



# Eat better. Feel better.

## *Your guide to nutrient-rich foods.*

Ideally, your diet should include a balance of proteins, fibres, carbohydrates, vitamins, minerals, healthy fats and water. These nutrients help regulate mood, support clear thinking, boost energy, strengthen muscles, support immunity and promote overall vitality.

### Each one plays a role

- **Protein** helps your brain produce the chemicals (neurotransmitters) it uses to regulate your thoughts, mood and emotions.
- **Omega-3 fats**, found in fatty fish like salmon, support brain structure and function. Other healthy fats from avocados, nuts and seeds are also beneficial.
- **Carbohydrates** are turned into glucose (a type of sugar) that travels through your blood to feed your brain and other vital organs.
- **Sodium** helps muscles contract and relax, supports nerve function and maintains fluid balance.
- **Fibre** supports digestion by promoting bowel regularity, while probiotic foods like yoghurt, sauerkraut, tempeh and kimchi support gut health in a different way.
- **Water** keeps you hydrated so your brain, muscles and other organs can perform at their best.

These are just a few examples of how a nutrient-rich, varied diet supports your body function and overall health. The right amounts of each depend on your health, lifestyle and medical history.



## Easy guide for healthier eating

For many people, 3 simple guidelines can make eating healthier easier.

Eat more:	Eat in moderation:	Eat less:
<ul style="list-style-type: none"> <li>• Vegetables and fruits</li> <li>• Whole grains (bread, brown rice, quinoa)</li> <li>• Legumes (lentils, chickpeas, soya beans, and kidney, black or pinto beans)</li> <li>• Fish and seafood</li> <li>• Unsaturated fats from oily fish (salmon, mackerel, sardines), avocados, nuts, seeds and olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Red meat (beef, pork lamb, goat and venison)</li> </ul>	<ul style="list-style-type: none"> <li>• Refined sugars (cane sugar, beet sugar, coconut sugar, palm sugar, corn sugar)</li> <li>• Processed foods high in saturated fat, salt and sugar such as prepackaged soups, sliced meats, sausages, snacks and breakfast cereals</li> </ul>

You can use fresh, frozen, dried or tinned ingredients, just choose options that are minimally processed and low in additives or preservatives.

## Healthier recipe guide

Looking to add more nutrition to your already delicious meals? Try making small adjustments to your recipes using the chart below as a starting point.

If your recipe calls for this:	Use this instead:
Breadcrumbs, dry	Rolled oats, flaxseed or ground almonds
Butter, margarine or lard in baked goods	Mashed bananas or pureed prunes, squash, cauliflower, courgette, avocado or nut butter
Butter, margarine, lard or oil to prevent sticking	Non-stick cooking spray or unsaturated oils like olive oil
Tinned meat, fish, vegetables and soups	Low-salt or reduced-salt versions of
Cream	Light evaporated milk or ½ the called for amount of low-fat plain yoghurt or unsalted cottage cheese, coconut milk
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel cheese, pureed cottage cheese or tofu
Sour cream	Fat-free yoghurt
Eggs	2 egg whites or 55 grams of egg substitute for each whole egg
Flour, all-purpose (plain) in baked goods	Wholemeal flour for half, or almond, banana, chickpea, coconut, hemp, millet, oat, quinoa or rye flour
Beef or pork mince	Extra-lean or lean beef or pork mince, or chicken mince or flaked fish, or crumbled (firm) tofu or tempeh
Mayonnaise	Low-calorie, low-fat mayonnaise or Greek yoghurt, or avocados or hummus
Meat in soups, stews, casseroles and one-dish baked meals	Vegetables, legumes, tofu, tempeh
Milk, evaporated	Light evaporated milk
Milk, whole	Semi-skimmed or skimmed milk
Pasta or noodles, white	Wholemeal or legume/bean-based pasta or noodles
Rice, white	Brown rice, bulgur wheat, pearl barley, quinoa, millet, sorghum, teff, black or red rice or riced cauliflower

Even small changes can make a difference over time. If you need recipe ideas, consider looking online for dietitian-approved options or asking your health care provider for help.

