

EAT A PORTION OF VEGETABLE OR FRUIT EVERY TIME YOU EAT

Vegetables and fruit provide the materials needed to keep your body running smoothly. They provide numerous vitamins and minerals and are also **a good source of carbohydrate**, high in fibre but low in sugar. A high percentage of the carbohydrates that you eat should come from these 2 sources. No excuses!

You need to eat vegetables at every meal and snack, except breakfast, when you can choose fruit instead. Vegetables are alkaline and are needed to reduce the acidic qualities of meat, fish, grains and dairy in your diet. They will restore balance to your body. Combine proteins with vegetables and you have the ultimate metabolism booster (= more fat burning!) Every time you eat Protein, include a serving of vegetables too. High in fibre, vegetables take longer to digest, keeping you feeling fuller for longer and helping to stabilise the level of sugar in your bloodstream. Eat veggies and you won't crave sugar.



Vegetables higher in sugar are known as *starchy* vegetables. When cooked, these vegetables tend to be digested too quickly, as they release their sugars much sooner. Such starchy options should only be eaten occasionally. Luckily, there are only a small variety of starchy vegetables.

Most vegetables are *non-starchy*, meaning that they are broken down slowly into sugar. With the added bonus of high fibre that all vegetables possess, these vegetables become a very useful tool in controlling your weight. Fibre slows down the digestion of food, keeping you feeling fuller for longer and helps form your stools, making elimination that little bit more comfortable. Eat more veggies and kiss goodbye to constipation!



DON'T WANNA CHEW 'EM? JUICE 'EM INSTEAD!



If you are having a hard time squeezing **5** portions of vegetables into your daily diet why not try juicing some of your vegetables instead? This is an excellent way of getting a high level of vitamins and minerals into your daily diet, if pushed for time. Try a variety of options and add a little fruit into the mix to give your juice a little sweetness. Always drink your juice soon after making it, to reduce separation of the individual ingredients. Try these:

Carrot, celery and ginger
Carrot, mint and ginger

Apple, ginger and watercress
Lettuce, cucumber and watercress

Celery, spinach and apple
Carrot, orange and mint

SIMON'S TIPS: VEGETABLES

When shopping for vegetables try to choose organic if your budget will allow. They contain more goodness, taste better, last longer and contain less chemicals and pesticides.

Scrub standard quality vegetables before eating or cooking, to strip them of chemicals.

Use colour as your guide. Go for as wide a variety of colour as possible.

EAT PLENTIFULLY: Asparagus, Broccoli, Brussels Sprout, Cabbage, Cauliflower, Celery, Cucumber, Fresh Beans, Garlic, Leafy Greens, Mange Tout, Mushroom, Onion, Parsley, Peppers, Spinach, Sprouts, Tomato, Watercress

EAT IN MODERATION: Artichoke, Aubergine, Butternut Squash, Carrot, Courgette, Lentils, Parsnip, Pea, Radish, Turnip

EAT OCCASIONALLY: Beetroot, Okra, Parsnip, Potato, Pumpkin, Sweet Potato, Yam

All vegetables can be eaten, but ensure that most of your intake comes from the above lists.

EAT A PORTION OF VEGETABLE OR FRUIT EVERY TIME YOU EAT

Fruit is good for you, in moderation. Even though fruit is made of natural sugars, it will still send your blood sugar levels rocketing if eaten to excess, so be careful. Eat fruit on its own as a snack rather than as a main meal or a dessert. Go for high fibre options such as apples, berries, pears and plums. If you want fruit for breakfast eat it with natural yoghurt or seeds to slow down the digestion of the sugar. Keep citrus fruits to a minimum due to their acidic properties.



SIMON'S TIPS: FRUIT

ALWAYS wash fruit before eating, to shed any residue from transportation and to reduce the level of chemicals that may be sitting on the skin. Use a

If you are on the go, get your fruit quota from a good quality, ready-made smoothie, such as the 'Innocent' range, that you can find in most supermarkets.



At home make your own fruit smoothies. Use any fruit you like. The options are endless, depending on your taste. Berries and bananas always make a good base. Add natural organic yoghurt or a milk option to increase the volume of your smoothie.

Bananas are high in starch and depending on their level of ripeness, very high in sugar, so should be avoided as a regular snack. The best time to eat a banana is as an energy source half an hour before exercise.

Avoid drinking carton fruit juice. There can be up to 8 teaspoons of sugar per glass and it is often made from syrup rather than pure fruit, so not as healthy as it may look! If you want the convenience of fruit juice then look for 'pure juice' options and try to avoid 'concentrate'.



Make the majority of the fruits you eat in-season. Try to eat fresh fruit rather than frozen or poor quality options you might find at your supermarket, flown in from across the globe, that are void in flavour and goodness. Your taste buds will soon tell you if you are on to a good thing or not!

Buy frozen berries. Out of season, berries can be harder to come by and much more expensive. Solve Buy packets of frozen berries from the freezer section of your supermarket.

EAT IN MODERATION: Apple, Apricot, Berries, Cherries, Citrus fruit (orange varieties, lime, lemon), Grapes, Melon (Honeydew), Peach, Pear, Pineapple, Plum, Tropical fruit (Pineapple, Mango, papaya), Avocado, Olives



Any fruits not listed here should be eaten less often and with caution. You can eat any fruit you like but please try to ensure that the majority of your fruit consumption is limited to the list above.