

1 PROTEIN

- We should have protein in every meal and snack - especially breakfast
- Helps us feel fuller for longer
- Helps to slow the breakdown of carbs into glucose: reducing blood sugar spikes
- Provides the building blocks for muscles
- 1g protein per kg of body weight (if not exercising); or 1.2 to 1.7g per kg if exercising

Berries - strawberries, raspberries, blackberries, blueberries
Cherries
Apples and pears
Fresh apricots
Fresh peaches
Oranges
Plums
Grapefruit
Watermelon

Sources of Protein:

- 1 tablespoon nut butter: **4g**
- Handful of cooked kidney beans/ chickpeas (50g): **2g**
- 10 almonds: **2.5g**
- 1 tablespoon of sunflower seeds: **3g**
- 1 tablespoon of hummus: **1g**
- 1 cup of broccoli (about 90g): **5g**
- 1 medium sized fillet of chicken (150g): **37g**
- 1 medium egg: **6g**
- 100g lean, cooked beef: **24g**
- 28g soft cheese: **6g**
- 100g cooked Atlantic farmed salmon: **22g**

2 MINIMISE SUGAR

- Eating sugar raises blood sugar and insulin
- Insulin spikes block fat burning and lead to fat storage
- Avoid added sugar in shop bought food (check labels)
- Avoid white, refined carbs - rice, bread, pastries, pasta, etc
- Choose lower sugar fruits (see green panel); limit dried fruit

3 VEGETABLES

- Make sure **1/2 of your plate** is made of non starchy veg
- Include vegetables of all different colours
- Try to eat seasonally & locally if possible

4 WATER

- Aim for at least 6-8 glasses (roughly 200mls) per day
- Filtered is preferred
- Try flavouring your water with fresh lemon, lime, cucumber or mint
- Herbal and green teas are also good

5 GOOD FATS

THE BODY NEEDS FAT!

- Essential fats - Omega 3s & 6s
Omega-3 rich; eggs, flaxseeds, walnuts, chia seeds
- Best sources of oily fish are salmon, mackerel, anchovies, sardines, herring, trout (x 2-3 times per week)
- Other good fats include; avocados, olive oil, nuts and seeds



HEALTHY SNACKS 6

- Always include protein source
- Try 1/2 apple with nut butter
- Crudites & hummus
- Boiled egg with spinach
- Nuts & seeds

7 RELAX & EAT

- Concentrate on what you are eating; avoid eating whilst checking phone, TV, emails etc.
- This encourages 'Rest and Digest' mode - and the absorption of more nutrients
- Helps avoid digestive problems

8 EXERCISE

- Muscle is King!
- Move as often as you can
- Walk for 15 mins after meals
- Take it to the next level: HIIT