



Adopting Healthy Habits



Chew

You aren't what you eat.

A more accurate statement is 'You *are* what you eat, digest and absorb'. Chewing can make a massive difference when it comes to optimising the digestion of your food. Digestion begins in the mouth with chewing, and this triggers the release of enzymes and stomach acid to optimise breakdown of food. Better digestion = more nutrients available for your body to use.

Eat in a relaxed environment with minimal distraction. Slow down and really enjoy your meals.

"Healthy habits can easily be established with a positive frame of mind, support and good planning"

Avoid Overeating

Skipping meals and ignoring hunger can lead to overeating. We can also overeat if we eat too quickly or don't satisfy our tastebuds by being mindful enough to actually 'taste' and enjoy our food. Overeating can not only lead to weight gain, but it may also put extra pressure on our digestive tract and liver.

Spread meals evenly throughout the day, eat mindfully and try to eat your largest meal around noon, when your digestive fire is at its peak. Stop eating when you're 80% full. It can take 20 minutes for our brain to receive a signal of satisfaction during a meal. Give it time to catch up!

Prepare

Shop for fresh food regularly and keep your cupboard and fridge stocked with basic staples. Create a list of breakfast, snack, lunch and dinner meal options that fit your health goals. Consult the list and plan ahead.

Make larger portions of meals and freeze leftovers. When making dinner, make lunch for the next day at the same time. Every Sunday make a batch of a 'healthy snack' option - i.e. a dip, whole food cookies, boiled eggs or a large salad. Discover new recipes. Slowly introduce new whole food ingredients & learn how to best prepare them.

Eat Regular Meals

Skipping meals spells danger for any health & wellness program. Your practitioner will have discussed meal timing with you and it is important to make time in your schedule to eat at these times. Our bodies need regular meals to maintain blood sugar levels and our metabolism and they like to work on a schedule! Hunger can lead to poor food choices later in the day. It can also zap our energy & reduce our focus. On the other hand, frequent snacking can also be problematic because the digestive system needs to focus on digesting & processing one meal at a time!

Eat every 4 to 5 hours. Have healthy snacks on hand to avoid skipping meals. Don't ignore hunger.

Eat Mindfully

Mindful eating is the practice of eating with awareness, being present during meals and involves reflection around our food and eating habits. Applying some mindfulness to your eating patterns may help boost metabolism and give you insight into those emotions that are connected to, and dictating, your food choices.

Ask yourself how hungry you are before each meal. 'Check-in' with yourself and your body. What do you need to fuel your body with? Touch, smell, taste your meals. Get in the kitchen and take pride in cooking healthy dishes. Preparing and cooking your own meals will reduce the risk of you eating it mindlessly.

Find Balance

90% for the body and 10% for the soul. Allow yourself a treat occasionally but make sure that you nourish your body majority of the time. Don't 'restrict'. Eat some raw food and some cooked. Eat a variety of different foods. Eat a rainbow of fresh fruits and vegetables.

Mix it up! Eating a healthy diet doesn't need to be restrictive, boring, bland, expensive or time consuming. Food should be a gift to your body & provide it with all the nutrients it needs to keep you happy and well! Take small, positive steps and persevere. Anything worthwhile takes time and persistence. Stay positive!

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**Eat more
vegetables**
6-8 serves



Exercise
30 min
per day



**Drink 8
glasses water**
each day



Relax/meditate
30 mins
per day

Pick one or more of the following tasks to add to your routine each day:

AT HOME:

- Replace 1 x chemical cleaning product in your home (check out the 'Abode' brand)
- Replace 1 x personal care product with a more natural alternative e.g. aluminium-free deodorant
- Dry skin brush before your shower using a natural bristled brush
- Have an epsom salt/magnesium flake bath
- Buy a house plant and/or plant some herbs in pots
- Open up your windows at work or home

FOOD:

- After rising in the morning, drink a glass of water with juice of half a lemon
- Aim to drink 2 litres of filtered water (track and find ways to hit this goal i.e. an alarm/phone app/bottle)
- Be mindful and present at **all** your meals. Eat slowly and only until satisfied. Remember to taste the food!
- Eat your evening meal earlier to allow time for digestion before bedtime and to leave enough 'fasting' time overnight. 2 hours between is best.
- Increase the amount of fresh herbs and spices you use in your meals. i.e. turmeric, rosemary, thyme, fresh garlic & ginger, chives, parsley, chilli, cinnamon
- Limit alcohol to the weekend and only have maximum of 2 drinks on these days
- Reduce coffee/soft drink/energy drinks & sugar
- Avoid sweeteners, food additives and preservatives - start to read food labels and learn what is in your food (try using to phone app/book by the Chemical Maze)

SLEEP:

- Put away your mobile phone, ipad and laptops after 7 pm. Try reading a book, writing or playing a game of cards instead
- Do 10 minutes of meditation, deep breathing exercises or stretching before bed

**Keep setting new goals and tasks for yourself!
It is those little healthy habits, when consistently applied, that add up to make the biggest difference!**

Adopting Healthy Meals

Breakfast

- Cooked porridge on stove-top (NOT microwavable). Use oats, brown rice, buckwheat, millet or amaranth. Then top with berries, apple, pear, cinnamon, ground flaxseed or LSA, yoghurt, kefir, nut or seed milk.
- Overnight oats or other seed/grains, bircher-style. Again, add in season fruit, seeds & nuts to top.
- Homemade chia puddings. Add fruit, seeds, nuts & kefir to top. Add raw cacao & cinnamon powder to boost taste and nutrition.
- Smoothies with a good balance of fruit, vegetables, protein (i.e. yoghurt, oats, buckwheat, hemp powder), healthy fats (i.e. flaxseed, coconut, avocado) and green leafy veg (i.e. parsley, spinach, spirulina, kale)
- Smashed avocado with baby spinach, goat's cheese, sautéed mushrooms, lemon juice and smoked salmon
- Scrambled, poached eggs, frittata or omelette with a variety of veggies added

Lunch and Dinner

- Large mixed salad with a rainbow of fresh veggies and fruit in a base of dark leafy greens - such as lettuces, rocket, spinach, kale, beetroot leaves, chard, dandelion leaves etc. Add some lean protein - i.e. chicken, legumes or fish. Make your own salad dressing with 2/3 olive oil and 1/3 lemon juice or apple cider vinegar. Place dressing ingredients in jar, seal lid and shake! Top with seeds and nuts. Add boiled eggs, roasted veggies, pickled vegetables and sauerkraut.
- Steamed, oven baked or grilled fish with salad or roasted and steamed veggies. Add a homemade pesto and herbs for flavour.
- Bean or lentil and vegetable casserole or curry served with steamed greens and quinoa or brown rice.
- Stir fry made with home made sauce - use tamari, lime juice, raw honey, ginger, garlic and sesame oil. Add lots of rainbow coloured fresh veggies and some lean protein. Skip the rice and just eat more veggies!
- Make a big batch of soup once a week and freeze in individual portions.

Snacks & Beverages

- Raw veggie sticks with homemade hummus, ricotta cheese, smashed avocado, tahini or other dips.
- Seed crackers or celery sticks with nut butter or avocado
- Kiwi fruit (or other fruit) with natural yoghurt and oat bran/LSA
- Filtered water, green tea, herbal teas

**Start your own list of meal ideas that you enjoy!
Try something new once a week and add to the list if you enjoy it.**