

8 foods to enjoy regularly for good health...

Foods for Good Health	Nutrition Properties	What makes them healthy?
<p style="text-align: center;">Fruits</p> <p>Eat every day</p> <p>Including: apples, apricots, bananas, berries, apples, citrus, kiwifruits, mango, pawpaw and more....</p>	<p>Fibre Vitamin C Anti oxidants Potassium</p>	<ul style="list-style-type: none"> • Anti oxidants boost the immune system & • prevent damaging free radicals • Reduce cancer risk • Vitamin C enhances iron absorption • Immune booster
<p style="text-align: center;">Vegetables, herbs, spices</p> <p>Eat everyday</p> <p>Choose a variety of colours;</p> <ul style="list-style-type: none"> • Red (tomatoes) • Yellow (carrots, pumpkin) • Greens (broccoli & cruciferous types) • onions & garlic 	<p>Folate, iron, calcium Anti – oxidants (eg lycopene in tomatoes, carotenoids) Fibre Potassium</p>	<ul style="list-style-type: none"> • Folate protects from heart disease • Anti- oxidants reduce cancers including bowel & prostate • Reduced risk of Type 2 Diabetes • Potassium reduces blood pressure • Weight loss and healthy weight maintenance • Anti fungal & antiviral, antibacterial properties
<p style="text-align: center;">Wholegrain breads & cereals –</p> <p>Eat everyday...</p> <p>Eg rolled oats, multigrain breads, tabbouleh, wholegrain breakfast cereals, corn, barley, spelt, quinoa ..</p>	<p>Fibre, Iron, magnesium, iodine, Carbohydrates and B-group vitamins including folate & thiamin</p>	<ul style="list-style-type: none"> • Longevity, • reduced heart disease, • reduced diabetes, • reduced stroke and • protects from cancers (of gut and breast)
<p style="text-align: center;">Nuts,</p> <p>Eat 5 times a week...</p> <p>Including almonds, walnuts, macadamias, peanuts, brazil nuts, pistachios</p>	<p>Selenium Unsaturated fats Protein, Calcium, iron, magnesium and fibre</p>	<ul style="list-style-type: none"> • Healthy heart, reduces cholesterol, • Reduces diabetes, • Maintain healthy weight and • Promotes longevity

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<p>Mushrooms – Eat most days</p>	<p>riboflavin, niacin, pantothenic acid, biotin, copper, chromium and selenium. And Vitamin D (if mushrooms are exposed to light) Plus a range of</p>	<ul style="list-style-type: none"> • Reduced breast cancer, • Reduce cholesterol • Adds flavour without salt, • Skin & hair health, • Immune system booster
<p>Olive oil Use as the main source of fat in cooking and dressings</p>	<p>Polyphenols (& other antioxidants) Monounsaturated fats Oleocanthal</p>	<ul style="list-style-type: none"> • Increases good cholesterol & • Prevents heart disease. • Anti- inflammatory properties
<p>Fish Eat 2-3 times a week.. All fish including fresh, shellfish, canned fish</p>	<p>Omega 3 selenium Protein iron, calcium</p>	<ul style="list-style-type: none"> • Reduced prostate cancer • Reduces heart disease • Anti inflammatory
<p>Legumes Eat 3 times a week Examples include:lentils, cannellini beans, chickpeas, baked beans</p>	<p>Protein, Fibre Iron, zinc, calcium & magnesium</p>	<ul style="list-style-type: none"> • Gut health • Reduce diabetes, • reduced heart disease risk • weight management, • prevent gut and breast cancers