

Natural Nutrition

HEALTHY EATING TIPS

Eat breakfast every day and do not skip meals. Skipping meals may lead to extreme hunger, over eating and poor meal choices. Make it wholesome and make it count.

Use whole grain flour instead of white flour as its depleted in goodness. Whole grain flour has 78% more fibre than white flour.

Your food plate should look like this:



Eat a varied diet



Chew your food properly. According to research food should be chewed 30 times. Benefits are easier digestion and better absorption of nutrients.

Choose healthier snacks -

It's easy to reach for crisps or biscuits when you and feel like nibbling on something, but these snacks tend to be low in nutrients and high in calories. Instead, try to keep your cupboards stocked with healthier snacks such as fruit, air-popped popcorn, unsalted nuts and unsweetened yoghurt.

Reduce added sugar. Foods with a lot of added sugars contribute extra calories to your diet, but provide little, if any, nutritional value. The World Health Organization recommend consuming no more than 6 teaspoons (24g) of sugar per day - 1 spoon of sugar = 4g sugar!!

Read the food labels!

Gimme five - Fruit and Veg provide vital nutrients for your body, try eat 5 pieces per day. They also provide fibre which plays an essential role in your digestive, heart and skin health.

Eat a varied diet

Eat nutritious calories - Make sure the majority of your energy intake comes from nutritious calories that also provide your body with nutrients like vitamins, minerals, protein, fibre and good fats. Avoid empty calories.

Limit processed foods - Many processed foods lack nutrients and are packed with hidden additives which have been linked to various problems in the body. Try make your own homemade versions of store bought foods.