

# Food Rules to **Health Yourself**

## 1 **Get Real**

The less processed a food, the better it is for you

**Take the 80:20 approach** – enjoy foods you love 20% of the time!

## 2 **Less is more**

**Buy less food but of higher quality**

For each meal eat what you can fit in two hands

Small sips of water with a meal only – keep hydrated between meals

## 3 **Get Close to Nature**

Choose food in season and local to you

**Food colours are nutrient labels – eat every colour!**

Go organic – fewer chemicals

## 4 **Meal must-haves**

Aim for **50% carbs** (fruit/veg/grains); **25% proteins** (animal or plant); **25% fats** (natural ones)

Fibre is your friend so don't ignore it!

Add a probiotic to every meal

## 5 **Eat like clockwork**

Eat at the same time, every time

Breakfast: 7-9am

**Lunch: 12-1pm (your biggest meal of the day)**

Dinner: by 7pm  
(3 hours before bed; a 12-hour break)

## **SUPERFIED**

## 6 **Explore More!**

Eat more parts of the plant / animal for max. nutrition and min. waste

**Eat more types of foods** – a healthy gut needs food diversity

## 7 **Food is medicine**

**All (natural) foods are superfoods**

The right food at the right time is preventative medicine

Your food intelligence will help your immunity

## 8 **Enjoy your food**

Have fun with recipes and dial up the flavours

Eat mindfully – without distractions

**Eat everything in moderation**

## 9 **Gut reaction**

Follow your cultural heritage over the latest food craze for a healthier gut

**Avoid food combos that can stress your gut**

## 10 **Make it personal**

Eat for your body's needs and change with it.

Know your body type and your changing needs.

**One size doesn't fit all**

