

EAT A RAINBOW



EAT A RAINBOW
7 a day (5 veg and 2 fruit)
Portion = a half of a cup /
75 gm



HEALTH & WELLBEING
Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

DRINKS
Drink water, tea (black, green fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners including fruit juice.



EXERCISE
Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.



SALADS & VEGETABLES
Unlimited salads, leafy greens and vegetables, excluding root vegetables.



ROOT VEG & WHOLEGRAINS
Eat root vegetables as well as whole grains (like wild and brown rice, whole oats, quinoa). Limit refined grains (like pasta and bread) which affect the body in a similar way to sugar.



FRUIT
Eat 1-3 palm-sized portions of fruit a day. Berries in abundance and local and seasonal fruit.



VITAMINS
Multi-vitamin and extra vitamin D for most people. Probiotics and blood sugar support, as advised by nutrition healthcare professional.



OILS
Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts, seeds, and avocados.



PROTEINS
Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.

