

Some simple guidance around helpful nutrition basics



Some simple basics

If nothing else, give consideration to these things:

- **Consume less:** processed foods/sugar; calorie dense foods; alcohol
- **Consume more:** whole foods that are close to nature; seasonal foods; nutrient dense foods

Think: “Is this food nourishing or sabotaging my health?”



Gut bacteria

Did you know that 70% of our immune system resides in our guts?

To boost your good bacteria naturally, try including some of the following:

- Fermented foods: sauerkraut, kimchi, kombucha, yoghurt, kefir
- Fibre: whole plant foods, aim for 30 different types of fruit and veg a week (different types of onions, mushrooms, apples etc all count towards this. It's easier than it sounds!)



Helpful nutrients

Try to get these nutrients from your diet – or talk to an expert nutritionist/naturopath for advice on supplementation:

- Vitamin D – sunshine, oily fish, dairy
- Vitamin C – herbs, fruits, vegetables
- Zinc - sea foods (oysters), red meat, nuts and seeds (esp. pumpkin), whole grains
- Selenium – brazil nuts (no more than 3 a day)
- Magnesium – beans, lentils, nuts, seeds, green leafy veg
- B vitamins – plentiful in an unprocessed diet
- Omega 3 – oily fish, flax, chia, hemp seeds, walnuts



Practical advice

- Cook from scratch – batch cook when you feel able
- Get in items that can be ‘assembled’ for easy meals – e.g. hummus and carrot sticks, cheese and crackers
- Eat regular, balanced meals
- Eat a rainbow every day
- Add spices where possible – a little packs a big punch!
- Stay hydrated – 2 litres of water/fluid a day
- Don’t over eat
- Maintain a healthy weight if you can
- Take supplements where necessary – but get advice from a professional.

