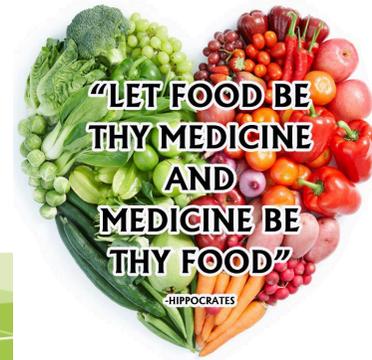


# EATING FOR HEALTH

*Healthy: 'A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.' World Health Organisation (WHO)*



## Are all 'Good Fats' good and all 'Bad Fats' bad?

### Good Fats:

Saturated fats  
Monounsaturated fats  
Omega 3's

### Key Benefits:

Necessary for health of cell membranes  
Manufacturing of hormones in the body  
Brain and nervous system structure and function  
Fuel for metabolism  
Reduce inflammation

### Found in:

Full Cream Dairy products  
Grass fed beef, wild fish, eggs, avocados, nuts and seeds  
Extra Virgin Coconut oil and extra virgin olive oil

### Fats to avoid:

Polyunsaturated fats – Omega-6  
Trans fats

### Effects:

Some of the effects of a diet high in Omega-6 and Trans fats is inflammation, raised levels of bad cholesterol, lowered levels of good cholesterol and increased risk of diabetes.

### Found in:

Vegetable oils, ALL Margarines  
Processed baked goods ie: Pizza dough, muffins, pies, cakes.  
Processed packaged foods ie: Potato Chips

## Salt, none or some?

### Key Benefits:

Regulates water content throughout the body  
Balances blood sugar levels  
Assists absorption of food through the intestinal tract  
Assists with normal nervous system signaling  
Prevents muscle cramps  
Regulates your sleep, a natural hypnotic

### Recommended intake:

Celtic Sea Salt  
Himalayan Rock Salt  
Natural Herbal Salts  
Avoid Iodised Table Salt (highly processed, increases inflammation)  
1 gram per 1L of water consumption

### Water

Key component of the human body – 65-70%

### Key Benefits:

Natural Pain Relief, helps to relieve and prevent body aches which are commonly caused by dehydration  
Increases Energy & Relieves Fatigue. proper hydration helps you think, focus, concentrate and function better.  
Removes waste and toxins

### Recommended Intake:

1L per 25kg of Body Weight in Summer  
1L per 30kg of Body Weight in Winter  
Avoid tap water as it contains toxic fluoride  
Distilled and purified water, add salt to boost the mineral content

## Sugar, is it all bad?

### Good Sugars:

Whole fruit with fibre  
Pure Maple Syrup (B Grade)  
Pure Organic Raw Sugar

### Sugars to Avoid:

Artificial Sweeteners, Aspartame, Saccharin, Cyclamates. Sugar Syrups, wheat glucose syrup, high fructose corn syrup. Typically found in: soft drinks, candy, 'sugar free' and some 'low fat' products.

### Chocolate

Eat good quality chocolate!  
Look for basic ingredients of cocoa, cocoa butter, organic cane juice and milk. Avoid additives.

### Supplements = expensive urine?

When purchasing supplements, it is important to look for organic, food sourced supplements, avoiding synthetic ingredients, GNL and BioCeuticals are both reputable brands, providing high quality food sourced supplements. Both brands are available here at HealthGuard Clinics Toowoomba.