



Top Foods to Include in Your Diet

By Jan Purser

This list includes some excellent foods to make sure you are including in your diet to promote good health and prevent disease.

- 1. Organic foods** - foods grown without pesticides have to build up greater defences against pests and disease. When we eat those plant foods we ingest the plant's phytochemicals that protect it and these in turn help prevent disease in our body. I buy organic foods every week from The Organic Collective (they deliver which is such a help). Previously I used to buy regular frozen berries, however the Congress on Detoxification brought me to my senses because so many pesticides are often used on berries. Organic frozen berries are THE only way to go in my opinion. Your local supermarket should stock these. I purchase mine from my local Woolies or IGA. Look online for your local organic produce provider.
- 2. Fibre-rich foods** - think Chia seeds, psyllium husks, unprocessed grains such as brown rice, quinoa, millet, buckwheat. And, if you tolerate gluten, include whole-grain wheat, rye, barley, spelt and oat foods. Fibre found in foods such as these feeds essential bacteria in your digestive system. This in turn helps to crowd out any unhealthy bacteria and yeasts. Fresh fruit and lots of vegetables also provide great fibre, along with legumes, nuts and seeds.
- 3. Colourful fruit and vegetables** - at Congress one speaker said we should "Eat a Rainbow a Day". Sounds kind of daggy but I liked the image it provides (see the image on this page). Make sure you have lots of different coloured veggies and fruit on the menu each day to cover all the fabulous phytonutrients they provide. As a guide, two to three pieces of fruit and at least 4 cups vegetables per day is the goal.
- 4. Fish high in omega 3s** - the best fish to eat are the smallest as they are the lowest in the fish food chain and therefore less affected by mercury. Choose wild-caught salmon, and sardines, mackerel and herring for the most omega 3s. The oils in these fish have anti-inflammatory actions, improve the health of the body's cell membranes, aid in neurotransmitter health improving mood, and help reduce heart disease risk.

Jan Purser is a high profile naturopathic nutritionist, food and health writer, and award-winning author. Jan practices at Remède in Mosman Park and has a passion for helping people resolve digestive disorders, manage weight problems, improve thyroid and hormone health, improve health outcomes in autism and ADHD, and prevent metabolic syndrome. She calls on her wealth of clinical experience and extensive research when spreading the word on good health, great eating and living with vitality.



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