

AN IDEAL DIET

On rising

Half a lemon in warm water or...

One teaspoon of apple cider vinegar in hot water (raw honey and/or a slice of fresh ginger is optional) or...

Freshly squeezed grapefruit juice

BREAKFAST

All year round

Non sweetened muesli (home made ideally)

Cous cous with soya or rice milk and dried fruit

Smoothie made with soya milk. Add yoghurt, fruit, nuts, lecithin and a fibre supplement if necessary

Summer (can be eaten all year round)

Fresh summer fruit mixed with LSA (linseed, sunflower and almond meal) and plain unsweetened yoghurt

If you prefer cold cereal, oats can be prepared by leaving them in a container in the fridge overnight soaking in enough water to cover them

Plain non sweetened yoghurt with acidophillus and/or bifidus

Winter (can be eaten all year round)

Cooked cereal eg porridge, brown rice, polenta served with banana/stewed fruit/grated apple/yoghurt

Sardines, baked beans, ricotta, almond or nut paste and wholemeal toast

Miso soup and brown rice

LUNCH/EVENING MEAL

Large salad with eggs, lentils, beans, tempeh, tofu, fish (preferably deep sea), chicken (organic if possible), humus, nuts, seeds (eg sesame, pumpkin, sunflower)

Sandwich (*assuming no wheat intolerance*) with some protein eg nut butter, tuna, salad or egg

Vegetable and bean/grain soup or casserole, with or without corn or wholegrain bread

Stir fry vegetables and tofo/tempeh, chicken/fish with garlic, spices and brown rice

Tofu is fantastic marinated in any combination of tamari, shoyu, mirin, garlic, ginger and spices

Pasta – wholemeal/buckwheat/rice/corn and vegetable with protein

Omelette/quiche or dal with brown rice

Clear/miso soup with vegetables, tofu and noodles

SNACKS

Wholemeal fruit muffins (*assuming no wheat intolerance*)

Raw vegetable snacks dipped in humus, tahini or babaganoush

Sun dried fruit and almonds or other nuts (not peanuts), seeds (dry roasted or raw)

Fruit with or without plain yoghurt

Soya or rice milk smoothie with fresh fruit

Rice cakes with avocado, tomato and sea salt

Oatcakes

BEVERAGES

Fresh fruit and vegetable juices (if possible don't mix the two) - carrot, spinach, beetroot, apple and celery are the most beneficial

Herb and green teas

Dandelion coffee, Bambu, cereal coffees with soya or rice milk

GENERAL GUIDELINES TO CONSIDER

Drink 1.5 – 2 litres a day of filtered water

Eat a variety of coloured fruit (1-3 pieces a day) and vegetables, especially those in season

Use fresh foods when possible, instead of canned, packaged processed and ready meals

Use wholegrain products instead of white or multigrain

When possible use organic fruit, vegetables, grain and meat

Use cold pressed virgin oil in cooking and dressings

Flaxseed and linseed oil can be added to cooked meals and salads

Exercise regularly – yoga, walking, swimming

Cook in iron, stainless steel or porcelain – not aluminium

Rotate foods ie try to avoid eating the same foods every day and use as much variety as possible

AVOID OR REDUCE

Additives, chemicals and preservatives – it is important to read labels when buying products. Anything ending in ...ose is a sugar. Preservatives are numbers 200-297, colourings are 100-172. Some are harmful to asthmatics and sensitive people.

Teas (other than herbal) and coffee

Refined and canned foods

White flour products eg packet biscuits, bakers flour

Refined sugar products, chocolates and soft drinks

Artificial sweeteners – aspartame (NutraSweet), sorbitol, saccharin

No-oil salad dressings (high in sugar and additives)

Alcohol and nicotine

Known or suspected allergens (the commonest being wheat and cow's milk products)

TEN RULES FOR OPTIMUM DIGESTION

1 chew each mouthful thoroughly

1 eat small regular meals

3 limit fluid intake with meals to ½ glass of water

4 eat when calm and neither stressed nor busy

5 focus on eating ie avoid television, paperwork and such distractions

6 avoid eating late at night or before bed – allow 4 hours to digest properly

7 eat lightly in the evening – soups or salads

8 eat only when hungry

9 keep meals simple ie not too many different types of food

10 allow time to relax after a meal

GENERAL HEALTH INFORMATION

Eat no more than 3 meals a day, with no snacks between

Drink only between meals. Drinking within an hour after a meal dilutes the digestive juices

75% of your meals should consist of fresh fruits and vegetables, the other 25% being more concentrated foods

Replace the devitalised foods (see below) with vital foods rich in mineral salts and vitamins

Chew all food well and savour the taste

Miss a meal if you have no appetite, or if tired, worried or in a hurry. Eat only when your mouth waters and your stomach feels like nutritious food
Keep your meals as simple as possible. Too many things mixed together labour the digestive organs
Avoid irritating foods such as pepper, vinegar, sauces, pickles and use very little salt
Steer clear of aluminium cookware and deodorants containing aluminium

DEVITALISED FOODS TO BE AVOIDED ENTIRELY

Refined white flour and bread, cereals, cakes, pastries, puddings, biscuits and bread made from same
Modified starch, cornflour, custard powder, polished rice, tapioca, macaroni etc
Refined white sugar and sweets, chocolates, jam, marmalade, golden syrup, glucose, lemonade, crystallised foods and soft drinks

VITAL FOODS TO REPLACE THE DEVITALISED FOODS

Wholemeal flour and bread, cereals, cakes, puddings and biscuits made from same
Rye and wheat crispbreads
Unpolished rice, brown tapioca, macaroni etc
Barbados, molasses or demarara sugar and products of same. Honey, black treacle, raw and dried fruit

ACID FORMING FOODS TO FORM ONLY 25% OF TOTAL FOOD

Proteins

All meats, game, fowl, fish, eggs, cheese, nuts, seeds, beans, lentils, meat extracts etc

Starches

All breads, puddings, biscuits, cakes, oatmeal, tapioca, rice, macaroni, cornflour etc

Sugars

All sugars, glucose, golden syrup, treacle, marmalade, sweets, chocolates, jam, honey

Fats

Butter, cream, suet, lard, bacon, meat, fats, nut oils etc

ALKALINE FORMING FOODS TO FORM 75% OF TOTAL FOOD

Vegetables – raw

Lettuce, celery, watercress, radish, cucumber, grated carrots, turnip, beetroot, finely chopped cabbage, sprouts, spinach, broccoli, sorrel, endive and cauliflower garnished with mint, sage, thyme, parsley, garlic and horseradish

Vegetables – lightly cooked: steamed or slow casserole cooked

Much of the raw list, also parsnip, runner beans, green peas, squash, swede, pumpkin, potatoes (baked)

Fruits

Raw ripe sweet apples, pears, grapefruit, grapes, pineapple, water melon, bananas. Add no sugar and eat the skins when possible. Avoid all unripe and sour fruit, particularly plums and rhubarb. Cooked ripe apples and pears (baked in their skins and sweetened with dates or raisins). Bananas baked in their skins. Berries of all kinds sweetened with honey or a little barbados sugar. Dried figs, prunes, peaches, apricots, nectarines, raisins, sultanas, dates, banana. Soak for 12 - 24 hours and if desired, simmer for 15 minutes

Sundries

Milk (sipped slowly hot or cold, but not boiled). Cottage or home made cheese. Buttermilk, almonds, some grains such as millet and buckwheat