

MindBodyFood

Viki's REAL FOOD Guidelines

(which may be beneficial in keeping mind-body nourishment REAL and SIMPLE)

- 1. Eat Real Food!** Focus on whole, natural and seasonal fruits, vegetables, nuts and seeds (organic is preferred where possible). Choose real food over packaged.
- 2. Satisfy Your Cells.** Add in good quality protein from both animal and plant sources (organic garden greens, pasture raised/grass-fed meats, and free-range, hormone free eggs preferred).
- 3. Limit Refined Sugar.** Substitute refined sugars for natural nutritious sweeteners like coconut sugar, rapadura sugar, raw honey, pure maple syrup and a variety of fibre-filled fruit.
- 4. Your Brain Needs Fats!** Choose natural sources of healthful fats (including coconut oil, grass-fed butter, ghee, avocados and cold pressed virgin oils like olive, macadamia and walnut) in place of ALL hydrogenated fats and oils.
- 5. Fuel Your Body Enough.** Include quality complex wholegrain carbohydrates according to your own personal energy requirements (organic oats, buckwheat, quinoa and brown rice, and don't forget your fruits and vegetables).
- 6. Real More Than Fake.** Reduce (or eliminate) processed, packaged and refined foods in favour of all of the above, most of the time (80/20).
- 7. Feed Your Gut.** Include small amounts of fermented foods at each meal to assist in feeding healthy gut bacteria (sauerkraut, kimchi, kombucha,).
- 8. Mindful Eating.** Make time at every meal to sit, breathe, relax and enjoy every mouthful. Remember, digestion starts in the head. Look at your food and appreciate the colours, smell the aromas, taste the flavours and experience the textures. Notice when you are near comfortably satisfied and stop.

#eatrealfood #foodispleasure #energy #information #moodfoods