



FOOD4HEALTH VEGAN GUIDE

January 2019

FOR VEGAN ADULTS AND CHILDREN OVER 6

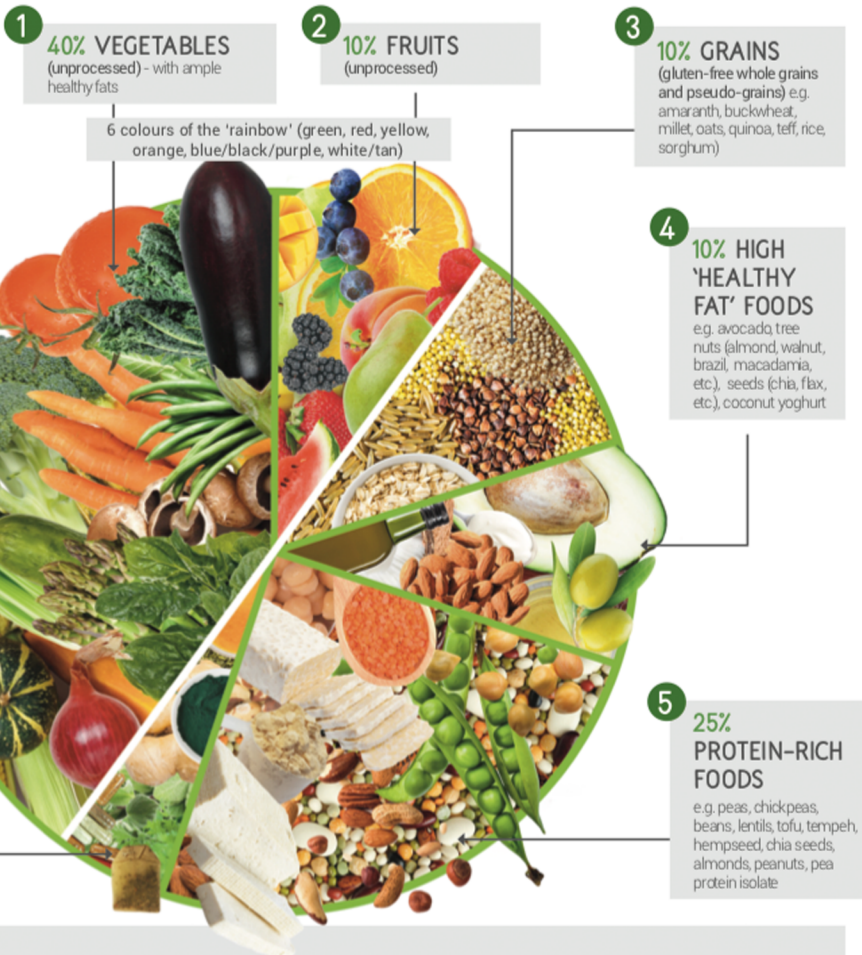
Largely minimally processed, plant-based, diverse, low starchy carbs, anti-inflammatory, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole plant foods with a macronutrient ratio by energy roughly of 20%, 25% and 55% for protein, complex carbohydrates and healthy fats, respectively. Minimising reliance on snacks and fasting 5 hours or more between meals and at least 12 hours overnight, along with regular physical activity, ample relaxation and sleep, is the foundation for a healthy lifestyle.

FOOD4HEALTH VISUAL DAILY 'PLATE'

6 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)



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) that cause blackening or charring. 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 or safflower oil. 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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