

MILK, YOGHURT,
CHEESE &
ALTERNATIVES

LEAN MEAT, POUCETRY,
FISH, EGGS, NUTS,
SEEDS, LEGUMES

GRAINS

Healthy Eating Style

VEGETABLES
& LEGUMES

FRUIT

Written by:
Marilyn Williams
Certified Nutritional Counsellor
& Dietary Consultant



©Copyright 2018 Marilyn Williams All Rights Reserved

This work is © Copyright and not to be copied or shared in any fashion.

Disclaimer:

The information, including but not limited to, text, graphics, images and other material contained on this website are for informational purposes only. The purpose of this website is to promote broad consumer understanding and knowledge of various health topics. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen, and never disregard professional medical advice or delay in seeking it because of something you have read on this website.

Many people have a strange concept about healthy food. In fact, as soon as they are told, or realise, that a certain food is healthy for their body, they experience a knee-jerk reaction!

Why is this?

I had a friend over for a drink and brought out some lovely looking coconut encrusted chocolate balls. She immediately exclaimed about how unhealthy and totally naughty they looked. I told her not to worry as they were made using all healthy ingredients.

Her manner changed. She cautiously took the smallest one on the plate. I told her not to take that little one, try one of the bigger ones over here.

“Oh no” she said... “I might not like it!”

It seems so strange to me the ‘healthy’ is interrupted by some to mean ‘will not taste nice’!



MILK, YOGHURT,
CHEESE &
ALTERNATIVES



SEEDS, L...



GRAINS



VEGETABLES
& LEGUMES



OK...we'll start off by taking a look at the Australian Healthy Eating Pyramid.

This is what the Australian Nutrition Foundation says is the healthy way to eat.

I would like to go into it in more detail to see if we can't see exactly what they are saying, and the healthiest versions of such.

HEALTHY EATING PYRAMID



Enjoy a variety of food and be active every day!

**Nutrition
Australia**

© Copyright The Australian Nutrition Foundation Inc, 3rd edition, 2015

This was put out in 2015. I can't find any update since then. It is a vast improvement on the one before.

I'm happy to see that the foods they say we should eat the most of are vegetables & fruits.

Grains doesn't specify if they mean refined or unrefined and, in my opinion wouldn't hurt to go up another level. Many say we should stay away from grains altogether except for millet, spelt and quinoa, and maybe a little oats.

I believe healthy fats should be much greater than the little pinnacle on top of the pyramid... fats like avocados, etc.

Anyway, much improved.

Image: [The Australian Nutrition Foundation Inc, 3rd edition, 2015](#)

Our diet needs to be based on vegetables.

This is the basic food for a healthy lifestyle and very important.



You should consume, over the period of the day, between 5 – 9 servings of vegetables including a couple of serves of fruit.

This includes some cooked and some raw... think salads!

It's actually not that hard to do, but the most important thing to remember is that you need to eat a variety of colours and flavours. Try not to eat the same things day after day.

Vegetables contain a whole host of vitamins, minerals, phytonutrients, and antioxidants which keeps our bodies running smoothly.



We need to look at the type of fuel we put into our body and lose consciousness of whether a food is fattening or thinning!



What matters is the quality of the fuel, not the calorie content.



You will see it all over the Internet that a 'calorie is a calorie' and it doesn't matter where it comes from.

I believe this to be incorrect.

A consumed calorie that is excellent fuel for your body is streets ahead of an empty calorie containing no nutrition.

You need to think about the nutrient value of food rather than the calorie value.

Forget calories! Please stop counting them!



Do you really believe the calories coming from this sugar-laden snack bar is the same as calories coming from good wholesome foods?

Not likely!

The point is that high quality foods lead to health... leave the junk foods alone!



High quality food is recognised by our body as fuel and 'revs us up' for the day. During this course we look into the quality of food versus nutrient-deficient food.

Any food that comes from natural sources such as nuts, vegetables and fruits provides us with wonderful fuel.

The only foods you need to cut back on, or better still, eliminate... are usually man-made.

This includes grains that have been so refined they've had their life removed out of them.



Foods like wheat for example, that has been so modified it's no longer a healthy grain to consume.

Keep bread, cakes, biscuits and pastries that have been prepared using refined wheat flour for an 'occasional food only'.

Eat instead, health promoting foods like this for example



There are so many goodies that can be easily prepared using healthy alternative flours, such as almond meal or coconut flour... which taste just as yummy.



1. What about noodles? Well, my suggestion is that you eat natural noodles such as 'zoodles' for example.

Buy yourself a spiralizer which cuts up a zucchini into noodle-like strips.



2. These can be lightly cooked, but I don't bother as I find them equally as nice to eat uncooked. Top it with some kind of sauce similar to spaghetti bolognese or a mixed vegetable sauce maybe containing a little meat.