

## The NutriShield Healthy Eating and Activity Plan for Adults

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| HEALTHY EATING                                     | <b>Vegetables</b><br>Fresh, frozen or canned  | 3 a day  | <b>Broccoli, chard, spinach, cabbage, kale, cauliflower, sprouts, onions, asparagus, garlic, tomatoes, carrots, beetroot, sweet potatoes, aubergine, peppers, mushrooms, courgettes (zucchini), squashes, artichokes, celery, leafy salads etc</b><br><br>Ensure variety across the week and different colours on the plate. Stir fries are a delicious way to get multiple veggies. Kale, spinach and chard are highly anti-inflammatory. Ordinary potatoes don't count as they are metabolised like sugars.                   |
|  | <b>Fruits</b><br>Fresh, frozen, dried, canned | 2 a day  | <b>Red/black/purple fruits and berries eg. strawberries, raspberries, blackberries, blueberries, blackcurrants, plums &amp; prunes, cherries, black &amp; red grapes. Citrus fruits, apples, peaches, pears, bananas, figs, kiwi, mango, pomegranate etc</b><br><br>Add to breakfast cereals, as a snack or dessert. Preserve the peel where possible as that's where the highest amounts of phytochemicals (healthy polyphenols) are. Berries including dark grapes are superstars, and grape seeds are high in anti-oxidants. |
|  | <b>Fruit juice</b>                            | 1 glass daily  | <b>Juices of any single or mixed fruits and/or vegetables</b>   |
|  | <b>Soy beans and products</b>                 | 1-2 times a week   | <b>Tofu, edamame, miso, textured soy protein, natto</b>   |
|  | <b>Other Legumes, Beans, Pulses</b>           | 4 times a week   | <b>Lentils, beans</b> (green, kidney, haricot, borlotti, black-eye etc), <b>peas</b> (green, chickpeas, mangetout, sugarsnap etc) and their products eg. <b>dhal, hummus</b>  |
|  | <b>Herbs and Spices</b>                       | as frequently as you can   | <b>Turmeric, ginger, cayenne, chilli, curry powder, basil, thyme, black pepper, cinnamon, oregano, rosemary, nutmeg, sage, coriander etc</b><br><br>More herbs and spices add health benefits and flavour, reducing need for salt.  |
|  | <b>Whole grains</b>                           | 2 a day  | <b>Wholegrain bread, cereals, pasta and rice. Oats, quinoa, pearl barley etc</b><br><br>Whole grains include vitamin E and fibre, of which very little is left in refined wheat flours. Oats reduce LDL (bad) cholesterol. Try plant eg. oat "milks" to replace dairy. Organic are best.  |
|  | <b>Oily fish</b>                              | 2-3 times a week   | <b>Salmon (esp. wild), herring, tuna, mackerel, sardines, pilchards, trout, oysters etc</b><br><br>Add occasional shellfish eg. prawns, crab, which are high in magnesium, selenium, zinc.  |
|  | <b>Nuts and seeds</b>                         | small handful daily  | <b>Nuts eg. walnuts, cashews, peanuts, almonds. Seeds eg. chia, hemp, flax (linseeds)</b><br><br>Add to cereals, smoothies, stir-fries. Flaxseeds (linseeds) contain Omega-3 and anti-oxidant lignans. Ground seeds are best; otherwise they can remain undigested.   |
|  | <b>Meat (Optional)</b>                        | 2 times a week   | <b>Chicken, turkey, duck, lamb, pork, game</b><br><br>Men need just 60g (2½oz) and women 50g (2oz) of protein a day, so protein should take up no more than a quarter of your plate. Organic and free-range animals are fed better.   |
|  | <b>Eggs (Optional)</b>                        | up to 7 a week   | Organic and free-range hens have better feed quality, as well as better lifestyle. The liver adjusts the cholesterol balance so that eating eggs does not increase it.  |
|  | <b>Dairy products (Optional)</b>              | in moderation  | Dairy milk contributes calcium, magnesium and vitamins, but these are also in vegetables. Choose organic <b>milk</b> and <b>butter</b> , local if possible, <b>real cheeses</b> especially green & blue, and <b>plain 'live' yoghurts</b> , as flavoured 'fruit' yoghurts have little fruit and high added sugar.   |
|  | <b>Fats and oils</b>                          | as needed  | <b>Extra virgin olive, flaxseed or hempseed oils</b> for salads and general cooking.<br><b>Avocado oil</b> for high-temperature frying.   |
|  | <b>Dark chocolate</b>                         | 3 squares daily  | The cocoa flavonols are healthy and there's much less sugar compared to milk chocolate.   |
| <b>Drinks</b>                                      | frequent                                      | 6-8 medium glasses equivalent of water-based drinks ie. <b>water, teas (green, black, herbal), coffee</b> . Moderate <b>red wine</b> (women 1 glass a day; men 1-2).   |   |
| <b>Comprehensive nutritional health supplement</b> | daily   | This eating plan is already far healthier than the average person's diet. But it still falls short of the <i>optimum</i> all-round health-protective nutrition intake in the level and range of anti-inflammatory, anti-oxidant, DNA-protective and immune-supporting nutrients each day.<br><br><b>NutriShield Premium</b> contains 43 protective nutrients in optimum daily amounts – a baseline that reproduces the micro-nutrients in the world's healthiest diets. It's also your safety-net, because in reality we all enjoy the occasional take-away, ready meal or bacon roll! |   |

### EAT FEWER PRO-INFLAMMATORY PROCESSED FOODS

All **refined sugar** foods – sugary soft drinks, cakes, biscuits, confectionery  
 All **refined starchy** foods – white-flour baked goods, white rice, crisps, snacks  
**Processed and fast foods** with excess Omega-6 oils like sunflower, corn and palm  
**Smoked or cured meats** (eg. bacon, hot dogs), with nitrosamines linked to cancer

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| ACTIVITY | <b>Physical activity</b> | 5 times weekly at least ½ hr | <b>Brisk walking, active gardening and housework, yoga, exercise and dance classes, gym workouts, swimming, cycling, all kinds of active sport</b><br><br>Some strength training eg. push-ups against the floor or wall, helps to retain muscle mass |
|          | <b>Mind relaxation</b>   | daily                        | eg. an effective <b>3-minute relaxation exercise</b> such as that at <a href="https://nutrishield.com/6-steps-instant-relaxation">https://nutrishield.com/6-steps-instant-relaxation</a>   |
|          | <b>Mental activity</b>   | daily                        | <b>Puzzles, quizzes, planning projects, organising events</b>  |