

International No Diet Day

Getting the right balance each day is hard enough without current claims like "don't eat grains", "avoid dairy", or "fruit has too much sugar". Keep it simple, balance your food groups, and you will never end up in a position where you need to even think about the word *diet*. Eat real whole foods that have been around for centuries and are nutrient packed. Whenever you are unsure if something is a good choice, ask yourself:

Does it provide you with plenty of nutrients?

Yes → Buy it No → Don't buy it

Are there any risks of eating high amounts of this food?

Yes → Eat in moderation No → go crazy!

Food Group	Benefit	Risk	Verdict
Vegetables	Abundant in a huge range of vitamins, minerals and fibre	nil	Go crazy! Eat a wide range of colours every day.
Fruit	Abundant in a big range of vitamins, minerals and fibre.	High sugar content	Moderation 2 pieces a day
Meat	Great source of protein, iron, zinc and B12.	Has been shown to increase the risk of heart disease, kidney problems and some cancers.	Moderations 3-4 times per week Serving = size of your palm
Fish and Seafood	Excellent source of protein, omega-3 fatty acids, selenium, zinc, vitamin A and D (some species).	High intake can lead to increased mercury levels which has been shown to affect the nervous system.	Moderation 3-4 times per week Size of your palm Oily & low mercury are best
Dairy	High in protein, calcium, iodine, vitamin A and D, B vitamins and live cultures.	Has been shown to increase mucus production and inflammation. Intolerances common.	Moderation 1-2 serves per day Organic, full fat are best
Whole Grains	Excellent source of fibre, B vitamins, iron, Vitmain E, zinc, magnesium, phosphorus and protein (some grains)	Can cause digestive issues and contain phytic acid which little evidence has shown high intakes reduce nutrient absorption.	Regularly Soaking reduces both phytic acid content and digestive problems. Enjoy 1/2 cup serving multiple times per week.
Legumes	Great source of fibre, protein, B vitamins, iron, calcium, zinc, folate and magnesium.	Contain phytic acid which little evidence has shown high intakes reduce nutrient absorption. Can cause unpleasant digestive problems for some.	Regularly Soaking reduces both phytic acid content and digestive problems. Enjoy 1/2 cup serving multiple times per week.
Nuts and Seeds	Great source of healthy fats, protein, calcium, magnesium, selenium .	High fat content	Moderation 1-2 servings per day Serving size = 1 heaped tbsp

Sources:
www.eatforhealth.gov.au
<http://choosemyplate.gov/>

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