHOICES: White, green, oolong teas and herbal teas if sensitive to caffeine – low levels found in a range of green and oolong teas.

WHY: Tea is rich in catechins, antioxidant compounds that reduce inflammation. Purchase high-quality tea and learn how to brew it correctly for maximum taste and health benefits.

SUPPLEMENTS

These are not a substitute for a healthy diet. Do ask for guidance from a nutrition healthcare professional. A good quality multivitamin + extra vitamin D in winter months and targeted seasonal support may be of benefit.

WHY: Supplements help fill gaps in your diet when you are unable to get your daily requirement of micronutrients.

WINE (OPTIONAL)

HOW MUCH: Optional, no more than 1-2 glasses per day.

HEALTHY CHOICES: Organic (preferable) red wine.

WHY: Red wine has beneficial antioxidant activity. Limit intake to no more than 1-2 servings per day. If you do not drink alcohol, do not start. Aim for 3-4 alcohol free days a week.

HEALTHY SWEETS AND DESSERTS

HOW MUCH: Sparingly.

HEALTHY CHOICES: Unsweetened dried fruit, dark chocolate, fruit sorbet, fruit-based desserts with low or no refined sugar, home-made cakes with low or no refined sugar.

WHY: Dark chocolate provides polyphenols with antioxidant activity. Choose dark chocolate with at least 70 percent pure cocoa and have an ounce a few times a week. Fruit sorbet is a better option than other frozen desserts.

GENERAL RECOMMENDATIONS

ENJOYMENT: We strongly believe food is one of life's true pleasures and suggest you find plenty of recipes that can be easily prepared that you enjoy. Unless you have severe food allergies/intolerances or major health issues, do not be overly concerned about eating perfectly healthy all the time. Make healthy choices 80%-90% of the time.

HOW WE EAT: Eat mindfully wherever possible: Set the table nicely, sit down to eat and take a moment to settle yourself/ connect with the food on your plate before eating. Chew food adequately and eat as slowly/ mindfully as you can – this will help digestion enormously.

MAKING CHANGES: Start slowly: don't overwhelm yourself by making too many changes at once. Some people find it helpful to start changing a meal at a time – perhaps starting with breakfast. If you have a healthy start to the day you are more likely to continue that way.

DIVERSITY ON YOUR PLATE: Aim to eat a variety of different plant foods each week (aim for 30+). Our bodies need a wide range of nutrients and plenty of fibre so increasing variety enables us to obtain a broader range of plant chemicals in our diet.

PREPARATION IS KEY: Batch cooking food from scratch as frequently as possible and avoid buying processed foods. This ensures we include foods in their natural state and reduces exposure to hidden sugars, preservatives, additives, plastics and unhealthy oils. Menu plan and batch cook when you have the time for busier periods.