

Real Food Eating Plan

Food is the basic fuel of the body. The right fuel will give you the energy, vitality and essential ingredients you need to repair and maintain your body.

Real food is food that spoils or “goes off.” The longer a food will last after opening, the less likely that it has any important nutritional value. Real food is packed with the nutrients you need to feel good most of the time and it is less likely to contain anti-nutrients or toxins. As a general rule – if you can find a food in nature, it is probably OK to eat in that form.

Real Food

Eat as much as you can, organic and raw if possible

Eggs	Eggs are a true super-food. The cholesterol they contain is essential for your body to create cells and hormones. Their amino-acid mix closely mirrors human protein. All mammals will eat eggs if they can find them. An average of about two eggs per day is about right. Make sure you buy the best quality you can find, organic and free range if possible. Eat them as lightly cooked as possible and raw (in smoothies) if you can.
All vegetables/salads	Vegetables that can be eaten raw, should be. See if you can make 50% of your vegetable intake raw and about 80% of your overall food intake raw. Lots of organic carrots and cucumber.
All fruits	As much as you like.
Beans, sprouted beans and lentils	Sprouts are a great superfood. Beans and lentils must be cooked but they make good vegetarian staples.
Avocado	A big favourite. High-quality natural fat and protein that will make you feel full without putting on weight. Fantastic for breakfast.
Rice	All rice is OK but short grain brown rice is best unless you are trying to give up sugars and starches, in which was you need to avoid rice for a while.
Nuts and seeds	Great food. Nuts must be fresh to avoid the oils turning rancid. Raw nuts and seeds only (not roasted or salted).
Seaweeds	Mostly found in Japanese food. Good for calcium content and the thyroid gland
Soups	Home-made soups and casseroles make great alternatives to packet food. Have them for breakfast to give you energy all day.
Whole grains, millet, barley, quinoa, amaranth, buckwheat etc	Try the more exotic grains. They are usually healthier and tastier than wheat.

Partially Processed Food

Moderate consumption is OK. Keep to organic where possible.

Flours to make bread, cakes, biscuits and pasta –	Most people have more energy if they avoid all grains, but this is too much to ask of anyone just starting Real Food eating. Specialty flours like spelt, rye, barley, millet, quinoa, amaranth and kamut make great alternatives to regular flour, they just take a little practice.
Tofu, tempeh, miso and other soy-based products	Tempeh and miso are fermented soy products and are generally regarded as healthy. Tofu, soy milk, TVP and soy protein are best avoided or used in minimal quantities.
Meat, chicken and fish	If you must eat meat, try to buy organic and free-range if possible. Avoid processed and mechanically re-claimed meat which will be heavily treated.
Fruit juices, fresh squeezed yourself is best	Commercial fruit juices are nearly always pasteurized which will destroy their enzyme content. Invest in a juicer, the slow-speed ones are best. Choose “fresh-squeezed” over “made from concentrate” and “juice drink” (added sugar) products.
Rice Milk, Oat Milk, Almond Milk, Coconut milk.	Oat milk is best for cooking. The others come in different brands so don't be put off if you don't like the first one you try. The best rice milk is Rice&Rice available from Cook's Delight in Berkhamsted.
Butter	A good source of cholesterol and Vit D, both essential for good health.
Raw honey, maple syrup, brown rice syrup, molasses or agave syrup to replace sugar	All sugars are bad and should be avoided. If you need some sweetener try these less harmful versions.

Non-foods

Avoid when possible

Artificial Sweetener	Aspartame and sucralose, "diet" and "low calorie" foods. Way too dangerous to be even a small part of your diet or that of your children. Avoid whenever possible.
Margarine (butter is better)	There is no such thing as solid vegetable oil in nature. Just use butter.
Cordials	Sugar and chemicals – avoid.
Tobacco	
Tea	
Coffee	Sugar, coffee, tea, alcohol and tobacco are all stimulants. They are purified substances that have drug-like effects on the body. Any time you are using a substance to make yourself feel better, you are addicted to that substance.
Refined sugar and sweets	Addictions fuel destructive behaviour and stress. Once you have given them up, the odd one isn't going to hurt you.
Alcohol	
Dairy Products	No other animal species drinks milk after it is weaned. No milk, cream, milk chocolate, ice cream, yogurt, cheese or fromage frais. You can't get calcium from pasteurised milk. Look at gorilla's bones, they drink no milk. Get your calcium from green vegetables and eggs.
Wheat Bran	You can get all the fibre you need from fruit and vegetables. There is no need to eat wheat bran. Bran covers the outer lay of the wheat kernel and therefore absorbs all the sprays and insecticides used to protect the crop.
All breakfast cereals	All breakfast cereals are processed, packet food. Forget the slick advertising. Eat food that spoils, rots or goes off, especially for breakfast. Cereals do any of this, nor do they grow. They are dead and destructive to your health.
Cakes and Biscuits	Cakes and biscuits are just cereals with added sugars and fats. They might taste great but they do you no good at all and rob you of your energy.
Deep Fried Food and crisps	All vegetable oil forms trans-fats when it is heated. Olive oil is reasonably stable but it is best to cook with coconut oil, butter or lard.
Anything microwaved	Best to avoid microwaved food until we know more about what it does to us. Please don't put plastic bottles or baby food (milk and formula) into microwaves.
Soya Milk	Chemically denatured, soy is high in phytates that will leach calcium and other minerals from your body.
Table Salt	We need a certain amount of salt but choose sea salt or rock salt instead.

Tip: Most people feel much better just by changing their breakfast to the foods in the first category. Soup, raw carrot, fresh fruit or eggs are great breakfasts (not all at the same time), especially if you can do without the tea, coffee and toast.

Do your best on this eating plan for 2 weeks, then have whatever it is you think you are missing. You will be surprised how much your tastes have changed and you don't need it (or even like it) any more. If you can't make massive changes, that's OK. Just change what you can, when you can. If you want to just start somewhere, just change your breakfast.

If you need extra help with cooking, shopping or knowing what to eat, please call Jane on 01442 800400