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PLANT-BASED FOOD & EATING WELL GUIDE

Plant-based food—you only eat foods that are from plants which contain no animal products of any kind including dairy. Vegan, raw, plantarian and fruitarian... are some examples of eating plany-based food.

Buy more fresh vegetables, fruits, salads, lentils, beans. Eat more whole foods including nuts and seeds.

Try to use local markets and small groceries—ask a friend who uses markets and groceries regularly to take you around.

Reduce the amount of **processed foods you eat**—go for minimally processed instead.

GOOD FOR THE ENVIRONMENT TOO

BUY WHAT YOU NEED AND FOODS THAT YOU LIKE

Do you know what the list of ingredients means or is it **gobbledygook**?

Make a list of foods you eat over several random days to give you and idea of what you really eat.

Should you go organic?

If you can afford to yes but if you cannot, then buy what you can. Eating more fresh vegetables, fruits, salads is a great start to eating better.

Look at the **dirty dozen** to help you decide which produce you should eat organic.

Apples
Peaches
Nectarines
Strawberries
Grapes
Celery
Spinach
Bell Peppers
Cucumbers
Cherry Tomatoes
Snap Peas
Potatoes
Hot Peppers
Kale/Collard Greens

Eating non organic fresh produce is better than eating processed foods.

Calories
Eating less processed foods should keep your calorie intake in balance. Eat nutrient dense foods such as, squash, sweet potato, celeriac...

Eat slowly and chew well—don't take another piece of food until you have finished eating the food in your mouth first. Eat **without distractions** eg. mobile phone, TV...

Keep food easy or it will become a science project—create simple recipes.

Try eating only one thing at a time (**mono eating**)—such as apples, pineapple or broccoli.

So called **Super Foods** are not necessary at all and can be very expensive with no obvious benefits in their use.

Using a **pressure cooker** can save you a lot of money when making beans—using dry beans.

Eat when you are hungry. Not with your eyes. You can retrain your intuition of when to eat—it may take time but it's possible. You might be **thirsty** instead of hungry.

My food bill will increase—not if you reduce the amount of processed and ready foods. **Buy more fresh produce**.

Eating a certain food and think it will fix a particular deficiency instantly in your diet? **It will not**.

Don't **feel guilty** if you cannot stick to your plan—it's okay not to be perfect. This is just a guide—you decide how much of it you want to do.

If you do not eat well, sleep enough, or find the time to relax and enjoy life—you will continuously have low level stress and not enough energy, and other health issues.

Protein
If you eat varied foods—protein should not be a concern. Protein over consumption is fairly common in most western diets.

Going to bed and waking up at the same time each day is great for your health and life. Set an alarm for when it's time to go to bed. Try to get at least 8 hours of sleep.

B12—you should take a supplement if you have been tested and are deficient in B12. **D3**—is important to take during the winter months when there is not enough exposure to the sun.

Sugar
Refined sugar is bad—really bad for you. Consuming less processed foods will help you hugely to reduce this. **Sugar from eating fruit is okay**—it does not have the same effect as refined sugar.

Try to include some light physical activity such as walking, cycling or yoga.

The maximum weight you can lose is 2.5kg per week if you were on a total starvation diet.

Set point—your body is programmed to be at a certain weight and it tries very hard to maintain that weight—it's a biological and genetic thing.

You need energy to maintain body functions—brain, lungs, digestion liver... Being stressed uses up energy.

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