

## HEALTHY LIVING GUIDE

### Lucy Kelly Nutrition: General Tips for a Healthy Diet

#### Hydration:

- Aim to drink 1 ½ to 2 litres per day of still filtered water (amounts will depend on your size and activity levels) throughout the day
- Avoid drinking large amounts ½ an hour before a meal and ½ hour after as this can dilute the important digestive enzymes.
- Still filtered water and non-caffeinated teas are the best. Diluted fruit juice (25% juice: 75% water) should only be drunk in moderation because of the sugar content.
- The colour of your urine is a good indicator of hydration, it should be pale straw coloured. (Unless you are taking certain vitamins, which will change its colour).
- Inadequate hydration can lead to many symptoms e.g. lethargy, lack of concentration and constipation.

#### Sugar:

- Carbohydrates are converted to sugar in the body and the type of carbohydrate depends on how quickly this happens.
- Blood sugar fluctuations can lead to symptoms such as fatigue, shakiness, and tiredness during the day (typically at about 4pm) headaches and lack of concentration.
- Generally, we all eat far too many refined carbohydrates and sugar.
- Excess carbohydrate is turned to fat in the body. So you can still put on fat by eating too many carbohydrates, even if you eat no fat at all!
- Reduce or avoid refined sugar in any form, sweets, chocolates and 'table' sugar
- Cut down on refined carbohydrates such as cakes, biscuits, white bread, white rice and pasta
- Instead, include complex carbohydrates such as brown rice, oats, vegetables and fruit. (Also high in fibre, see below)

#### Fat:

- Not all fat is bad!
- Good fats: those found in nuts, seeds and oily fish, sometimes called 'essential fats.'
- o These fats cannot be made in the body and so MUST be obtained from the diet.
- o Chances are that you are deficient in these fats if you have been following a low fat diet for any period of time or do not eat the foods mentioned above.
- o These fats help control cholesterol levels and are anti-inflammatory
- Bad fats: saturated fats found in dairy products and red meat. These fats can contribute to high cholesterol levels and are pro-inflammatory.
- Very bad fats: 'hydrogenated' or 'trans' fats are artificial fats which junk up the body and can contribute to raised cholesterol levels. Found in many

processed foods such as margarine, shortenings, pastry products, shop bought cakes etc.

oRead the labels to make sure you avoid these fats

#### Protein:

- Protein is needed by the body to build and repair
- Make sure you eat enough protein every day. Recommended amounts vary according to size, age, activity level and situation but the general rule is to include some sort of protein with every meal.
- Good protein sources are red meat, poultry, eggs, dairy products, nuts, seeds, tofu, beans and pulses such as lentils, chickpeas and kidney beans.
- Vary your protein sources reducing red meat and dairy, and increasing vegetable protein sources (which also high in fibre, see below)

#### Fibre :

- Fibre provides bulk and mass to the stool encouraging elimination and binds to toxins aiding in their removal from the body.
- It is essential that your bowels are working efficiently
- 'Death begins in the colon' is a famous quote by the Greek philosopher Hippocrates
- You should be emptying your bowels at least one per day
- Your 'transit time' should be 12 – 18 hours – this can be measured using the sweet corn test
- If you notice any changes in your bowel movements or blood in your stool, contact your doctor immediately
- Good sources of fibre are fruit, vegetables, oats, brown rice, nuts, seeds,

#### Processed and refined foods:

- Reduce or avoid completely.
- Packaged, processed and refined foods have usually had all the goodness stripped out of them, loads of unnatural substances added to them and are very expensive!
- This is a minefield as many so called 'healthy' foods are packed with additives.
- As a general rule, the longer the list of ingredients, the worse it is
- Increase whole, organic, unprocessed, natural foods as far as possible and read the labels!

Please note that the information above is not to be used as a treatment for any medical condition. Consult your Doctor if you have any health concerns  
Consult a qualified nutritional therapist for advice.



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