

HOW TO EAT WELL: Part 1

You want to eat the best foods, to eat well and feel great. But how to put this into practice? How to fit good nutrition into your daily life?

In my 'How to Eat Well' series, you will be given some shortcuts to a healthy diet. This month, be as **colourful** as possible!

The easy way to get **colour** into your diet is to eat lots of fruits and vegetables. Include:

White stuff – onions, garlic, and shallots. They're anti-inflammatory, anti-infective and may give cardiovascular protection.

Red/blue stuff – berries, beetroot, red apples, pomegranate and berries including bilberries, blueberries, blackberries, cherries, strawberries, raspberries and cranberries. The red/blue flavonoids are anti-inflammatory, antioxidant and are particularly good for your arteries. They may reduce cholesterol and lower blood pressure.

Red/orange stuff – carrots, oranges, melons, apricots, tomatoes, red peppers, sweet potato, pumpkins (it's October!) and squash. The red/orange carotenoids are fat-soluble antioxidants, provide vitamin A and may promote eye health.

Green stuff – lettuce, salad greens, spinach, cabbage and broccoli. Dark green veg are rich in vitamin C and magnesium. They also have, hidden behind the green, the red/orange carotenoid pigments.

Spread these foods out over the course of the day – and try to get your five portions a day¹, or even better, nine². Add one new fruit or veg to your diet each week if you can and you'll look good and feel great.

Best wishes,

Liz

P.S. Remember that nutritional and life change strategies from Tranzformations can help you enjoy better health and a better life.

1. Food Standards Agency recommendations
www.eatwell.gov.uk/healthydiet/nutritionessentials/fruitandveg

2. National Cancer Institute (USA)
www.cancer.gov/newscenter/tip-sheet-diet-related-diseases

