

**Healthy Eating- what can help for people who have no other ailments like diabetes, ulcers etc V5**

<b>Can Eat/ Drink</b>	<b>Cannot Eat/ Drink</b>	<b>Comments/ Exceptions:</b>
	Processed Foods such as takeaways, fast food/ junk food.	
Use max 2 tablespoon oil if cooking. Grill/ Bake better than fried foods. Eg: Baked potatoes	Oily Foods- eg Fried foods Oily curries etc	<b>Use sunflower or cold pressed rape seed oil for cooking.</b> <b>Extra Virgin Olive for cold foods such as salads</b>
Brown whole meal bread that contains <b>NO sugar in the ingredients.</b> Red or Brown Rice, Couscous, Quinoa, Brown Pasta, Brown Pitta Bread	Whites- like white bread, white rice	<b>Sainsbury's or Tesco's organic whole meal brown bread has no added sugar. Other brands exist too, check the ingredients.</b>
Rock/ Sea Salt	Table/ refined salt	
Fruits, Nuts and Vegetables  Examples: Potatoes, Sweet Potatoes, Butternut squash, Romaine lettuce, Almonds, Walnuts, Cashew Nuts, Oranges, Apples, Bananas, all types of berries (eg: strawberry , raspberry) etc  Fish max twice a week	Meat, Chicken, Eggs or any animal based products	Houmous (made from chickpeas) can be eaten.  Falafel also ok (even though it is fried)  Oven chips and other pre fried vegetables eg Vegetable fingers, Vegetable Samosa etc. Do not fry them but instead use a halogen oven ( large dome with a heated element and a fan) or use your oven but put these food items on the grill tray and the grill tray on the oven tray, so that when it is getting baked, some of the oil from these foods will drain onto the oven tray.
Dairy Free Spread such as "Vitalite" or "Pure" brands,	Dairy products like Milk, Cheese, Butter, Yoghurt	<b>Avoid/ minimize Soya milk</b>

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<p>Alpro Soya Yoghurt,</p> <p>Coconut Yoghurt</p> <p>Milk replacements such as Oat, Rice, Almond, "KOKO" brand coconut milk (or any coconut milk good for drinking),</p>		
<p>Sugar replacement: Agave Nectar Syrup , Organic Coconut Sugar</p> <p>Sweets: Fruitus- cereal bar made with fruits, Nakd bars</p> <p>Jam: St Dalfour Jam (has no added sugar but is very sweet)</p>	<p>No sweet or sugary products such as sweets – e.g. Chocolates, Ice cream, Cakes etc.</p> <p>Drinks or anything that contains hidden sugars or sugars shown in the ingredients</p>	
<p>Drink plenty fresh water</p> <p>Fruit Juices made at home rather than buying from the shops, Vitacoco coconut water, POM pomegranate juice</p> <p>Herbal teas that contain no caffeine</p>	<p>Alcohol or Processed drinks</p>	<p>Minimize caffeine- such as coffee, tea or green tea. Caffeine found in coffee, tea, cola, chocolate, and energy drinks</p>
<p>Multivitamins</p>		<p>Food based ones maybe better than synthetic ones for people who suffer from constipation</p>
<p>Grill or bake . Cooking using the Halogen Oven can help.</p>	<p>Cooked fats, trans fats and fried foods</p>	
<p>Non Dairy products like "Vitalite" , Oatmilk,</p>	<p>Dairy Foods</p>	
<p>Eat as natural as possible- home cooked food much better than fast foods</p>	<p>Artificial sweeteners, Food colorings, Preservatives, MSG, found in many oriental foods, Refined foods</p>	
	<p>The brand "Quorn" is best avoided.</p>	<p><b>Try and remain as calm and happy as possible. Remember worrying about anything WON'T solve it.</b></p>

## Foods and their vitamin and mineral contents:

### Vitamins and their sources:

Vitamin	Sources	
Vitamin A	Carrots, dark green and yellow vegetables, Spinach and yellow fruits.	
Vitamin B1(Thiamine)	Rice husks, unrefined cereal grains, whole wheat, soybeans,  oatmeal, peanuts and most vegetables,	
Vitamin B2 (Riboflavin)	Leafy green vegetables and beans	
Vitamin B12 (Cobalamin)	“Vitalite” or “Pure”Spread. Alpro Yoghurt. Fish	
Folic Acid (Folacin, Folate)	Deep green leafy vegetables, spinach, carrots, cantaloupe, apricots, pumpkins, avocados, beans, whole and dark rye flour.	
Vitamin C (Ascorbic Acid, Cevitamin Acid)	Citrus fruits, berries, green and leafy vegetables, spinach, tomatoes, cantaloupe, cauliflower, potatoes, and peppers.	
Vitamin D (Calciferol, Viosterol, Ergosterol, “Sunshine Vitamin”)	Sunshine, Mushroom	
Vitamin E (Tocopherol)	Wheat germ, soybeans, vegetable oils, nuts, brussels sprouts, leafy greens, spinach, enriched flour, whole wheat, whole-grain and cereals.	

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## Minerals and their sources:

Mineral	Sources	
Calcium	peanuts, walnuts, sunflower seeds, dried beans, kale, broccoli, collard greens and spinach.	Lack of Calcium and Phosphorus can make you reach out for your cheese!
Chlorine	kelp, olives	
Chromium	Tomatoes, Romaine lettuce, raw onions	Lack of Chromium can cause sugar cravings
Copper	Dried beans, peas, whole wheat, prunes	
Iodine	Kelp, vegetables grown in iodine-rich soil and onions	
Iron	Dried peaches, farina, nuts, beans, asparagus, Spinach , Lentils, oatmeal.	
Magnesium	Unmilled grains, figs, almonds, nuts, seeds, dark green vegetables, spinach, bananas	Important for converting blood sugar into energy
Manganese	Whole-grain cereals, nuts, green leafy vegetables, spinach and peas.	Help eliminate fatigue.
Potassium	Citrus fruits, cantaloupe, tomatoes, watercress, all green leafy vegetables, spinach mint leaves, sunflower seeds, bananas, potatoes	Lack of Potassium can have you reaching for bananas
Sodium	Carrots, beets and artichokes	Help your nerves and muscles function properly
Zinc	Pumpkin seeds, Mushrooms, Sesame seeds and Spinach	Helps in the formation of insulin.

**Protein** rich foods include: Bananas, Peanuts, Dried Dates, Spinach, Quinoa, Lentils, Chick peas, Tofu and nuts

**Fiber** rich foods include: Beans (eg Kidney, Navy, Black, Pinto), Peas, Lentils

**Carbohydrate** rich foods: wholegrain breads, oats, muesli and brown rice.

**Fat** rich foods such as: Nuts, seeds and Avocado

## **Breakfast ideas:**

1. Brown bread with “Vitalite” spread and humous
2. Brown bread with “Vitalite” spread and St Dalfour Jam
3. Brown bread with “vitalite” spread with cucumbers, tomatoes and lettuce
4. Muesli with rice milk or oats milk

Brown bread can be replaced with brown pitta bread.

## **Juices:**

1. Spinach juice mixed with nectarine and orange
2. Fruit juices such as apple/ orange/ pears/ strawberry – try whatever combination suits you
3. Carrot juice

All the juices - preferable to be made at home. Spinach juice is best drunk within 30mins as it tends to oxidize quickly and can taste very bitter.

## **Lunch/ Dinner ideas:**

1. Jacket potato with either a chilli sauce or “vitalite” spread with sea salt and black pepper etc
2. Falafel
3. Coucous with mixed vegetables
4. Pasta with mixed vegetables
5. Brown rice with vegetable curry and a salad
6. Veggie burgers in pitta bread

## **Snacks:**

1. Nuts – unsalted. (Best keep salt to a minimum)
2. Fructus – fruit bars
3. Rice cakes
4. Buns ( preferably brown. Once in a while white is fine and if bun has sugar then do not exceed one bun)
5. Healthy snacks