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WELLNESS DIET

PROTEIN

Remember "fresh is best" and choose avoid processed meats (e.g. bacon, salami, smoked or cured meats) as they may have negative health effects.

Choose lean protein sources, organic or free range where possible.

Veal	Chicken
Lamb	Turkey
Beef	Fresh Fish
Kangaroo	Tempeh
Eggs	Tofu

One palm size portion per meal. Increase to two palms for tofu and tempeh. Limit large fish to once a week due to possible contaminants.

LEGUMES

Lentils, chick peas, mung beans, pinto beans, lima beans, black eyed peas, green split peas, kidney beans, yellow split peas, navy beans, white kidney beans and black beans.

Legumes have less protein and more carbohydrate than other sources, however they are a good vegetarian option.

DAIRY

If dairy is suitable for you.

Cheese	Natural Yoghurt
Milk	Paneer
Whey	Protein

Whey has the highest Biological Value. (Biological Value is a measure of absorbed protein from a food which becomes incorporated into proteins of the body.)

FRUIT

Enjoy a minimum of two pieces or one cup of fresh fruit daily.

Apples	Apricots
Bananas	Blackberries«
Blueberries«	Blackcurrants~
Cherries~	Cranberries«
Custard Apple	Figs
Grapes	Grapefruit
Guava~	Jack fruit
Kiwi fruit~	Lemons
Mandarins	Mangos
Melons	Mulberries
Nectarines	Papaya
Passionfruit	Peaches
Persimmon	Pineapple«
Plumbs«	Pomegranate«
Rhubarb	Strawberries«~
Limes	Lychees
Raspberries«	Oranges~
Watermelon	

« Potent antioxidant / phytonutrients

~ Rich source of vitamin C

VEGETABLES

Enjoy a minimum of three cups of vegetables daily.

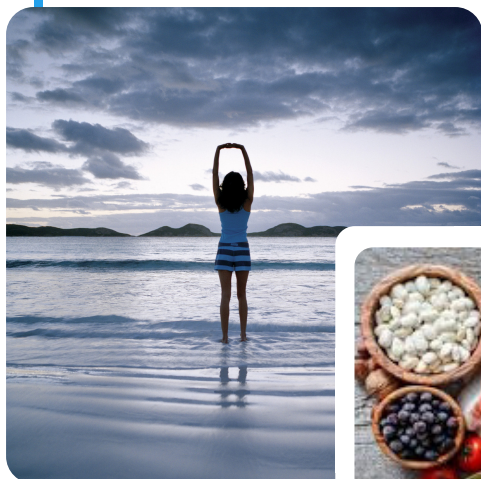
Limit the intake of energy dense, high carbohydrate vegetables to one cup a day. If available choose certified organic or spray free produce. It's a good idea to wash your fruits and vegetables thoroughly to remove any pesticide residue. Light steaming is generally a better method of cooking vegetables than boiling or mashing, to reduce nutrient loss.

The list below provides examples of vegetables you can enjoy.

Alfalfa sprouts	Avocado^
Asparagus	Beans, green
Bok choy	Broccoli*
Brussel sprouts*	Broccolini*
Cabbage*	Capsicum
Cabbage (purple)*	Capsicum
Carrots^	Celery
Cucumber	Eggplant
Fennel^	Fresh kale
Garlic^	Ginger^
Herbs^	Lettuce
Leeks	Mushrooms
Onions	Pumpkin
Potato^	Radish
Rocket	Salad greens
Silver beet	Shallots
Snow peas	Spinach
Sprouts	Squash
Sweet potato^	Tomato
Water cress	Zucchini

^ Energy dense / high carbohydrate vegetables, limit to one cup (raw) daily.

* Cruciferous vegetable sources boost the body's protective antioxidant production.





GRAINS

Your daily consumption of allowable high GL (glycaemic load) foods should be limited to one or two servings daily (each providing approximately 30g of carbohydrate). Serving sizes are as follows:

Bread - 2 slices
Wheat crackers - 10 biscuits
Rice crackers - 20 biscuits
Breakfast cereals - ½ to 1 cup
Rice - ½ cup (cooked)
Pasta - ½ cup (cooked)
Cous cous - ½ cup (cooked)

BREADS

Multigrain, Wholemeal, Rye, Spelt, Essene bread

CEREALS

Whole grain breakfast cereals, Oats, Muesli, Bran

PASTA / NOODLES

Wholemeal pasta, Low carbohydrate pasta, Spelt pasta

RICE / GRAINS

Brown rice, Basmati rice, Barley

SNACKS

Rice cakes, Corn cakes, Buckwheat crisp bread, Rice crackers

Note: Gluten containing foods

If you are gluten intolerant then avoid grains which contain gluten: Wheat, Rye, Oats, Barley, Spelt, Triticale, Semolina, Bran, Wheatgerm, Bulgur and Malt.

COOKING OILS

Maximum 2 tablespoons per day.
Olive oil, Salad oils, Flax seed oil, Apricot kernel oil, Macadamia nut oil, Walnut oil, Sesame oil.

NUTS AND SEEDS

You can enjoy a small handful or ¼ cup of nuts and seeds daily. Vegans may need to increase their allowance to ½ cup daily to assist in providing essential protein. Choose organic options where possible.

Almonds
Brazil nuts
Cashews
Coconuts
Hazel nuts
Linseeds
LSA (ground linseed, sunflower seeds and almonds)
Macadamia nuts
Natural nut butters and spreads (limit to 2 serves a day)
Pecans
Pepitas
Pine nuts
Pistachios
Sesame seeds
Sunflower seeds
Walnuts

BEVERAGES

Consume 2 to 3 litres of water a day.

Pure water can be flavoured with lemon juice, fresh ginger or mint. Eliminate soft drinks.

Reduce intake of caffeine to one to two cups a day

As a part of a healthy diet, alcohol should be kept to a minimum.

TAKEAWAY

Enjoy a "Freedom Meal" once a week.

We are all occasionally too busy to prepare meals. Social engagements and eating out sometimes make it difficult to stick to a dietary plan.

Here are a few ideas to minimise the impact of these occasions on your healthy lifestyle.

Thai
Japanese
Falafel kebabs
Grilled fish and salad
Vegetarian pizza

SWEETS

Fresh fruit
Fruit sorbet
Frozen berries and yoghurt
Apple/blueberry pie
Stewed fruit and custard

