

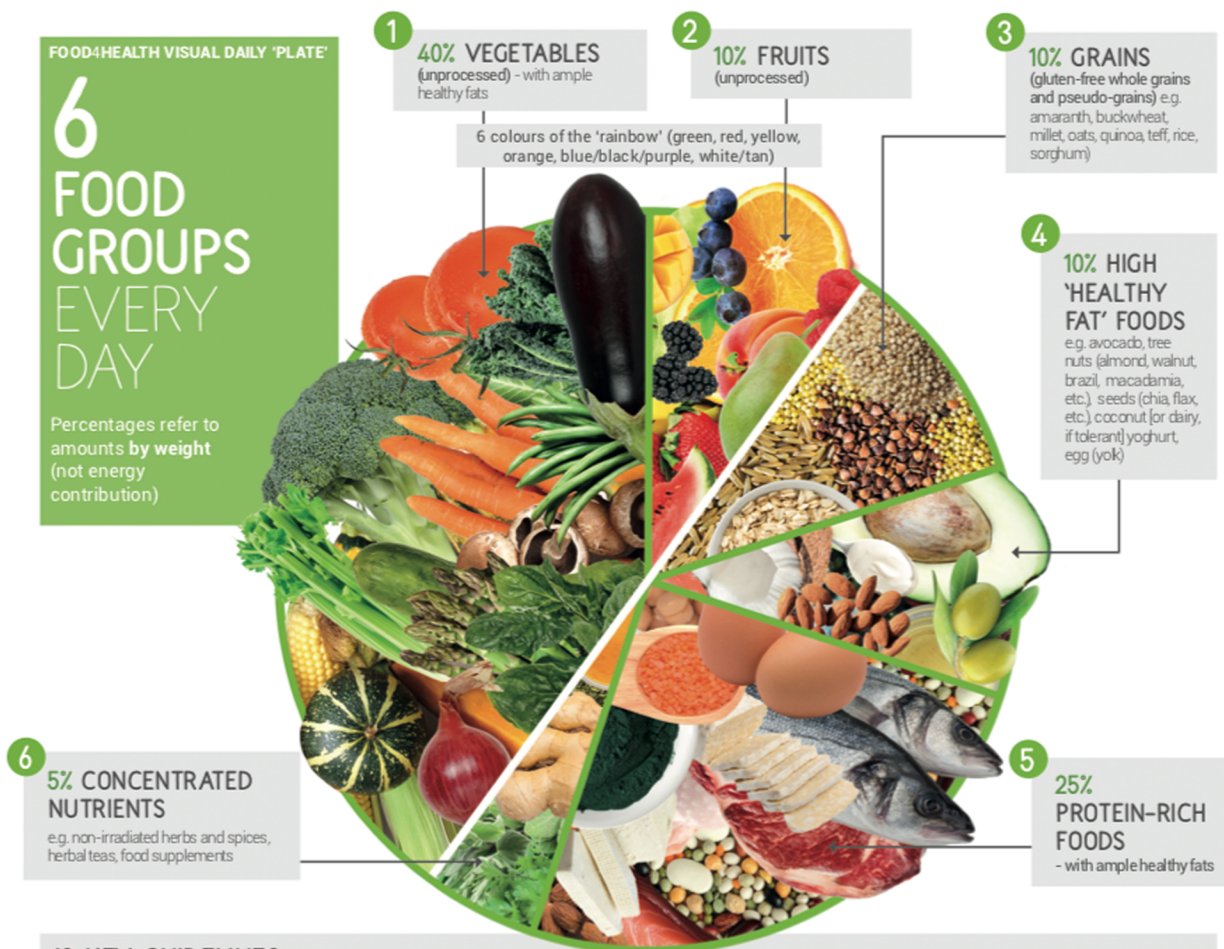
## FOOD4HEALTH GUIDE

Revision 1, June 2018

FOR ADULTS AND CHILDREN OVER 6

**Plant-dominant, diverse, low starchy carb, anti-inflammatory, high nutrient-density – priorities for healthy eating!**

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole foods with a macronutrient ratio by energy roughly of 20%, 25% and 55% for protein, complex carbohydrates and healthy fats, respectively. Intermittent fasting, that includes 5 hours or more between meals and 12 hours or more overnight, coupled with regular physical activity and ample rest, is the foundation for a healthy lifestyle.



### 10 KEY GUIDELINES

- 1 Macronutrient contribution by energy (kcal or kJ) should be approximately 20% protein (4 kcal/g), 25% carbohydrates (4 kcal/g) and 55% fats (9 kcal/g) - based on daily 'plate' illustrated above
- 2 Minimise consumption of highly processed foods and avoid all refined carbohydrates
- 3 Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan)
- 4 Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- 5 Healthy fats for cooking include virgin coconut oil, unfiltered extra virgin olive oil, virgin avocado oil, safflower oil, and butter or ghee (the latter two only if no lactose intolerance). Other healthy fats for addition to other foods include oils of flaxseed, hempseed and macadamia
- 6 Consume plenty of fresh herbs and non-irradiated, preferably organic, spices, along with herbal teas (with real herbs/spices, not flavourings)
- 7 Avoid snacking and try to maintain 5 or more hours between meals
- 8 Consume at least 1.5 litres of spring or filtered water daily between meals (more if exercising intensively)
- 9 Avoid all foods which trigger sensitivity, intolerance or allergy
- 10 Seek advice from a qualified and experienced nutritional health professional on the most appropriate concentrated sources of nutrients, herbal teas and/or supplements (concentrated sources of nutrients)

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