

Eat Well – Stay Well

Vegetables - 3 handfuls

Asparagus	Celery	Onion
Beetroot	Garlic	Swede
Cabbage	Kale	Turnip
Carrot	Lettuce	

Fruit - 2 handfuls

Fruit	Biological Fruit
Apple	Avocado
Apricots	Chilli
Banana	Courgette
Dates	Cucumber
Melon	Mangetout
Pear	Pepper
Pomegranate	Tomato

Berries

Blackberries, Blueberries
Cranberries, Raspberries,
Strawberries

Animal Protein = Complete Protein

Fish: 2 handfuls a week

White meat: 2 handfuls a week

Fresh red meat - 2 handfuls a week

Chicken Fillets	Mince Meat
Chicken Leg	Rib Eye Steak
Cod	Salmon
Egg	Sea Bass
Haddock	Turkey
Lamb	

Vegetarian Protein: they need to be combined with other foods (like grains) to make a complete protein

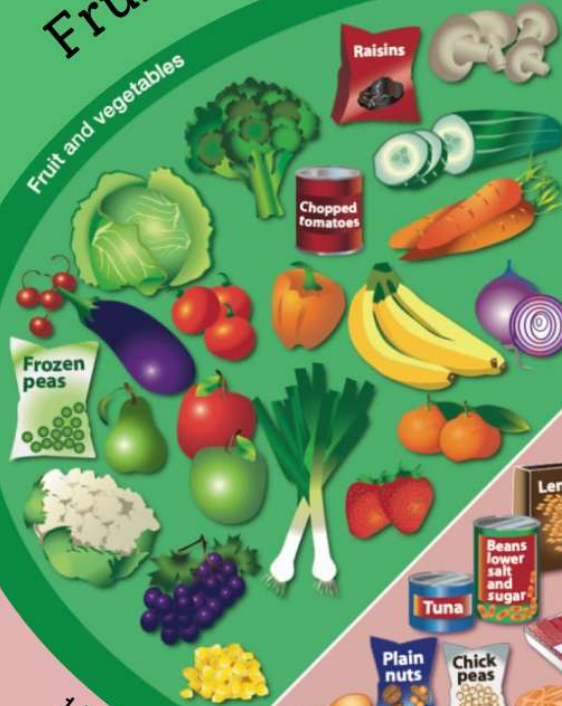
Beans & Pulses

Black Beans
Chickpeas
Green Lentils
Harricot Beans
Kidney Beans
Red Lentils

Nuts & Seeds

Almonds
Cashew
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

Fruit & Vegetables 5 handfuls a day!



Protein 1 handful of fish or unprocessed meat a day 1-2 handfuls of vegetarian protein a day



Starchy Foods 4-5 handfuls a day!

Potatoes, bread, rice, pasta and other starchy carbohydrates



Diary 1 handful a day! only 8%



Fats Every day!

Cheese
Cottage Cheese
Kefir
Natural Yoghurt
Soft Cheese
Sour Cream

We live in a time when many foods are ultra-processed. Factory processing alters the natural structure of food, so your body can't use them as proper building blocks anymore. Choose food in its natural state, for e.g. potato, not crisps, butter, not margarine.

Your body needs natural fat every day. Choose whole foods that naturally contain fat, such as fish, meat, eggs, avocados and butter

