



## **Tips and Tricks to Achieving a Balanced Diet**

Achieving a well-balanced diet can sometimes feel like tricky business but here are a few top tips for getting all those essentials into your body:

- Choose whole grain food whenever possible, such as whole wheat bread or flour, whole grain brown rice, or quinoa.
- Add a variety of legumes to your diet for added plant-based protein and fibre, such as beans, lentils and peanuts.
- Nuts and seeds are a great way to get healthy fats and fibre into your diet as well as loads of other nutrients such as calcium, potassium, B vitamins and zinc.
- Eat between 7-10 portions of fresh fruit and vegetables each day (a portion is about the size of your fist). If you can, avoid pre-packaged chopped vegetables or fruit as nutrients start to leak out of food as soon as they are cut up.
- Freeze fresh fruit and vegetables to use later, or buy frozen fruit and vegetables, as the freezing process preserves the integrity of the vitamins and minerals.
- Avoid processed foods and sugary drinks, as they are full of additives and preservatives, extra fat, salt and sugar.
- Whenever possible, drink water or non-sugary drinks such as herbal teas.
- Go organic when it is available – there is more and more research out there these days telling us that pesticides and herbicides are building up in our systems and having a more serious impact on our health.