



Let Food Be Your Medicine

A Bite Sized Guide To Healthy Eating

1/ Follow The 80:20 Rule

Treat your food like medicine (because it is) and aim to eat like a nutritional saint at least 80% of the time. By chewing each mouthful at least 20 times, you'll get more nutrients from your food and feel fuller sooner.

2/Eat Little And Often

You'll feel more energised and less likely to snack on sugary foods if you eat little and often. Try to have 3 small meals and 2 healthy snacks a day, where you always combine a little protein with 'smart carbs'.

3/Remember Protein

About 1/4 of our diet needs to be good quality protein. If you're an omnivore, try and choose organic, grass fed animal products. If you're more plant based, take care to include dense protein from a variety of sources including beans, pulses, nuts, seeds and mushrooms. Quorn, seitan and unfermented soya should be kept to a minimum.

4/Veg, Veg And Veg

About half our diet should be fruit and veg (mainly veg) and try to eat one portion from each colour of the rainbow every day. If you need inspiration, there are lots of great veg recipes available online.

5/Get Friendly Tummy Bugs

Until recently we ate a probiotic food every day, and research into probiotics has found that they have a hugely beneficial effect on our health. So try introducing a daily dose of friendly bacteria in the form of live yoghurt, kefir, sauerkraut, kimchi, miso, tempeh, raw apple cider vinegar, or soy sauce.

6/Drink

Keep your caffeine to a maximum of 2 drinks a day, and your water intake should be about 1 litre for every 5 stone of body weight. If you sip rather than guzzling, you won't be in the loo every 5 minutes either.

7/Enjoy Your Food

Treat yourself to a recipe folder and have fun collecting your favourite recipes. BBC Good Food, Jamie Oliver and Deliciously Ella all have lovely recipes.