



Naturopathic nutrition focuses on

- providing a balance of fats, protein, carbohydrates and fibre that suits our body's physiology,
- along with a rich supply of vitamins, minerals, enzymes and phytochemicals that support healthy function in our bodies,
- food that is free of harmful additives, and
- prepared in way that preserves nutrient value and avoids production of harmful substances¹.

Nutrition vs Diet

Focus on unprocessed, nutrient dense wholefoods free of harmful ingredients

Phytochemicals are plant derived biologically active substances that give them colour, flavor and natural resistance to disease and cancer. They are NOT destroyed by cooking¹.

Antioxidants are specific vitamins and enzymes that help prevent cell damage that causes inflammation and aging and can lead to cancer. They ARE destroyed by cooking and food processing¹.

Guidelines for 25 healthy nutrition habits¹

1. Eat more of plant based food: vegetables, fruit, legumes and nuts. These provide vitamins, minerals, enzymes, phytochemicals and fibre not available from animal foods; and high levels of glucaric acid that supports detoxification of carcinogens and tumor promoting hormones.
2. Preferably eat organically grown produce to avoid toxins from pesticides, insecticides, herbicides and genetically modified crops.
3. Soak and clean produce to remove pathogens, microscopic bugs and wax coatings.
4. Eat what's in season to obtain maximum nutrition from fresh, ripe produce. Early harvesting and long term storage depletes vitamins.
5. Eat a colorful variety of different produce to get the best nutrients for your body.
6. Eat the pith of citrus fruit for vitamin C and the phytochemicals in bioflavonoids.
7. Eat raw as much as possible to obtain vitamins and enzymes that are destroyed in cooking, or choose steaming in preference to other cooking methods.
8. Choose frozen fruit and vegetables in preference to processed food.
9. Minimise use of canned foods that may be contaminated with a Bisphenyl A, a chemical in the can lining that is a hormone disruptor in the body.
10. Avoid overcooking foods. Barbequed and smoked meats and burnt starches contain polycyclic aromatic hydrocarbons (PAHs). Muscle meats like beef, pork, game, poultry and fish, exposed to high temperature form heterocyclic amines (HCAs). PAHs and HACs increase risks of cancer².
11. Avoid microwaving food, which reduces nutritional value³.

How to clean fruit & veg:

If organic – a water wash and light scrub will do.

If conventional – use a non-toxic rinse solution

Peel waxed produce thinly, or use vinegar wash to remove wax.



12. Limit consumption of processed food, most containing additives and artificial ingredients that have little nutritional value and may be a health risk.
13. Limit consumption of meat to three serves per week, preferably poultry or lamb. Avoid regular consumption of high protein lean meats, being beef, pork and game, which are highly inflammatory.
14. Preferably choose organic and grass fed meat to avoid toxins from animal feed, growth hormones and antibiotics.
15. Limit consumption of game fish and farmed fish that may be contaminated with heavy metals, antibiotics or toxins from fish food.
16. Eat cold-water fish twice weekly as it is an easily digested protein and provides essential fatty acids.
17. Consume healthy fats to ensure absorption of fat soluble vitamins. Healthy saturated and monounsaturated fats and oils are readily absorbed by the body and available for energy production, rather than fat storage.
18. Avoid seed oils and spreads and trans fats, and processed foods containing these products. They promote weight gain and increase inflammatory responses in your body.
19. Minimize or avoid added sugar and sugary foods, including fruit juices, and use natural sweeteners in moderation.
20. Minimize or avoid refined grain products, including breads, pasta and refined grains, that overstimulate insulin production. These are high GI foods.
21. Avoid excessive intake of refined salt, which can cause blood pressure irregularities, and preferably choose natural sea salt to avoid chemical contamination and obtain a range of healthful minerals.
22. Avoid consumption of convenience food, most made with poor quality unhealthy ingredients and additives, and stored and cooked in ways that may be a health risk.
23. Minimize or avoid caffeinated drinks and alcohol, which impair liver function.
24. Drink 5-8 glasses of filtered water daily, with a pinch of mineralized salt, to stay well hydrated and flush toxins from your body.
25. Drink 2-6 cups daily of green tea for beneficial antioxidants.

Healthy fats and oils include:

Butter from grass fed cows;
coconut oil; extra virgin olive
oil; nut oils

GI = glycaemic index, is a
measure of how much a
carbohydrate food
increases blood glucose.



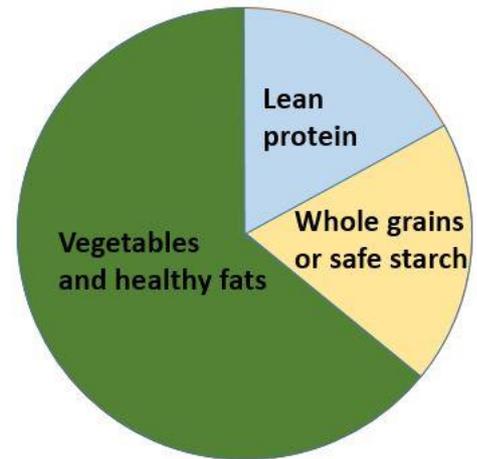
Making better food choices¹

Type of food	Swap	with
Beans	Canned beans with salt and preservatives; frozen beans	All beans cooked without salt
Beverages	Alcohol, cocoa, coffee, sweetened juices and fruit drinks, sodas, black tea	Herbal teas, green tea, fresh vegetable and diluted fruit juices, grain beverages, mineral or distilled water
Dairy products	All soft cheeses, all pasturised or artificially coloured cheese products, ice cream	Raw goats cheese, cottage cheese, kefir, unsweetened yoghurt, goat's milk, raw milk, buttermilk
Eggs	Fried	Boiled or poached
Fats	Refined processed oils; hydrogenated oil spreads	Grass fed butter, coconut oil, cold pressed olive oil and nut oils
Fish	Shellfish, salted fish, fish canned in oil; farmed fish	Wild caught fish; cold water fish canned in water
Fruits	Canned, bottled or frozen with added sweetener; orange juice	All fresh, frozen, stewed or dried fruit without added sweeteners or preservatives
Grains	All refined and highly processed grain products, including white rice, pasta, crackers, cold cereals, instant oatmeal	Whole grain products, buckwheat, millet, oats, brown rice, wild rice
Meats	Beef; pork products; luncheon meats; smoked and pickled meats; organ meats from conventionally raised animals	Skinless poultry; lamb; organ meats from grass fed, organically farmed animals
Nuts	All salted or roasted nuts; avoid peanuts if allergic	All fresh raw nuts; peanuts in moderation
Seasonings	Pepper, hot red peppers, vinegars (except apple cider vinegar)	Garlic, onions, cayenne, herbs, seaweed, dulse, apple cider vinegar, miso
Soups	Canned soups made with salt, preservatives, or fat stock; all creamed soup	Homemade bean, lentil, pea, vegetable, barley, brown rice, onion
Sprouts and seeds	All seeds cooked in oil or salt	All slightly cooked sprouts, except alfalfa, raw alfalfa, wheatgrass, all raw seeds
Sweets	Cane sugar, corn syrup, chocolate, sugar candy, fructose, syrups, all sugar substitutes, jams and jellies made with sugar	Barley malt or rice syrup, small amounts of raw honey, stevia, unsulfured blackstrap molasses
Vegetables	All canned or frozen with salt or additives	All raw, fresh, frozen (with no additives) or home canned without salt.



What does a healthy plate of food look like?⁴

- 75-125 g protein, about size of deck of cards or your own palm size, from choice of fish, poultry, lamb or vegetarian protein
- Two-thirds filled of a variety of differently coloured vegetables, 2 cups cooked and 1 cup raw
- Includes a serve of whole grains, from gluten-free options if intolerant of gluten, or “safe” starch (see below) e.g. baked potato with its skin on
- Topped with a serving of healthy fats, e.g. almonds, extra virgin olive oil, avocado



Safe starches are starchy plants low in fructose and free of toxins found in cooked grains and legumes and which cause digestive distress in some people. They include Basmati rice, potato, butternut squash, pumpkin, sweet potato.

And other ideas for eating

- Have a protein breakfast e.g. eggs for sustained energy during the day
- Have a carbohydrate breakfast to provide energy for vigorous morning activity
- Have a mid morning or afternoon snack of fresh fruit WITH some protein or fat containing food e.g. nuts or cheese if needed to balance blood sugar

Useful resources

- Farmers markets in your area – an Australia wide guide
www.farmersmarkets.org.au
- Buying seasonal produce – an Australia wide guide
<http://seasonalfoodguide.com/>
- Washing your fruit and vegetables
EnviroClean Fruit and Vege Wash is a good product, or make your own...
- More information about pesticides and other harmful chemicals
www.ewg.org/foodnews/ - a US organization, but providing information that is relevant to most developed countries.
- More information about genetically modified foods
www.madge.org.au
www.truefood.org.au

Making your own vegetable wash

Here's a recipe from Dr Oz.

Combine in a large container:

- 1 cup water
- 1 cup distilled white vinegar
- 1 tbsp baking soda
- ½ of a lemon

Then transfer to a spray bottle. Spray mixture on produce and let sit for 5 minutes. Scrub and rinse.