



### Checklist for a healthy diet and lifestyle:

- I eat at least 2 servings of fresh FRUIT per day
- I eat at least 3 servings of fresh or frozen vegetables per day
- I eat a variety of fruit and vegetables on most days and weeks
- I choose low fat varieties of dairy products (including cheese) and meat
- I read the nutritional panel of products and ingredients list
- I am aware of the food items I now choose to eat and the health benefits/ consequences
- I make an effort to buy natural, unprocessed products such as wholegrain/wholewheat versions of cereals, breads, pastas, wraps, pitas, crackers, muesli bars. I avoid processed meat products such as poor grade sausages, salami, luncheon, canned or corned beef, poor grade bacon.
- I MAKE AN EFFORT TO AVOID DEAD FOOD (food deficient in nutrients) including commercial biscuits, white crackers, potato chips, refined white flour and refined sugar products (including drinks)
- I try to include beans/legumes/lentils in my diet
- I include some form of essential fat every day including cooking oils, olive oil/rice bran oil, avocado oil, flaxseed oil, fish oil, avocado, nuts, seeds
- I make an effort to get to 8 hours of sleep
- I make an effort to de-stress myself
- I make an effort to exercise on most days of the week and try and be active throughout the day.
- I make an effort TO HELP MYSELF
- I avoid alcohol most days of the week
- I limit my coffee intake to two per day

### Checklist for processed and packaged foods:

- Avoid or minimalise products with long and comprehensive ingredients lists
- Minimalise the intake of foods with long shelf life. The longer the shelf life, the worse it is likely to be for you (the exceptions to this are seeds, nuts (non roasted/salted, quality dried fruits and meats)
- Avoid products with 'hydrogenated' or 'partially hydrogenated' oils in it.
- Buy organic if you can as it will last longer (picked fresh and in season)
- Shop frequently and rotate your foods
- Store food in glass or ceramic containers
- Avoid heating plastic containers