

## HEALTH & WELLBEING



*Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.*

## SALADS & VEGETABLES



*Unlimited salads, leafy greens and vegetables, excluding root vegetables.*

## DRINKS

*Drink water, tea (black, green fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners including fruit juice.*

## FRUIT

*Eat 1-3 palm-sized portions of fruit a day. Berries in abundance and local and seasonal fruit.*

## EAT A RAINBOW

**7 a day**  
(5 veg and 2 fruit)

## EXERCISE



*Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.*

LEAFY GREENS & SALADS

ROOT VEG & WHOLEGRAINS



OTHER VEG

PROTEIN



## OILS

*Use olive oil as your everyday fat for both cooking and seasoning, and butter in moderation. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.*

*Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.*



*Multi-vitamin and extra vitamin D for most people. Probiotics and blood sugar support, as advised by nutrition healthcare professional.*



THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS

## THE WELLNESS SOLUTION

# Good Nutrition Is Important This Guide Will Help You Choose

**Ying-Ying Zheng**



**Good Nutrition Is Important This Guide Will Help You Choose:**

## **Good Nutrition Is Important This Guide Will Help You Choose** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Good Nutrition Is Important This Guide Will Help You Choose**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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