

The 10 Rules for a Healthy Diet

Consider the following 10 rules as your starting point for a healthy diet:

1. Limit the consumption of sugar, sweets, cakes, desserts and pastries
2. Minimise the consumption of refined carbohydrates such as white bread, cakes and biscuits
3. Eat more beans, lentils or whole grains
4. Eat more dark green, leafy and root vegetables such as broccoli, spinach, green beans, peas, peppers, watercress, carrots and sweet potatoes
5. Eat 3 pieces per day of fresh fruit such as apples, bananas, berries, melon or citrus fruit
6. Each day, drink at least 6 glasses of water, diluted juices, herbal or fruit teas.
7. Avoid fried, burnt or browned foods, hydrogenated fat and excess animal fat.
8. Minimise the consumption of processed meats and foods with chemical additives and artificial colours and flavours
9. Avoid caffeine (from sports drinks, coffee or black tea) after 4pm
10. Avoid cigarettes and limit alcohol intake to one alcoholic drink per day

