

Match Day Eating Plan

Breakfast

- Baked beans on wholemeal toast
- 2 poached/boiled eggs or 1-2 eggs plus 2 egg whites scrambled on wholegrain/rye toast/wheat free toast.
- 2 poached/boiled eggs or 1-2 eggs plus 2 egg whites scrambled with tomatoes and/or mushrooms
- Boiled eggs with Ryvita/corn thins/oatcakes
- Poached egg, bacon and beans
- Weetabix with fruit



Lunch

- Large salad with a choice of red onion, peppers, avocado, tomato, cucumber, celery, sweetcorn, and a topping choice of tuna, salmon, mackerel, prawns, chicken, turkey, or lean meat
- Dressings include vinaigrette, lime, balsamic, oriental or Mediterranean style. Avoid creamy salad dressings when possible
- Soup and wholemeal sandwich or pita bread. Fillings can include chicken, turkey, lean beef, salmon, tuna, prawn and are great accompanied with unlimited salad items
- Fish cakes with a selection of salad items.
- A chicken-based lunch, avoid deep fried or battered.
- Omelette with salad or steamed vegetable



Dinner

- Stir fry – a choice of most meats, mixed with colourful vegetables and an abundance of spices to liven it up. Can be served with brown rice, couscous, noodles or quinoa.
- Lasagne – made from scratch this option will usually have plenty of onion, garlic and mushrooms in. Serve with unlimited salad items (as discussed above)



- Small portion of pasta with tomato, garlic and olive oil sauce and chicken pieces with side salad of rocket and parmesan
- Grilled chicken breast seasoned with herbs and steamed vegetables or salad
- Roast meat with sweet potatoes and vegetables



Dessert

- Mixed fruit salad
- Banana cake
- Carrot cake
- Berry frozen yoghurt
- Sorbet
- Fruit compote with ice cream
- Apple, cinnamon and rhubarb crumble



Snacks

- Carrot sticks/peppers/celery/broccoli with humus dip (avoid low fat version)
- Unlimited fresh fruit and veggie sticks with a handful of nuts (walnuts, almonds, cashews, pecans, brazil nuts, macadamia) or seeds (sunflower, pumpkin, Avoid canned nuts, salted, roasted, pistachios, peanuts)
- Granola bars such as Nature Valley or Dorset Cereals.
- Fruitus bars



Drinks

- Plenty of: Water (not carbonated)
- Limit: Sports drinks, juice, squash
- Avoid: carbonated drinks e.g. Coca Cola, Fanta



NOTE:

Bacon and smoked products should not be eaten more than a couple of times a week due to their high sodium and preservative content.

Eggs are always better poached or boiled as frying/scrambling can damage the fats in the yolk.

The Feel Good Shopping List

Small changes in your diet and everyday approach to life will make a big difference in how you feel in the long run. Here are some examples of changes you can make. Should you have any questions, please feel free to book in an appointment and I will do my best to answer them for you.

Proteins

- Fish and shellfish, especially salmon, mackerel, whole anchovies and sardines (even canned sardines, but only those



conserved in olive oil not sunflower oil), eel and occasionally white albacore tuna canned in water or olive oil not sunflower oil)

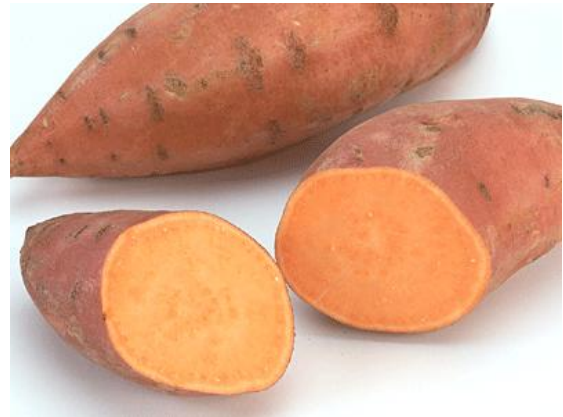
- Organic meat and poultry (in moderation)
- Organic or omega-3 eggs (in moderation)
- Vegetable proteins (lentils, peas, beans, chickpeas, mung beans)



- Organic soy: tofu, miso, soy steak, soy sprouts, soybeans, soy milk, soy yoghurt

Grains and carbohydrates

- Multigrain or sourdough bread
- Wholegrain rice (including Basmati or Thai), quinoa
- Bulghar



- Porridge, muesli, All Bran, or a combination of oats, bran, flaxseed, rye, barley and spelt
- Sweet potatoes, yams
- Vegetables

Fats

- Olive oil
- Flaxseed oil
- Organic butter
- Omega-3 margarine

Vegetables

- Cabbages, Brussels sprouts, bok choy, Chinese cabbage, broccoli, cauliflower etc
- Beta-carotene rich vegetables e.g. carrot (usually vegetables colored red, orange



- and yellow)
- Sweet potatoes, yams, squash, pumpkin, tomatoes, beetroot etc.
- Spinach, kale

Herbs and spices

- Turmeric, mixed with black pepper and olive oil
- Curry
- Mint, thyme, oregano, marjoram, basil and rosemary
- Parsley and celery
- Alliums: onions, leek, garlic, spring onions, chives
- Cinnamon
- Ginger

Probiotics

- Organic yoghurt, soy yoghurts enriched with L. Acidophilus and b. Bifidum
- Sauerkraut

Prebiotics

- Garlic, onions, tomatoes, asparagus, bananas

Fresh fruits

- Berries: strawberries, raspberries, blueberries, blackberries and cranberries
- Cherries



- Citrus: oranges, tangerines lemons and grapefruits
- Persimmons and apricots
- Pomegranate juice

Nuts

- Walnuts and hazelnuts
- Pecans
- Almonds



Desserts

- Dark chocolate (more than 70% cocoa solids)
- Fruits
- Sweeteners: Agave nectar, stevia (a Pacific plant), Xylitol, wisteria



Drinks

- Filtered water, mineral water, spring water (as long as the plastic bottles haven't been sitting in the sun and do not smell like plastic)
- Green tea, all varieties but particularly Japanese green tea (sencha, gyokuro, matcha)
- Ginger root infusion

Foods to Enjoy

Foods that will maintain your blood sugar levels are most often wholesome foods, high in fibre and unrefined.

Natural food and foods that are rich in fibre can help to reduce the fluctuations of blood sugar levels. When foods without fibre components are eaten, blood sugar levels quickly rise and that's why insulin is used to counteract the reaction. Refined foods, drinks and snacks high in calories but low in fibre also contribute to high blood sugar levels. On the other hand, high fibre foods smooth out blood sugar fluctuations and stabilise energy levels.

Breakfast is your first and most important meal of the day. During the night your blood sugar levels will have plummeted so it's important to refuel your body first thing in the morning if you're going to avoid feeling wobbly by lunchtime.

Don't forget the importance of drinking plenty of fluid. And this means water or water-based drinks – not caffeine-loaded beverages such as tea, coffee or cola.

While you're busy, it's easy to forget to stay hydrated. If you don't drink enough fluid, it's easy to become dehydrated. Dehydration causes loss of concentration, dipping energy levels and headaches. Aim for at least 6 – 8 glasses of water a day.

Vegetables

Vegetables, such as beets, broccoli, cabbage, cauliflower, corn, lettuce, and peppers are a great source of fibre and nutrients. Be wary, as cooked carrots and potatoes can spike blood sugar levels too, dependant on how they are prepared before consumption.

Fruit

Fruit are full of vitamins, minerals and many other nutrients that are important for everyone. When eaten in moderation throughout the day, these can be an excellent substitute for sugary snacks.

Lentils

Legumes, such as lentils, peas and beans contain a high level of protein and dietary fibre, folic acid, vitamin B1 and minerals, all essential to our health. There are a variety of lentils that exist with colours that range from yellow to red-orange to green, brown and black.

Wholegrain bread, pasta, cereals and grains

Grains, nuts and seeds, including wholegrain bread, pasta, cereal and rice take some time to be broken down in the digestive system and are more steadily absorbed by the body. This means that starchy carbohydrates are best at keeping blood sugar levels stable and are a much better source of energy than its white counterpart.



Foods to Avoid

Refined carbohydrates such as white bread and rice will spike your insulin levels more than wholegrain products. Try to avoid these when possible.

Sweets, honey, pop, donuts, sweetened cereal, cakes, fruit juice (unless watered down), white sugar, brown sugar, corn syrup, maple syrup, molasses, sucrose, glucose, fructose, maltose, dextrose, and other "...ose" variations can cause your blood sugar levels to spike. These are usually altered from their natural state and taken away from their fibre counterpart, so they enter the bloodstream quickly.

Additional considerations to reduce symptom of hypoglycaemia include the avoidance of caffeine, as well as foods or beverages that contain high amounts of potassium (which lowers chromium and manganese, essential for stabilising blood sugar and metabolism).

Try to avoid these high-fat sugary snacks. They will only give you a short burst of energy that will not last:

- Biscuits and cakes – if you really can't resist, they go for a plain digestive biscuit, rich tea, muffin or plain sponge cake.
- Crisps – try and oatcake or rice cake instead
- Ice cream – a low-fat fruit yoghurt will be much more satisfying and lower in fat and sugar
- Chocolate – a handful of nuts or seeds is a low-sugar alternative

White rice, bread, pasta, cereals and general baked goods

Products such as these are processed to the point where most of the fibre content will have been removed, as well as the nutrient content. White foods stuffs will cause upset to the digestive flora in your stomach and should be avoided when possible. Alternatives are wholegrain bread and cereals, brown rice and wholemeal pasta.

Carbonated drinks

Soda, no matter who makes it, is the most acidic beverage you can buy, with a pH of about 2.5, about the same as vinegar, but the sugar content disguises the acidity. To put that into perspective, consider that battery acid has a pH of 1 and pure water has a pH level of 7.

If you think diet soda is better think again. The poison in diet soda is an artificial sweetener aspartame. Aspartame is made up of three chemicals: aspartic acid, phenylalanine, and methanol. It is used because it's about 200 times sweeter than table sugar.

Despite US FDA approval as a "safe" food additive, aspartame is one of the most dangerous substances added to foods. After you drink an aspartame-sweetened product, aspartame breaks down into its starting components: phenylalanine, aspartic acid, and methanol (that further converts to formaldehyde and formic acid, which are known carcinogens.). There are over 92 different health side effects associated with aspartame consumption

Chocolate

Processed chocolate (milk and white) contains over 350 chemicals, two of which are caffeine and Phenylethylamine, which causes blood pressure and blood sugar to rise. Chocolate is reported to cause headaches, obesity, heartburn and emotional problems like irritability, confusion, anger and depression. Not ideal when you're trying to play sport! An alternative would be dark chocolate (70% cocoa or more).