

TOP SWITCHES FOR SUPPORTING YOUR METABOLIC HEALTH



Diet and 'no sugar' drink options are not healthier alternatives. These contain artificial sweeteners or sugar alternatives which have also been shown to cause metabolic disturbances.

SWITCH JUICES AND OTHER DRINKS FOR WATER

Even if drinks, such as juices, sports drinks, mineral waters, flavoured milk and smoothies, claim to be 'healthy', they more than likely contain hidden sugars which can contribute to the development of insulin resistance, weight gain and heart disease.

SWAP WITH: Water. If you don't like the taste of water, try adding some cut up fruit (i.e. citrus or cucumber) or adding some fresh herbs (i.e. rosemary or mint).

SWAP REFINED AND PROCESSED GRAINS FOR WHOLE GRAINS, 'PSEUDO' GRAINS, NUTS, SEEDS & LEGUMES

It is all about dietary fibre. To optimise your metabolic health and keep your body working well you need at least 35 grams of dietary fibre daily. You cannot achieve this by eating wholemeal bread or cereals. Most packaged foods are refined, or processed, and have had majority of this important fibre removed.

SWAP WITH: A variety of wholegrain options, such as quinoa, buckwheat, whole oats, amaranth, brown rice, lentils, split peas, chickpeas, beans and raw nuts and seeds.



SWITCH VEGETABLE AND CANOLA OIL FOR OLIVE OR COCONUT OILS

It is important to increase the amount of omega 3 fatty acids and omega 9 fatty acids that you are consuming in your diet in order to support metabolic and cardiovascular health. Reducing your intake of omega 6 fatty acids (which are most often high in our diet) is also important. Processed and fried foods are usually made using vegetable oils that are high in omega 6 fatty acids and quite inflammatory.

SWAP WITH: Extra virgin, cold pressed olive oil is best, or high quality coconut oil can also be used.



Flaxseed, or linseed, oil is also a healthy dietary oil to add to your diet and is high in omega 3 fatty acids. It is important not to heat this oil, instead add it to the top of cooked foods or add to salad dressings.