

## **Healthy Eating Plan - Henry Carfax-Foster 15/5/24**

### **Foods To include (can help reduce absorption of cholesterol)**

- Soluble fibre such as oats, oat bran, barley, chickpeas, lentils, kidney beans, baked beans, quinoa and buckwheat, increase satiety and decrease blood lipids.
- Polyphenols - high intake of polyphenol-rich foods such as nuts, fruits, vegetables, s, spices, and virgin olive oil. Choose all the colours of the rainbow.
- Green unripened bananas may cause serum Cholesterol levels to fall

### **Foods to exclude: (may increase the production of cholesterol in the body)**

- Alcohol
- Caffeine
- Refined sugar and carbohydrates
- Processed Meats
- Saturated and trans fats
- Salt
- Excess fructose
- Excess animal protein - stick to 0.8 g per kg of body weight per day. Aim to get 3/4 from animal sources and 1/4 from plant based. (this could be 3 serves per day of protein. One serve could be two eggs, chicken breast; 30g lean red meat or fish.)

### **Further Diet tips:**

- For main meals fill half the plate with vegetables and the other two quarters divided between lean protein and whole grains.
- Water - 1.5 litres per day.
- Green Tea - 1-2 per day

### **Mindful Eating (for reduction of stress and inflammation)**

- Take 5 deep breaths before and after each meal.
- Eat slowly and mindfully chewing each mouthful 20 times.
- Invoke all your senses as you eat - colours, textures, smells, tastes, sound of chewing etc.