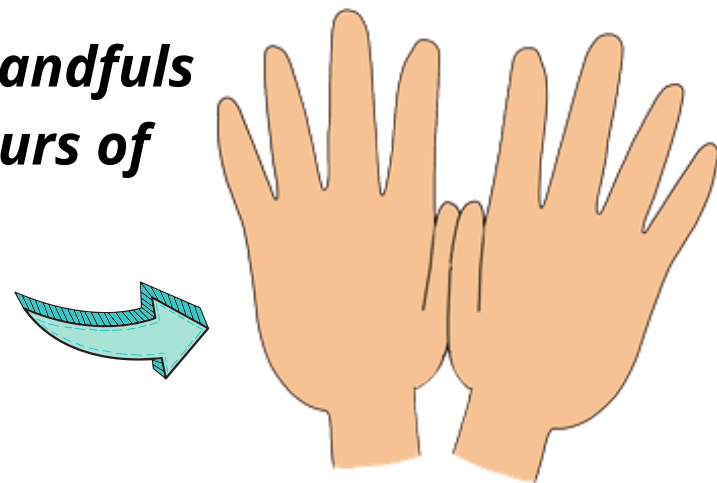


# Make a winning meal

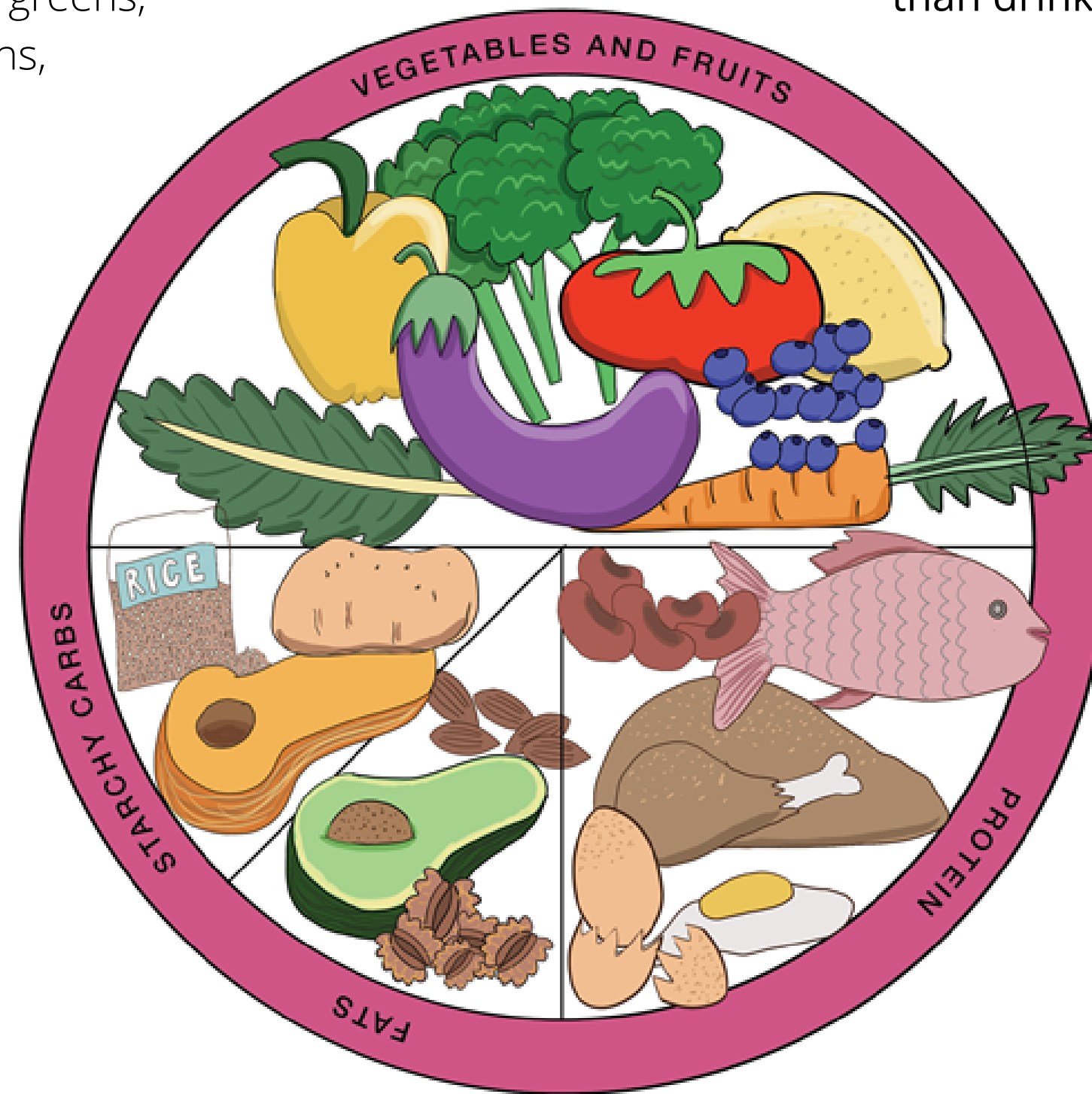
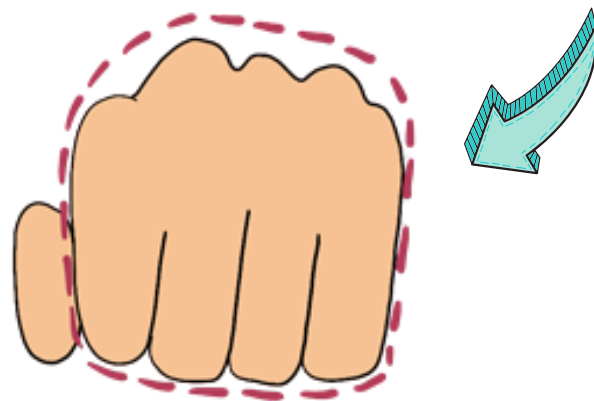
**Vegetables and fruits:** leafy greens and salad: kale, collard greens, micro greens (grown from seeds such as broccoli sprouts), spinach, cabbage, beet greens, lettuce, swiss chard, arugula, bok choy, turnip greens, peppers. Other vegetables – courgettes, onions, cauliflower, aubergines and leeks.

**Aim for two handfuls in all the colours of the rainbow!**

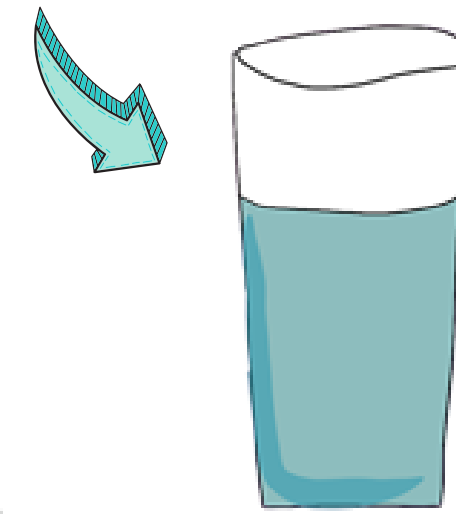


**Starchy carbohydrates:** these are complex carbohydrates which release energy slowly such as root vegetables and wholegrains including wild and brown rice, whole oats, quinoa and buckwheat. Limit refined grains like pasta and bread which affect the body in similar ways to sugar.

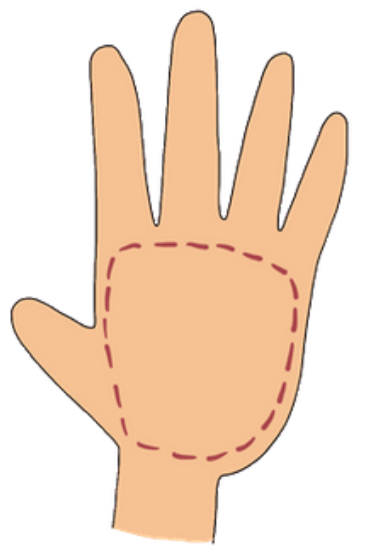
**Aim for a portion the size of your fist!**



**Drinks:** Make sure to drink lots of water every day. Your tummy bugs get thirsty, too! Try to stick to water rather than drinking juice or fizzy drinks



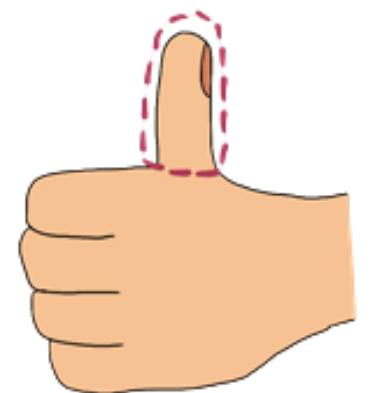
**Aim for a portion the size of your palm!**



**Protein:** fish, poultry, eggs as principle sources. Eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, bean and chickpeas) nuts and seeds as plant-based sources of protein. If not eliminating, limit dairy to a small match box size of cheese, ½ cup of live unsweetened yogurt or a small glass of milk a day.

**Fats:** focus on healthy saturated and omega 3 fats including coconut (oil, butter, milk), oily fish twice/week (wild salmon, sardines, mackerel), olives, olive oil, avocado, nuts and seeds. Animal fats: lard, ghee and butter from organic, grass-fed animals for additional nutritional benefits.

**Aim for a portion the size of your thumb!**



**TIP!**  
If you don't like some of these foods you can ask mummy to blitz them into a smoothie, pasta sauce or stew