

Nutricheck



Professional Dietary Advice

The Optimal Health Diet

Please Note: This *Optimal Health Diet Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

THE OPTIMAL HEALTH DIET

USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER

This diet is suitable for people who are problem free and in good health. It may not be suitable for those with FOOD ALLERGY, CHEMICAL SENSITIVITY or other chronic disorders. Check with your health practitioner.

BREAKFAST:

Fruit juice and mineral water: no added sugar or preservatives.
Chopped fresh fruit: Use a variety - apple, pawpaw, melon, citrus.
Muesli: Raw with nuts, coconut and dried fruit -no sugar.
Yoghurt: Acidophilus -Add your own fruit to this for flavour.
(Use the yoghurt with your muesli rather than milk). Lecithin granules: 1-2 tablespoons.

LUNCH:

Protein: Seafood, egg or poultry -about 90-120 gm (3-4 oz). Salad: Grated carrot, raw beetroot and apple, served with lettuce tomato, celery, avocado, mungbean sprouts, cucumber and capsicum (Use as large a variety as possible). Salad dressing: Olive oil, cider vinegar and herbs. Bread: 1-2 slices: Wholemeal, multi-grain or rye sourdough.

DINNER:

Protein: Seafood, poultry or lean meat -90-120 gm (3-4 oz). Liver is highly recommended once a week. Starchy foods: Rice, corn, pasta, potato, sweet-potato, butternut pumpkin, splitpeas, greenpeas, chickpeas, and lentils(100-150gm). High fibre foods: Cauliflower, broccoli, cabbage, Brussel sprouts, onion, leeks, zucchini, button-squash, pumpkin, carrot, parsnip, turnip, celery, greenbeans, spinach, choko, capsicum, beetroot (Use a wide variety - approximately 150gm or 4-5 oz). Fruit: use as a dessert -100-150gm. Can be served with yoghurt.

DRINKS: Drink at least 1-2 L/day (4 -8 glasses).

Mineral water: The level of calcium and magnesium should be higher than sodium (read the label). Flavour with pure 100% juice, lemon or Angostura bitters.

Tap water: Always filter to remove chlorine and toxic metals such as copper, lead and aluminium.

Herbal teas: These can be very healthy.

Coffee substitutes: These are usually caffeine-free. Decaffeinated coffee: Steam decaffeinated coffees are preferred. Coffee and Tea: These are probably OK if less than 3 cups/day.

Alcohol: Wines and liquors are more suitable than beer (Max.Limit: 3 glasses/day for men or 2 glasses/day for women).

LIMITED INTAKE:

The intake of these foods should be minimised.

Animal fats: Remove visible fat from meat and poultry before cooking, or buy low-fat or fat-trimmed meats.

Milk: This has a high animal fat content. Skim milk is preferable. Cultured low-fat milk products such as yoghurt and soft cheeses are best and are good protein sources (cottage and ricotta). NOTE: Many people do not thrive on dairy foods.

Margarine: This contains trans-fatty acids and should be avoided. Pure butter blended with olive or canola oil is best.

Sugars: Refined and simple sugars are best minimised. Use these in small amounts only. Sugars are found in table sugar, jams, cakes biscuits, icecream, sweets, chocolate and breakfast cereals. Honey, maple-syrup, rice-syrup are palm-sugar are preferable.

Artificial sweeteners may be OK but may cause reactions in some people if their intake is high. Long-term effects of these are unknown.

Processed foods: These are any foods in a tin or packet. Usually they contain preservatives, colouring agents and other synthetic chemicals. As a general rule, AVOID these food products. Refined flour products (white flour, cakes, biscuits etc..) are best kept to a minimum. Use wholegrain products instead.

If you do not thrive on this diet, consult your health practitioner to check for digestive problems and food sensitivity reactions.

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