



Tips for a healthy diet

- ✓ ADDITIVE FREE
- ✓ NON PROCESSED – WHOLE FOODS
- ✓ LOW SUGAR
- ✓ PLENTY OF VEGETABLES: AT LEAST 5 SERVINGS
- ✓ REDUCE MEAT – REPLACE AT LEAST SOME WITH VEGETARIAN PROTEIN
- ✓ ONE HANDFUL OF NUTS
- ✓ DRINK ONLY WATER

Your plate should be filled with: $\frac{1}{2}$ vegetables, $\frac{1}{4}$ starchy vegetables/whole grains, $\frac{1}{4}$ protein

Include daily:

5+ servings of vegetables

One serving is the whatever fits in the child's palm.

Vegetable fibres feed healthy gut bugs. The more variety of vegetables you eat, the healthier your gut flora will be. Try to eat all the colours of the rainbow every day:

Green 1-3 servings of green leafy vegetables; plus broccoli, Brussel sprouts, beans, snow peas, avocado, zucchini, cucumber

Yellow/orange: pumpkin, sweet potato, yellow squash, yellow pepper, carrots

Red: red peppers, tomatoes, radishes, radicchio

Purple/blue: eggplant, purple cabbage, red beets, purple carrots

Options beyond the rainbow: mushrooms, olives



Dr Leila Masson

M.D., MPH, FRACP, FACNEM, DTMH
Paediatrician & Lactation Consultant

2 servings of fruit

Fruit are healthy, but when you are dealing with an unhealthy gut flora (for example overgrowth of yeast, streptococci, enterococci, or clostridia) you need to restrict fruit in the diet, as their fruit sugar, although natural, still feeds those bad bugs.

If you are restricting fruit, go for organic blueberries (strong antioxidant) and pineapple as these are not too sweet. If your child eats several apples or bananas a day, you may have to restrict that – better to have more variety. Strawberries can make some children angry – so if you are dealing with mood or behaviour issues avoid them for a while to see if that helps. I buy frozen organic berries. Pomegranate is great for auto-immune diseases.

Protein: 1gm/kg

Replace at least a few of your meat/fish meals with vegetarian protein.

Plant-based proteins are healthy: chickpeas, lentils, beans, tofu, tempeh. They promote a healthy gut flora.

Prepare your legumes properly: soak dried legumes for 12 hours, throw out the water, then boil in fresh water until soft. Phytates in legumes are good for you, as they absorb toxins.

Legumes have had a negative wrap – but the truth is that they are very healthy.

Complex carbs:

Sweet potato: you can bake, roast, boil, or even toast slices.

Quinoa, millet, brown rice, buckwheat, oats (if you can have gluten: spelt, rye, kamut, whole grain wheat). No white rice or white flour in general.

Good oils:

Oils and fats contain 8kcal per gram, double that of protein and carbohydrates. So if you are trying to increase your child's weight, adding fat is an easy way to increase the calories in the diet.

Olive oil is best – cold pressed. You can cook in it, add some to any meals and use as dip or dressing for cold dishes and salads.

Coconut oil: small amounts for cooking

Fatty health foods: avocado, nuts – eat a handful of nuts every day to get your magnesium and good oils.

Omega 3: best source is algae or algae oil. Fish are contaminated with heavy metals like mercury and other toxic chemicals. The bigger the fish, the higher the concentration of toxins. Farmed fish are the worst. They are fed an artificial diet with additives, toxins, artificial colour, and they contain a lot of pesticides as they are doused with them to kill sea lice that attack them (the sea lice are attracted by the huge concentration of fish that cannot escape from them, as they are raised inside big nets, very crowded).



Dr Leila Masson

M.D., MPH, FRACP, FACNEM, DTMH
Paediatrician & Lactation Consultant

Fermented foods: eat some every day

Sauerkraut or sauerkraut juice, kimchi, kefir, yoghurt (can be non-dairy, for example coconut), gherkins (no preservatives!), kombucha

Drink:

Water is the healthiest drink: if you are not sure of the quality of your drinking water you can get it tested for heavy metals and contaminants. If your water is not clean, get a filter: reverse osmosis filters all the bad stuff out; add a mineralizer or alkalizer cartridge to add healthy minerals back into the water.

If you want to make the drink more interesting add lemon juice, fizz it up with a Soda Stream, add a few leaves of mint or slices of fruit.

Avoid processed foods and sugar – they feed unhealthy gut bugs and are empty calories; they are stripped of all fibre, vitamins, and minerals.

Avoid deep fried foods

Organic?

As much as you can afford you should buy organic. Pesticides are toxic and the brains and bodies of young children whose detoxification processes are not yet mature are more susceptible to the toxic effects. Check out the clean fifteen = foods you can buy non-organic and the dirty dozen which you should only buy organic:

The Environmental Working Group's 2020 Dirty Dozen List

The fruit and veggies with the most pesticide residues



Source: <https://www.ewg.org>

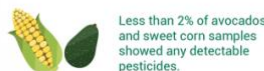
AlgaeCal

The Environmental Working Group's 2020 Clean Fifteen List

The fruit and veggies with the least pesticide residues



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.



Source: <https://www.ewg.org>

AlgaeCal