

Ingredients of a Healthy Pantry



Choose foods that are:

- Minimally processed
- Whole foods-based, rich in fibre
- Low in glycemic load
- Rich in fruits and vegetables with a variety of vitamins and minerals

When you make smart choices you can expect:

- Improved overall energy levels
- Improved blood lipid balance (reduced triglyceride and LDL levels, increased HDL levels)
- Improved fasting blood sugar levels
- Reduced inflammation levels
- Reduced “toxic load”
- Gradual, moderate weight loss (longer lasting results)

VEGETABLES

- Baby spinach
- Bean sprouts
- Beetroot salad, ready-made
- Broccoli
- Cabbage, shredded
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Cooked baby beetroot
- Coriander, fresh
- Cucumber
- Gherkins
- Green, yellow and red pepper
- Lettuce
- Mange touts/snap peas
- Rocket
- Onion, red
- Mixed vegetables, tinned or frozen
- Rosemary, fresh
- Salsa, ready-made
- Spinach, chopped
- Spring onion
- Tomato and herb pasta sauce, ready made
- Tomatoes, whole
- Vegetable medley, pre-prepared
- Vegetable stir-fry mix
- Tinned corn
- Tinned tomato & onion mix
- Tinned whole tomato
- 100% pure unsweetened vegetable juice e.g. tomato
- Mushrooms
- Roast vegetables, pre-prepared

Fresh vegetables in season are much cheaper than frozen or canned vegetables. A general guideline is to include at least 3 servings of salad or vegetables per day. Try to “Eat to the Rainbow” – consistently consuming vegetables of all colours to ensure a wide variety of Phytonutrients are consumed regularly.

FRUIT

- Apple
- Banana
- Berries
- Dates
- Cherries
- Grapes
- Kiwi fruit
- Naartjie
- Orange
- Pawpaw
- Peach
- Plum
- Pear
- Raspberry
- Frozen mixed berries
- Unsweetened fruit – limited to 40g portions

Fresh Fruit in season is much cheaper than frozen or canned fruit. Eat fresh fruit rather than drinking fruit-juice. Any medium fresh fruit (the size of a tennis or two golf balls) may be eaten at one time. A general guideline: at least 2 and no more than 4 fresh fruits per day.

ANIMAL PROTEIN FOODS

- Eggs
- Fillet steak
- Extra lean/ 95% lean mince meat
- Ostrich mince
- Ostrich goulash
- Veal
- Chicken (always remove visible fat and skin)
- Skinless chicken breasts
- Turkey
- Fresh/ frozen fish e.g. Hake, Snoek, Mackerel, Kingklip. Mackerel, Salmon
- Tinned fish in water/ brine e.g. Tuna, Pilchards, Sardines, Anchovies
- Lean cold meats e.g. Roast Beef, Lean Ham, Pastrami
- Prawns (5)
- Shrimp
- Calamari

Always remove any visible fat from meat and chicken, as well as the skin of the chicken before you prepare it. Gradually introduce low fat red meat alternatives e.g. ostrich mince by mixing with your regular beef mince. As a general rule try to limit red meat to 3 times weekly and include fish a min of 3 times weekly.