

## **Basic Principles of a Whole Food Diet**

- Make sure approximately 80% of your diet consists of alkali forming foods e.g all vegetables, most fruit, sprouted seeds, almonds, brazil nuts, brown rice, and naturally fermented foods such as yoghurt, miso, tempeh, sauerkraut.
- The rest of your diet should consist of acid forming foods e.g. grains, pulses (like peas, beans), nuts, seeds, meat, fish, eggs and cheese.
- Eat food that is in season and as raw as possible. All cooking destroys vitamins and breaks down fibre in food.
- When using oils, other than for cooking, use cold pressed, unrefined sunflower, safflower, flaxseed, olive and sesame oil.
- Drink at least 2 litres of water per day between meals. Try herbal and green teas.
- Eat fresh organic produce as much as possible especially meat.
- Moderate the intake of fatty meats like beef, pork, lamb and other high fat foods.(Try more vegetarian sources of protein like soybean products, eggs, milk and milk products, whole grains.)
- Avoid processed and fast foods with long lists of preservatives and additives.
- Avoid frying foods. Grill or bake instead. If you do fry, use oil or butter sparingly.
- Avoid foods with added salt. Try not to add salt to your cooking or food. If you do use salt, use a good quality sea salt very sparingly.
- Avoid sugar and other foods with concentrated sweetness. Dilute fruit juices by 50% and soak dried fruit.
- Avoid over consumption of tea or coffee.
- On average, do not drink more than one glass of wine, spirit or beer per day.