



Bad Food Booklet

YOU SHOULD AVOID

FOODS TO AVOID:

- Soft drinks, sugar, lollies
- Fatty animal meats – some meats are ok ie. only organic / free-range meats (skinless chicken breast and fish is ok)
- Full cream dairy products (including butter, milk, cheese, etc) (a little plain, skim milk, unsweetened yoghurt is ok).
- Refined (white) flour products, white rice, white pasta, white bread, etc.
- Processed foods (including canned foods, packaged foods, frozen foods, chips, chocolate, donuts, cakes, biscuits, jams, fruit spreads, margarine and peanut butter).

FATS:

Saturated fats and trans fats are known as the “bad fats” because they increase your risk of cardiovascular disease and elevate bad LDL cholesterol.

Appearance-wise, saturated fats and trans fats tend to be solid at room temperature (fats from chicken skin or the white fat from pork), while monounsaturated and polyunsaturated fats tend to be liquid eg: olive or corn oil.

SATURATED FATS:

- High-fat cuts of meat (including beef, lamb, pork)
- Chicken with the skin
- Whole-fat dairy products (milk and cream)
- Butter
- Cheese
- Ice Cream
- Palm and coconut oil Lard

TRANS FATS:

- Baked pastries (cookies, doughnuts, cakes, pizza)
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

FOODS TO EAT LESS:

- Table salt (a little sea salt is okay)
- All alcoholic beverages (including wines, beer and spirits, etc).

ALTERNATIVES:

Dairy:

Rice milk, almond milk, oat milk, etc. If you can't go without dairy drink A2 milk or non-homogenised organic milk.

'Nuttelext' or other dairy free spreads - instead of margarine/butter.

Sugar:

Raw honey, rice bran syrup / brown rice syrup, 100% pure maple syrup – use sparingly in place of sugar.

Salt:

Herbal seasoning or sea salt - use in place of table salt.

Dressings:

cold pressed extra virgin olive oil, lemon juice and apple cider vinegar (unfiltered)

- Mix together, use as salad dressing.

Tamari or Bragg liquid aminos (reduced salt, yeast free, soy sauce alternative)