



# FACTSHEET

## THE OPTIMAL HEALTHY EATING APPROACH!



There's so much confusing and contradictory information about healthy eating. A healthy meal plan should be easy to follow and most importantly, it should taste delicious!

We think that a healthy eating plan has to involve the following:

- **Selecting natural**, unprocessed and seasonal foods. These foods are higher in vitamins and minerals and lower in additives and preservatives than mass produced manufactured food.
- **Selecting unrefined carbohydrates** (think 'brown!') such as **whole wheat** bread and brown rice in preference to refined ('white') carbohydrates. These foods are higher in fibre (which helps to keep you feeling full longer) and have a higher vitamin and mineral content.
- **Limiting sugars** in the form of cakes, biscuits, desserts and sweets - sugar has no nutritional value and can cause fluctuations in your blood sugar levels leading to an increased risk of weight gain and food cravings.

The World Health Organisation recently **recommended reducing the amount of added sugar** we consume to 5% of our daily calorie intake - approximately 6 tps.

- **Consuming a small amount of protein** with every meal and snack. Protein foods are the '**healthy eaters'** friend. **Like fibre**, they help keep you feeling full longer and help to keep your blood sugar levels stable. Don't forget the vegetable proteins - beans, lentils, nuts and seeds which are an important part of a healthy eating plan.
- **Eating the right kinds of fat.** We all need Omega 3 in the form of oily fish, nuts and seeds. The mono saturated fats such as olive oil and avocados are also very healthy and linked with supporting cardiovascular health. The fats to **avoid** are **trans** and **oxidised fats** which are found in manufactured products and oils which are over heated. The fats to **limit** are **saturated fats**, found in dairy products and red meat. However, we are not fans of 'low fat' yoghurts and cheeses which are full of fillers and additives. We prefer the full fat natural products **eaten in moderate quantities**.
- **Overeating(!)** vegetables and fruits. 5 is the absolute minimum. We should be aiming for a wide variety of different fruits and vegetables (think the colour of the rainbow!). Ideally we should be aiming for 4-5 servings of vegetables and 1-2 servings of fruit daily.



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## THE OPTIMAL HEALTHY EATING APPROACH!



- **Limiting alcohol** and fizzy drinks. The maximum recommended alcohol units for women per week is 14 - this is units, not glasses! Alcohol is a source of empty calories and can make it harder to resist eating the less healthy foods. Fizzy drinks are full of sugar and as for the 'diet' versions? There is absolutely no evidence that diet drinks help with weight control.

permanent weight loss is sticking to healthy eating habits. Faddy diets may help you lose weight initially but they do not show you how to keep the weight off. Healthy eating should be a pathway that you try and follow for life, with the occasional deviation for holidays, dinners and celebrations. Think of the 80/20% rule. If you can try to eat as healthily as you can 80% of the time then you are 99.9% of the way there.

**And the final 'rule'? Always enjoy your food! Have fun, try new recipes and experiment.**

**Our healthy eating plate is a useful graphic to help you in structuring your meals and eating a balanced diet. Stick it to your fridge or kitchen cupboards to help keep you focused!**

### What's wrong with faddy diets?

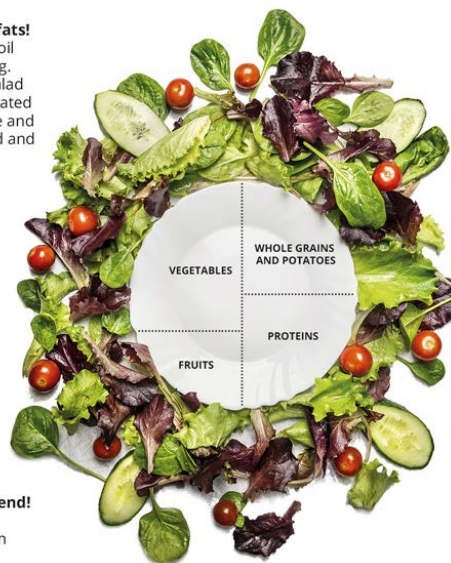
They just don't seem to work in the long term! The key to long term and

### CHARLOTTE'S HEALTHY EATING PLATE

**Don't be scared of good fats!**  
Use healthy fats like olive oil and coconut oil for cooking. Select virgin olive oil for salad dressings. Moderate saturated fats such as butter, cheese and red meat. Avoid processed and trans fats.

**Love your vegetables!**  
The more the merrier! Ideally we should aim for 5 servings a day (a serving is size is about 80g)

**Whole fruits are your friend!**  
Whole fruits are a healthy choice and you can eat 2-3 servings a day



**Water really is a « Superfood »!**  
Drink water, tea or coffee (with no sugar!) Limit fruit juice to a maximum of 1 glass a day as it is high in sugar. Avoid sugary drinks and moderate your alcohol intake.

**Wholegrain Chic!**  
Select whole grains in preference to refined white grains. An average serving size is 100g cooked weight or 40g of breakfast cereal. If you are watching your weight, limit your carbohydrates to 1-2 servings a day

**The power of proteins!**  
Choose fish, poultry, beans, nuts, seeds and eggs. Limit red and processed meats to 1-2 times a week. Aim to have a small amount of protein at every meal including breakfast to help keep your energy levels stable.

*Limit your intake of added sugars and only eat desserts once or twice a week!*