

Your natural rhythm

Keeping regular sleeping and feeding times is an important determinant of health. Most people need 7-8 hours of sleep. Eat regular meals, include one healthy snack if you have long periods between meals. Try to fast for 12 hours at night.

Exercise

Move regularly and be active during the day. Take the stairs, take movement breaks or stand while having a chat or meeting with a co-worker or friend. Include other exercise at least 3-5 times per week e.g. walking, running, resistance exercises, Pilates...

Protein

Include fish, eggs and plant based protein more often. Eat good quality red meat once per week and avoid processed pork products or bacon. Include high fibre pulses such as chickpeas, lentils, beans. If you are not intolerant, include small portions of good quality cheese and natural yoghurt.

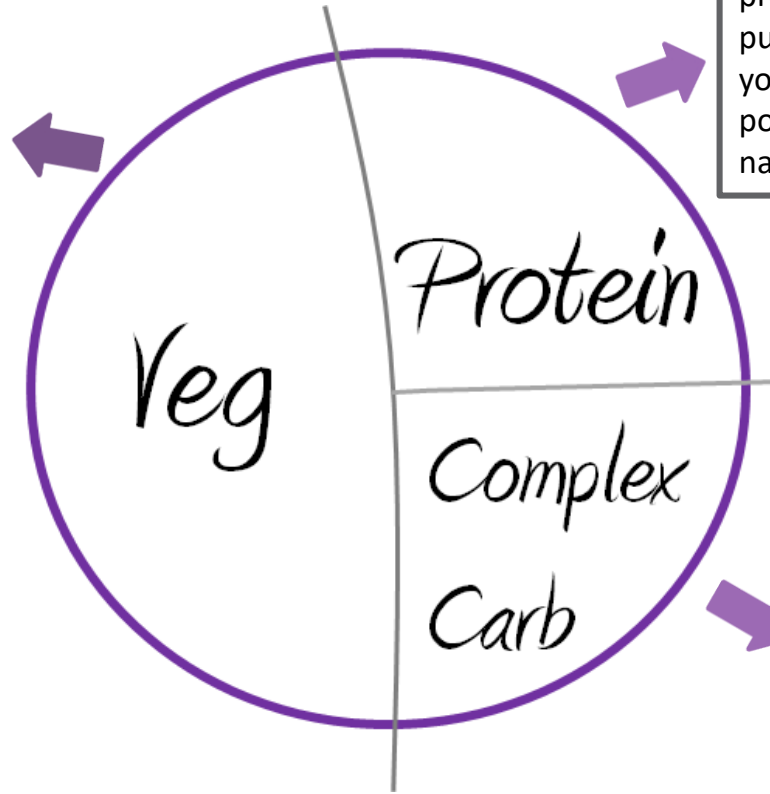
Fats

Snack on small palmful of nuts or add 1 tbsp seeds to breakfast or yoghurts for essential minerals and healthy fats. Include 2-4 portions of oily fish per week including organic or wild salmon, mackerel, anchovies and sardines

Include root vegetables and wholegrains

Include sweet potato, potato, parsnip, carrot, squash as part of this complex carbohydrate portion. Opt for wholegrains such as oats, brown rice, wholegrain pasta or quinoa. Opt for wholemeal bread e.g. soda bread or sourdough

Your Healthy Plate



Drinks and hydration

Avoid drinks high in sugars or sweeteners. Aim for 6-8 glasses of water a day, more if exercising. Include herbal teas. Limit tea or coffee to 2 per day

Eat a Rainbow

Include 2 pieces of fruit and 5 portions of veg per day. Vary the types and colours to get a wide range of nutrients and protective antioxidants. Half of your plate at lunch and dinner should be vegetables. Include one portion of greens or salad. Frozen vegetables are good quality and convenient.

Vitamin D

Get safe sun exposure during the summer months, April through September. Expose face and limbs to sun for 10 minutes per day even if it is not particularly sunny or hot. You may need to supplement in the Winter, we say 'it's best to test'.

Lifestyle Factors

Relaxation, time for yourself and being mindful are important strategies for health. Stress is a contributing factor in many health conditions. Building resilience can help you to manage stress and reduce its impact on your health. Everyone is different; try mindfulness practice, yoga, talk therapy, meditation, gratitude, being in nature or simply taking a hot bath

Start today! Our top 5 tips for healthy eating..

- 1** Eat well balanced meals with protein to keep you feeling full and energised – feeling hungry or deprived is much more likely to increase cravings for sweet treats. See our healthy plate for ideas
- 2** Include a healthy snack if you go for longer than 4 or 5 hours between meals – getting overly hungry or tired may mean you over eat at your next meal
- 3** Eat smaller portions – try eating off a smaller plate. Allow yourself time after you eat to see if you are really full, it takes 20 minutes for your brain to catch up!
- 4** Reduce treats such as chocolate, ice-cream, crisps, biscuits and cake. Limit these to once or twice per week.
- 5** Increase your vegetable intake. Half your plate at dinner and lunch should be vegetables – cooked, raw or salad, any type!

Sample meal ideas...

Breakfast

- 25g porridge with tbsp seeds and chopped apple/pear
- 2 Weetabix / shredded wheat/ no added sugar muesli with milk or natural yoghurt and added berries
- 2 eggs with spinach & tomato, one slice brown bread

Lunch

- Small baked potato with egg / salmon salad
- Wholemeal wrap with hummus and leftover roast veg
- Beetroot and lentil salad with goats cheese
- Store-bought vegetable soup with added chickpeas

Snack

- Piece of fruit plus palmful of mixed nuts
- 2 oatcakes with peanut or almond butter

Dinner

- Baked fish with lemon juice, green veg and roast potato
- Roast chicken with roast vegetables, small potato
- Bean chilli with roast sweet potatoes
- Chicken/ salmon/ tofu curry with brown rice

Beetroot and Lentil Salad

- Tinned brown or green lentils OR boil Puy lentils for 15-18mins until al dente
- Vacuum packed beetroot
- Crumbled goats cheese
- Handful rocket or spinach leaves
- Drizzle with olive oil and balsamic vinegar

Easy bean chilli

- Sauté chopped onion, peppers and garlic with 2 tsp ground cumin and 2 tsp smoked paprika. Add chilli powder as desired.
- Add 2 tins chopped tomatoes and 2 tins of kidney beans and simmer for 20 mins. Serve with roast sweet potatoes and grated mature cheddar on top

Quick Thai Curry

- Choose good quality curry paste like Thai Gold. Heat in a pan for 2 mins and add tin of coconut milk. Bring to simmer.
- Add chopped chicken/ salmon/prawns /tofu and cook through
- Add mixed frozen veg and heat through
- Add 2 tsp fish sauce, generous squeeze of fresh lime and handful fresh coriander

Ask us how we can help...?

www.glenwillenutrition.ie

clinic@glenwillenutrition.ie

01-4020777

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