

*Viva!*

What I need each day  
FOR  
**GOOD HEALTH**

[illegible]

1.2 LITRES OF WATER PER DAY (SIX TO EIGHT GLASSES) TO BE CONSUMED AS PART OF A HEALTHY, VARIED DIET

**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

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| <p><b>Breakfast</b></p> <ul style="list-style-type: none"> <li>• Add berries, banana, ground flaxseeds to your cereal</li> <li>• Sprinkle with cinnamon to sweeten</li> <li>• Make a smoothie using berries, any other fruit and unsweetened nut or almond milk</li> <li>• Add grilled tomatoes to toasts/omelets on</li> </ul> | <p><b>Snacks</b></p> <ul style="list-style-type: none"> <li>• Snack on a high protein food such as mixed unsalted nuts or seeds with fresh or dried fruit</li> <li>• Any you enjoy (The protein slows down the release of the fruit sugars and that's what your body and brain want!)</li> <li>• Raw carrots or celery dipped in hummus or guacamole</li> </ul> |
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**Lunch** - Add salads with a vibrant mix of colours - eg rocket/leaves, sliced mango, cranberries, pear, walnuts, olive oil, vinegar, mustard.

• Add tomatoes and watercress to your usual sandwich

• Add more veg and any peas! Beans/fertile to your soup.

**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:

Woolgrass seed

By Julie Cellarkey, BSc, Dip CNM, founder & director, Vital and Nutritional therapies, The Wellbath is the vegan health and nutrition section of the charity, Vital. For free info on any aspect of a vegan diet, contact Vital/Health, 8 Park Court, Wilder Street, Bristol BS2 8BN. Tel 0117 954 1000, [www.vitalhealth.org](http://www.vitalhealth.org)


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