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Daily Healthy Food Checklist: **Whole foods, additive free, low sugar, low pesticides**

- 5+ servings of vegetables, including at least 1 serving each of green leafy and cruciferous vegetables (broccoli, kale, cauliflower, cabbage, brussels sprouts, radishes)
- 3+ servings of starchy vegetables or whole grains: for example, oats, buckwheat, quinoa, sweet potato, brown rice, millet
- 2 servings of fruit: organic berries
- Protein: 3 servings of which at least one should be legumes (lentils, chickpeas, beans, tofu)
- 1+ handful of nuts
- Source of omega 3 fatty acids: walnuts, chia seeds, flax seeds, algae oil, small fish
- Drink water – add lemon if you like
- Source of calcium: 2-3 servings of dairy or non-dairy products
- Add fresh herbs and spices: turmeric, coriander, basil, parsley etc.