

HEALTHY DIET GUIDELINES

Dietary Changes	
Increase Daily Water Intake	
Filtered Water	Aim for 100 - 250ml before meals.
Include raw veggies and fruit	
Organic Lettuce, Red Capsicum, Cucumber, Carrot, Celery, Coriander, Parsley etc.	Put veggies in a food processor until they are finely chopped. Put in a container in the fridge and mix with meals throughout the day.
Low GI Fruits: cherries, prunes, apples, pears, strawberries, peaches, oranges	Give raw veggies and low GI fruits as snacks throughout the day; snow peas, celery, carrots, cucumber etc.
Add healthy fats and proteins to every meal	
Sol Organic Ghee http://www.shopnaturally.com.au/sol-ghee.html	1 teaspoon 3 x daily with meals
OR	
Hemp Seed Oil, Coconut Oil , Olive Oil	1 tablespoon 3 x daily with meal
AND	
Organic Meat, Chicken and Eco-farmed fish	Organic Meat/ chicken slow cooked so they are easy to eat. Avoid fried and bbq'd meat
AND	
Beans, Chickpeas, lentils, nuts and seeds	must be soaked for 12 hours before cooking or consuming
Gluten/ Dairy Free Diet	
Dairy Free Milk Alternatives: Organic Hemp/ Coconut Milk/ Activated Almond Milk/ Tiger Nut Milk	Dairy milk alternatives. Try to avoid Milk with added sugar like rice bran syrup, maltose, or preservatives.
AND	
Gluten Free Alternatives: Organic Quinoa/ Buckwheat/ Millet/ Pumpkin/ Carrots/ Beetroot/ short grain white rice	
ALSO	
Safe <u>starches</u> ; potato, sweet potato, parsnips, beets, carrots	
Parsley + Coriander	
Organic Parsley and Coriander	add to meals daily for a gentle heavy metal detox and to ease stomach gas

- **gluten free grains:** <http://www.dietplan-101.com/wp-content/uploads/2013/07/gluten-free-grains-starches.jpg>