

Healthy Eating Toolkit

By: Fiona Tuck
Nutritional Medicine Practitioner



FIONA TUCK
NUTRITIONAL MEDICINE

There are so many misconceptions about what healthy eating really is...

Our notion of healthy eating is getting lost in a mound of quinoa flakes, gluten free raw food paleo bars and activated almond milk. We are eating less fat and more supposedly “healthy” food than we ever have, yet the fat are getting fatter and the sick are getting sicker.

We are becoming nutritionally deficient due to farming methods, poor soil quality, food processing, digestive issues and poor “healthy” food choices. Before long we can start to develop chronic deficiencies which can eventuate into health problems. My belief is that most health conditions can be traced back to a nutritional deficiency. Eating a diet that is based on nutrient rich wholefoods, high in plant foods and low in processed foods and free from toxic chemicals allows our bodies the necessary nutrients we need for health and longevity.

Make a food diary and record any foods that noticeably trigger feelings of general malaise.



Guidelines:

Eat a variety of different foods every day to ensure you are getting enough nutrients. If you are having the same breakfast, lunch or dinner every day you are putting yourself at risk of not allowing your body the necessary nutrients that it needs.

- A little bit of everything and not too much of any one thing
- Portion Control. As a nation we eat too much, our portion sizes are out of control and we have forgotten what a real portion size is. Visit fionatuck.com for free portion size and nutrition fact sheets to [download](#) to help guide you
- Eat wholefoods. Choose foods that are close to how you would find them in nature. The more refined or processed a food, even a healthy food, the less beneficial it is for our bodies
- Ditch the diet food. Avoid foods that are marketed as low fat. They tend to be highly processed, full of toxic chemicals and high in sugar to replace the taste loss from the removing the fat
- Cut down on refined carbohydrates such as white bread, pasta, noodles, chips, alcohol. These cause blood sugar spikes and promote accelerated ageing and disease within the body. They also promote obesity when eaten in excess
- Avoid diet fads, calorie counting and extreme diet rules and regulations
- Choose foods based on their nutrient content rather than their calorie content

Foods to minimise

The following foods can be pro inflammatory in the body:

Dairy

Cow milk may trigger inflammation in the body in some people so whilst including small amounts of dairy may be beneficial for many, avoid consuming large amounts such as milkshakes, ice creams, processed cheeses and skimmed milks. When including dairy choose whole, full fat organic products that have minimum processing.

Natural live Yogurt may be tolerated in small amounts as it tends to be more gut friendly due to containing beneficial bacteria. Fermented products help to reduce inflammation in the stomach.

Refined Sugar

Too much sugar can trigger inflammation, weight gain, ageing, and possible diabetes. It is important to avoid any refined sugars like white sugar, brown sugar, corn syrups, jams, chocolate, lollies, confectionary, etc. Avoid artificial sugar sweeteners which can be full of chemicals.

Options for natural sweeteners include honey, stevia and fresh fruits

Flour

Reduce highly processed refined white flour, cakes, pastries, cookies, wheat, refined breakfast cereals (e.g. shredded wheat, coco pops), pasta, cous cous, unrefined and unpolished grains.

Oils and fats

Oils like sunflower, corn, soy, safflower and peanut contain high linoleic acid, which can have an inflammatory influence on the body. Also, many vegetable oils contain a high amount of omega-6 fatty acids, and very less of omega-3.

Too much of omega-6 and less of omega-3 in body promotes inflammation and increases the risk of chronic diseases.

Artificial Trans Fats increase the level of bad cholesterol, promote inflammation, and obesity. Most processed foods contain some amount of trans-fat e.g. burgers, pizzas, hot dogs, hot chips etc. Avoid any food products which contain trans-fat, vegetable shortening, margarine or hydrogenated oil in them.

Avoid deep fried, fatty foods, fast foods, junk foods

Processed meat and meat products

Try to avoid eating too much fatty red meat, as it causes inflammation. Eating red meat once to twice a week is ample. A lot of commercially produced poultry and meat eat corn

and soy in their diet. This means a lot of omega-6 which can be pro inflammatory. This meat can also be high in fat and contain antibiotic residues so where possible choose grass fed meat which is higher in anti-inflammatory omega 3's and free range or organic poultry.

Alcohol, fizzy drinks, coffee, tea

Processed and packaged foods

These can be high in sodium and sugar, low in nutrients and high in food additives such as artificial chemicals, flavours and preservatives. These can all trigger inflammation within the body.

Avoid self-medicating and pill popping

Only take medication that is prescribed by your GP or health care professional.

Foods to increase

Substitute inflammatory, nutrient devoid foods for fresh, nutrient dense wholefoods preferably organic

Choose:

Vegetables

Such as broccoli, cabbage, garlic, spinach, leeks, green beans, Brussels sprouts, bok choy, spring onions, etc.



Antioxidant rich foods

Such as **blueberries, blackberries, raspberries, coloured fruits and vegetables.**

Vegetable and fruit juices

Include freshly squeezed vegetable and fruit juices such as beetroot, carrot, celery and ginger.

Oils

Choose extra virgin olive oil, **macadamia oil or avocado oil.** These oils have a good ratio of omega-6 and omega-3 fatty acids. Also, these oils help to reduce the cholesterol level.

Anti-inflammatory

Include fresh anti-inflammatory herbs such as **turmeric, garlic and ginger.**

Meats

Choose grass **fed lean meats and organic chicken.** Grass fed meat also contains anti-inflammatory omega 3.

Fresh fish

Particularly oily fish such as sardines, salmon, mackerel, are actually a great anti-inflammatory food high in omega 3.

Raw nuts and seeds

Eat **raw nuts and seeds** for essential oils and nutrients such as flaxseeds, walnuts, hazel nuts. Avoid roasted and salted nuts which are inflammatory and damaging to our bodies.

Whole grains

Eat **whole grains and high fibre foods** such as legumes, leafy vegetables, fruits and oats which are rich in vitamins and minerals. Choose 'gluten-free, unpolished and unrefined grains such as quinoa, buckwheat, brown rice.

Drinks

Substitute **tea and coffee** for herbal teas. Green tea, White tea are Roibus tea are high in cell protecting antioxidants whilst Cammomile is soothing and calming.

Other tips:

- Get a **good night's sleep**. Avoid bright lights, stimulants and loud TV and music right before bedtime.
- Manage stress. **Try hatha yoga, gentle walking or deep breathing meditation**. Free guided meditations available fionatuck.com
- Add steamed and minced greens like **collards, spinach and kale** to casseroles, soups and stews
- Use **almond butter** instead of peanut butter
- Add **calcium-rich beans** like black-eyed peas or chick peas to soups, pasta sauces



Do I need to take supplements?

Nutritional supplements may be beneficial if you are suffering from a nutritional deficiency or health condition. Always follow advice from your health practitioner prior to taking any supplements.

By avoiding processed foods and following healthy habits, you will quickly notice a healthy difference in your body. **Enjoy good health!**

w: www.fionatuck.com

m: 0405 317 677

e: fiona@fionatuck.com



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