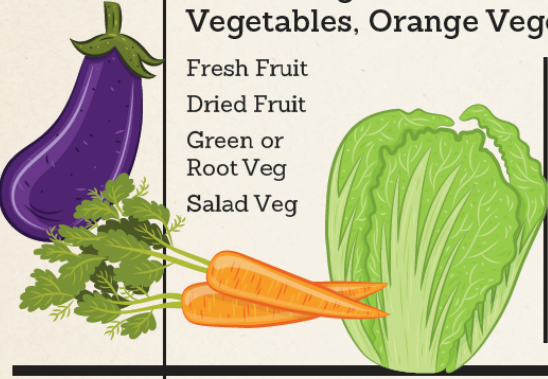



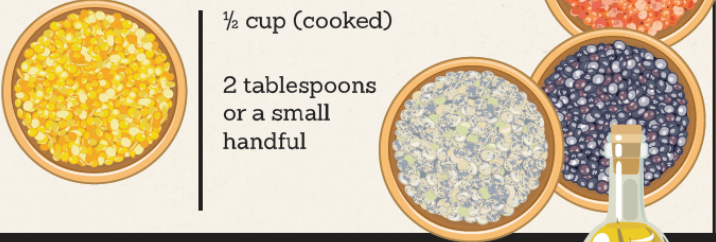





# WHAT I NEED EACH DAY FOR Good health

NUMBER OF SERVINGS	FOODS	HEALTHY PORTION SIZE	TO PROVIDE
<b>8-10</b>	<b>Fruit &amp; Vegetables to include: Dark Green Leafy Vegetables, Orange Vegetables, Fresh Fruit, Dried Fruit</b>  <p>Fresh Fruit Dried Fruit Green or Root Veg Salad Veg</p>	<p>1 medium piece the size of a tennis ball 1-1½ tablespoons or 1 golf ball 2-3 tablespoons or ½ tennis ball</p> <p>80g or 1 large cereal bowl Note: fruit juice – only counts as 1 portion per day no matter how much you drink! Smoothies – shop bought count as a max. 2 portions daily; but home-made count as more according to how much fruit/veg you use, so long as you don't sieve out the fibre</p>	<p>Vitamins such as Beta Carotene (makes vitamin A), Vitamins B2, B3, B5, B6, B9 (Folate), Vitamin C, Vitamin E, Vitamin K Minerals/trace elements such as Calcium, Iodine, Iron, Magnesium, Manganese, Phosphorus, Potassium</p> <p>Fibre</p> 
<b>3-4</b>	<b>Cereals &amp; Grains (eg Wholegrain Pasta, Wholemeal Bread, Brown Rice, Oats, Rye, Buckwheat etc)</b>  <p>Cooked Brown Rice Breakfast Cereal Wholegrain Pasta Wholemeal Bread</p>	<p>2-3 heaped tablespoons or ½ teacup 25g or 1 regular sized cereal bowl 1 cup (cooked) as side dish or 2 cups as main dish 2 slices</p>	<p>Vitamins such as B1, B2, B3, B5, B6 Minerals/trace elements such as Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Zinc Fibre Energy Protein</p> 
<b>2-3</b>	<b>Pulses (eg all types of Peas, Beans and Lentils), Nuts and Nut Butters or Seeds</b>  <p>Peas, Beans and Lentils Nuts (unsalted)</p>	<p>½ cup (cooked) 2 tablespoons or a small handful</p>	<p>Vitamins such as B1, B2, B3, B5, B6, B9 Minerals/trace elements such as Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc Fibre Energy Protein</p> 
<b>SMALL AMOUNTS</b>	<b>Vegetable Oil (eg Flaxseed, Hemp Seed or Rapeseed Oil, used cold; Virgin Olive Oil for cooking, Vegetable Margarines)</b> 	<p>½ tablespoon flaxseed oil or 1½ tablespoons of ground flaxseeds</p>	<p>Vitamin E (Vegetable Oils), Vitamins A &amp; D (Fortified Margarine) Energy Essential Omega-3 and Omega-6 Fats (Flaxseed, Soya, Walnut and Hemp Oils)</p>
<b>AT LEAST 1</b>	<b>B12 Fortified Foods (essential for everyone, no matter what diet), eg Fortified Soya Milk, Breakfast Cereal, Yeast Extract (Marmite, Meridian Yeast Extract with B12). Preferably everyone to take a B12 supplement (no matter what diet). Vitamin D is produced by sunlight on the skin in summer months. In winter, if you live in the UK take a daily supplement</b>		<p>Vitamin B12 Vitamin D</p> 

**1.2 LITRES OF WATER PER DAY (SIX TO EIGHT GLASSES) TO BE CONSUMED**  
(All teas, plant milks, home made smoothies etc count plus you get some water from food)

## EVERY DAY THINK COLOUR!

Think rainbow and brighten your meals. The chemicals that give foods their beautiful colours are also what protect your health! So take a few minutes to add colour to every meal. Here's a few ideas:

### Breakfast

- Add berries, banana, ground flaxseeds to your cereal. Sprinkle with cinnamon to sweeten
- Make a smoothie using berries, any other fruit and unsalted nuts with soya or almond milk
- Add grilled tomatoes to mushrooms on wholegrain toast

### Lunch

- Add salads with a vibrant mix of colours – eg rocket leaves; sliced mango; cranberries, pear; walnuts; yellow pepper, sweetcorn
- Add tomatoes and watercress to your usual sandwich
- Add more veg and any peas/beans/lentils to your soup
- Avocados are very nutritious – try with grated carrot and tomato on wholegrain bread

### Evening Meal

- Add extra veg and any peas/beans/lentils to casseroles, pasta, curries and rice dishes
- Eat at least 2 veg with your main meal

### Snacks

- Snack on a high protein food such as mixed unsalted nuts or seeds with fresh or dried fruit – any you enjoy. (The protein slows down the release of the fruit sugars and that's what your body and brain loves!)
- Raw carrots or celery dipped in hummus or guacamole
- Handful of cherry tomatoes

### Rainbow Reminder:

The more colours you add to your food – the more health boosting nutrients you eat!

## EVERY DAY THINK SMELL!

Herbs and spices are packed with antioxidants which fight many diseases including heart disease, strokes, diabetes, some cancers and some of the effects of ageing. You only need small amounts of herbs and spices to boost the flavour of your food and your health. Use what you enjoy, here's a few examples:

Black pepper, caraway, cardamon, cayenne, chilli pepper, cinnamon, coriander, cumin, garlic, ginger, juniper berries, mustard, nutmeg, oregano, peppermint, rosemary, sage, saffron, turmeric, thyme