

FOOD4HEALTH GUIDELINES

FOR ADULTS AND CHILDREN OVER 6

Unprocessed, diverse, lower carb, high nutrient-density – priorities for healthy eating!

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed foods between ≥ 5 h periods of fasting by day and ≥ 12 h overnight (i.e. 'intermittent fasting'), along with regular physical activity, is the foundation for a healthy lifestyle

6 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)

1
40% VEGETABLES
(UNPROCESSED)

2
10% FRUITS
(UNPROCESSED)

3
10% GRAINS
(GLUTEN-FREE
WHOLE GRAINS)

4
10% HIGH
'HEALTHY
FAT' FOODS

5
25%
PROTEIN-
RICH FOODS

6
5% CONCENTRATED
NUTRIENTS (E.G. NON-
IRRADIATED HERBS
AND SPICES, FOOD
SUPPLEMENTS)



10 KEY POINTERS

- 1 Macronutrient composition by energy contribution (kcal or kJ) should be approximately 20% protein (4 kcal/g), 30% carbohydrates (4 kcal/g) and 50% fats (9 kcal/g)
- 2 Minimise consumption of highly processed food
- 3 Consume plenty of fresh, raw foods
- 4 Avoid high-temperature cooking methods (frying, grilling), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- 5 Healthy fats for cooking include extra virgin coconut oil, unfiltered extra virgin olive oil and butter (the latter assuming no lactose intolerance)
- 6 Consume plenty of fresh herbs and non-irradiated, preferably organic, spices
- 7 Avoid snacking and try to maintain 5 or more hours between meals
- 8 Consume at least 1.5 litres of spring or filtered water daily (more if exercising intensively), between meals
- 9 Avoid all foods which trigger intolerance or allergy (concentrated sources of nutrients)
- 10 Seek advice from a qualified and experienced health professional on the most appropriate supplements (concentrated sources of nutrients)

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