



Healthy Eating, Portion Size & Shopping Guide

Wholesome food is medicine, supporting your physical, mental and emotional health.

Enjoying a diet that is rich in a diverse variety of wholesome foods will support your physical, mental and emotional health, whilst decreasing your risk of developing disease. Natural foods are packed full of nature's healing compounds. When you consume the whole food, you are ingesting specific combinations of compounds that aid their overall digestion, support nutrient absorption, inhibit inflammation and promote a healthy, diverse gut microbiome.

This document provides helpful information, including;

- > 3 tips for healthy eating
- > Portion size guide
- > Grocery ingredient shopping list to help you plan which healthy foods to explore and enjoy
- > Bonus information on portioning and shopping for healthy fats and whole grains
- > Bonus blank shopping list to help you feel in control

Print this package out and keep copies of the blank shopping list on hand.

Good food is to be a pleasurable experience!

Focus on adding wholesome foods into your meals rather than 'eating perfectly'. Creating and eating nourishing meals is something that is to be enjoyed, so select a variety of foods across all food groups that will provide you with plenty of energy and make you feel good.

Visit www.renewandnourish.com.au/recipes for other nourishing recipes and meal ideas.



3 Tips for Healthy, Easy & Delicious Eating

Wholesome food is medicine, supporting your physical, mental and emotional health.

Let's make healthy eating an easy process with convenience, delicious enjoyment and deep nourishment.

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Tip: Have wholesome grab-and-go foods on hand

Minimally processed foods provide a convenient option for eating nutritiously even when life is busy, either purchased or made from scratch yourself, portioned and either refrigerated or frozen.

Consider any of the following or get creative with your own versions!

- Pre-cooked hard boiled eggs
- Natural, unsweetened yoghurt with berries and/or fresh fruit salad, nuts and seeds, homemade granola/muesli
- Frozen or pre-packed smoothie ingredients for a quick blitz-and-go
- Pre-made salads, wraps or sandwiches full of vegetables and proteins
- Pre-cooked chicken or turkey added to mixed vegetables or salad, add some quinoa or brown rice, lentils or beans
- Nourish balls or bars full of protein, high fibre carbohydrates and healthy fats
- Wholesome dips full of protein and healthy fats with vegetable sticks or easy homemade seeded crackers
- Dried fruits such as dates, figs, peaches with assorted nuts and seeds

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Tip: Cook batches when you have time

Create batches of nourishing food when you have time to spend in the kitchen. This way, you can always ensure that you are looking after your nutrition even when life gets busy. Batches can be pre-portioned into containers and either refrigerated and/or frozen ready for a quick grab-and-go.

Consider any of the following or get creative with your own versions! Frozen vegetables and canned beans or lentils are a convenient and healthy way to increase your variety of wholesome foods given that they are frozen fresh at their peak of nutrition.

Visit www.renewandnourish.com.au/recipes for details and more ideas

Pre-prepared meal ideas for fridge or freezer

- Frittata either in a baking dish or as smaller meal size portions in muffin trays
- Meat/tofu/tempeh/mushroom based stir fry with vegetables, quinoa or brown rice
- Satay meat/tofu/tempeh/mushroom with vegetables and quinoa or brown rice
- Slow cooked meals such as stews, soups and curries
- Meat/tofu/tempeh/mushroom based patties with vegetables such as beetroot, sweet potato, quinoa/buckwheat, beans/lentils - serve in wholemeal sourdough wrap with avocado (or avocado dressing), baby spinach, wholegrain mustard, kimchi/sauerkraut, aged hard cheese or cottage cheese, grated carrot, sliced cucumber, grated or sliced zucchini
- Roasted assorted vegetables with quinoa/buckwheat/brown rice, lentils/beans and creamy cashew and mushroom dressing
- Salads either fresh and/or ready to warm up (such as potato, pea, egg, dill in creamy sauce)



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Tip: Pre-prepare ingredients for a quick grab-and-go meal

Preparing and storing in the fridge/freezer for a quick meal assembly

- Roasted or steamed assorted vegetables such as pumpkin, potato, sweet potato, carrot, parsnip, onion wedges, zucchini, brussels sprouts, broccoli, cauliflower, beetroot
- Absorption method quinoa and/or brown rice, you can add some spices while it cooks for extra flavour and nutrition such as cloves and cardamom, turmeric and black pepper, lemongrass and coconut milk and pepper (anti-inflammatory combination), lemongrass and ginger.
- Cooked peas
- Grated vegetables such as carrot, zucchini, radish, beetroot
- Sliced or sticks of vegetables such as zucchini, capsicum, cucumber, radish, mushroom
- Pre cooked chicken thigh or leg, turkey mince, or firm tofu/tempeh cut or broken into chunks - that have been marinated/coated in mustard, ginger and soy sauce, turmeric & black pepper, then cooked in oven, air fryer or frypan on the stove, cooled, portioned up and frozen.
- Pan seared mushrooms with extra virgin olive oil, thyme, salt & pepper
- Drained and rinsed lentils and/or beans
- Dips: plain hummus or add in beetroot, roasted pumpkin or capsicum etc, fresh salsa with herbs and lemon
- Fresh fruits - chopped into a salad ready to add to yoghurt and muesli/granola

Dressing & vinaigrette ideas

- Creamy cashew and shitake mushroom
- Creamy cashew and mustard
- Spiced avocado mash
- Ginger, sesame and miso dressing
- Satay dressing
- Fresh lemon, ginger, fresh herbs and pepper
- Pesto: traditional basil or a fresh herb combination of parsley, basil, mint and chives
- Curry dressing with fresh coconut milk or macadamia cream
- Honey & mustard with lemon
- Capers and anchovy
- Mint yoghurt - tzatziki
- Balsamic vinegar & lemon
- Coriander, lime & wasabi



Portion Size Guide

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A general guide to eating is to enjoy a variety of wholesome foods in your meal until you are about 80% full, feeling a state of satisfaction in your stomach. Incorporating good hydration with water, along with appropriate portions of whole proteins, healthy fats and carbohydrates from vegetables, fruits, nuts & seeds, beans & legumes will not only nourish your microbiota in your gut but also promote a healthy state of wellbeing and feeling good.

What makes up a balanced plate?

Ensuring that you are eating appropriate amounts of protein, fats and carbohydrates in each meal will provide you with sustained energy throughout your day, promote a healthy mood and general state of wellbeing. It can be easy with the following standard serving guidelines.



Protein

Include at least one palm size amount of a variety of protein sources with each of your three meals (*if you have fasted and only having two main meals, then increase these portions accordingly*)

Sources include: chicken, turkey, fish, shellfish, eggs, Greek or natural yoghurt, cottage cheese, tofu, tempeh, edamame/soy beans, legumes



Vegetables & Fruits

Aim for between one to two fist size amounts (approximately 1-2 cups) of a variety of non-starchy vegetables, less sweet fruits, combined with fresh, dried and/or ground herbs and spices with each meal. Aiming for a minimum of 5 serves of vegetables and 2 serves of fruits each day. Vegetables & fruits are also a great source of carbohydrate and fibre.

(for women, increase your intake of starchy vegetables such as potato, sweet potato, pumpkin, corn, peas, banana, parsnip, lentils, beans during your menstruation cycle where they're required in larger amounts to support natural progesterone production, ovulation and the week leading up to your next bleed)



Healthy Fats

Include at least one cupped handful portion (approximately 1/2 cup) of a variety of healthy fats with each meal

Sources include: avocado, fatty fish such as salmon or tuna, fresh nut butters, tahini, assorted nuts & seeds



Carbohydrate

Aim for at least one cupped handful portion (approximately 1/2 cup) of a variety of high fibre, slow digesting carbohydrates with most meals (*vegetables and fruits are also carbohydrates with fibre*)

Sources include: quinoa, brown rice, buckwheat, sweet potato, wholegrain sourdough, rolled oats, barley



Other Healthy Oils

Include up to one thumb-size portion (approximately 1 tablespoon) of other healthy oils over all meals

Sources include: cold pressed extra virgin olive oil, 80% or more dark chocolate, ghee

Wholesome foods fall into multiple categories

Foods are classified by the macronutrient that they are highest in and many naturally fall into multiple macro categories of protein, fats and carbohydrates such as;

- Nut butters - high in healthy fats and contains protein
- Fatty fish - high in protein and contains a high dose of omega-3 fats
- Hummus - high in carbohydrate and contains protein

Use the hand portion size as a guide to help you create your meals so that you nourish yourself with variety that covers all three of your macronutrients. Remember, food is to be pleasurable and enjoyed so don't stress if you don't quite get the balance right - we are always focussed on the long term nutrition.

Eat with mindful attention, chewing each mouthful well. Remembering that it can take up to 20 minutes for your brain to register that you are feeling full. If you are satisfied, then stop eating. If you are still hungry, consider how much protein you incorporated into your meal. If there was enough, then eat a few more non-starchy vegetables until you feel satisfied.

Everyone is different, so tune into your own body signals for hunger (different to cravings) and let them guide you.



Wholesome Food Shopping Made Easy

Wholesome food is medicine, supporting your physical, mental and emotional health.

Your grocery shopping guide & checklist

The following list of ingredients is not exhaustive but enough to select a wide variety. A few great tips for consideration before you go food shopping;

- > Eat a balanced meal before you go shopping to ensure that you are not selecting foods on an empty stomach - this is when cravings will creep in and highly processed foods will end up in your basket.
- > Write out your shopping list and commit to only purchasing what is on the list.
- > Avoid the aisles that you know only contain highly processed foods that are not on your list.
- > Where possible, choose organic foods to reduce the amount of toxins that you ingest.

Fresh Produce

- > Fruits and vegetables are considered carbohydrates (some such as avocado, are also considered a fat source)
- > One serving of vegetables and fruit is about the size of your closed fist.
- > Aim for at least five serves of vegetables and two serves of fruits each day.
- > Eat in abundance: non-starchy vegetables, providing dense nutrition and fibre with lower calories.

Vegetables

<ul style="list-style-type: none">• artichoke• arugula (rocket)• asparagus• bamboo shoots• bean sprouts• beetroot• capsicum (all colours)• bitter melon• Bok choy• broccoli• brussels sprouts• beans (all varieties)• cabbage (all colours)• capers	<ul style="list-style-type: none">• carrots• cassava/yuca• cauliflower• celery• chicory• chilli peppers• corn• cucumber• dark leafy greens:<ul style="list-style-type: none">◦ collards◦ kale◦ spinach◦ silverbeet◦ mustard greens	<ul style="list-style-type: none">• daikon• eggplant• endive• garlic• horseradish• jackfruit• jalapeno peppers• kohlrabi• kimchi• leek• lettuce (all varieties)• mushrooms (all varieties)• okra• onion (all varieties)• parsnip	<ul style="list-style-type: none">• peas (all varieties)• potatoes (all varieties)• radicchio• radishes• rhubarb• sauerkraut• squash/pumpkin (all varieties)• swede• tomatoes (all varieties)• turnips• wasabi• watercress• water chestnuts
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Fruits

<ul style="list-style-type: none">• apple• apricot• banana• blackberries• blueberries• cantaloupe• cherries• coconut• cranberries• dried fruit	<ul style="list-style-type: none">• dragon fruit• figs• goji berries• grapefruit• grapes• guava• honeydew melon• Inca berries• jackfruit• kiwi (green & golden)• kumquats	<ul style="list-style-type: none">• lemon• lime• lychee• mango• nectarine• oranges• papaya• peaches• pears• persimmons	<ul style="list-style-type: none">• pineapple• plums• plantains• pomegranate• raspberries• strawberries• tangerine• watermelon
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Protein

- Avoid processed, cured meats which are high in preservatives, salts and sugars.
- One serving of protein is about the size of the palm of your hand.
- Enjoy a variety of protein sources (lean meats if you are omnivore and/or plant based) with each meal.
- Limit your dairy intake as this can cause inflammatory responses within the body.

Meat/Poultry	Fish	Shellfish	Dairy
<ul style="list-style-type: none"> lean chicken lean duck lean turkey lean pork goat rabbit egg 	<ul style="list-style-type: none"> anchovies black bass bluefin tuna bream caviar, roe hake halibut john dory mackerel mullet salmon trout tuna 	<ul style="list-style-type: none"> clams crab crayfish lobster muscles oysters octopus scallops shrimp/prawns squid 	<ul style="list-style-type: none"> dairy free milk alternatives such as oat, soy, almond etc. Greek or natural (unsweetened) yoghurt cottage cheese hard, matured/aged cheese

Plant Based	Nuts & Seeds
<ul style="list-style-type: none"> hummus beans/legumes (all varieties) mushrooms (all varieties) tempeh tofu tahini 	<ul style="list-style-type: none"> almond brazil nut cashew chestnut chia seeds flax seeds hazelnuts hemp seeds macadamia nigella seeds peanuts pecans pine nuts pistachios pumpkin seeds sesame seeds sunflower seeds walnuts

Healthy Fats

- Avoid heat processed oils and highly processed fat sources such as fried foods, pastries, pizza etc.
- One serving of healthy oil is about a thumb size (about 1 tablespoon) over all meals.
- One serving of other healthy fats is about a cupped handful (about 1/2 cup). Include a variety of healthy fats in each meal.

Note: Scientific research is still unresolved when it comes to the other plant based oils such as walnut, avocado, almond etc. If you wish to include these in your diet, it is suggested that you do so without heating as this destroys the fragile compounds.

Healthy Oil	Healthy Fats
<ul style="list-style-type: none"> cold pressed extra virgin olive oil ghee 	<ul style="list-style-type: none"> avocado nut butters olives nuts & seeds tahini tofu, tempeh 80% or higher dark chocolate eggs fatty fish such as salmon, anchovies, tuna, mackerel, herring, sardines soybeans & edamame



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Carbohydrates - whole grains & seeds

- > Aim for at least one cupped handful portion (approximately 1/2 cup) of a variety of high fibre carbohydrates with most meals. These take longer to digest, promoting healthy digestions and sustained energy levels.
- > Vegetables & fruits are also carbohydrates with good amounts of fibre. Whole grains & seeds are also protein sources.
- > Reduce or eliminate highly processed carbohydrates such as refined flours (pastries, crackers, breads etc) and sugars (fruit juices, sweets, cakes, desserts, icecream etc)

Whole Grains		Seeds	
<ul style="list-style-type: none">• buckwheat• freekeh• millet• rye• sorghum• spelt• teff• triticale• bulgar (cracked wheat)• farro	<ul style="list-style-type: none">• quinoa• brown, red & wild rice• whole oats• corn• pearl barley• pumpernickel bread• wholemeal/wholegrain sourdough• rice bran	<ul style="list-style-type: none">• chia seeds• hemp seeds• poppy seed• mustard seed• sunflower seed• pumpkin seed• sesame seed• celery seed• fennel seed• nigella seed	<ul style="list-style-type: none">• flax seed (pre-ground to release nutrition)• amaranth



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Herbs & Spices

- Enjoy a wide variety of fresh, dried and/or ground herbs and spices across all of your meals.
- Herbs and spices contain a vast array of health promoting, medicinal and healing compounds including anti-inflammatory, anti-bacterial, anti-oxidant, anti-cancer properties to list just a few.
- Different combinations provide delicious and nutritious flavours to keep your tastebuds and microbiome happy.

Spices		Herbs	
<ul style="list-style-type: none">• adaptogens• allspice• cacao (pure)• cardamom• caraway seeds• cayenne pepper• celery seed• cinnamon• clove• citrus zest• coriander• cumin• fennel• fenugreek• galangal• garlic• garam masala• ginger• ginseng	<ul style="list-style-type: none">• juniper berries• kakadu plum• lavender• lemon, cinnamon, aniseed myrtle• miso (powder or fresh)• mushroom powders• mustard seeds & powder blends• nutmeg• paprika smoked & sweet• peppercorns• saffron• szechuan peppercorns• star anise• sumac• tandoori spice blend• turmeric (combine with black pepper to release compounds)	<ul style="list-style-type: none">• vanilla• wasabi• wattleseed• zaatar spice blend	<ul style="list-style-type: none">• bay leaves• basil• chives• chamomile• coriander• curry leaves• dill• lemongrass• licorice root• marshmallow root• marjoram• mint• oregano• parsley• peppermint• rosemary• sage• thyme

Other wholesome flavourings

- Enjoy using a variety of wholesome flavourings to your dishes to create unique flavour combinations and spice up your meals both sweet and savoury.

Other Wholesome Flavourings	
<ul style="list-style-type: none">• tamari• tahini• miso• soy sauce• maple syrup (pure)	<ul style="list-style-type: none">• Worcestershire sauce• yeast flakes• vanilla extract or paste (pure)• honey (pure, unheated)• apple cider vinegar (with mother if possible)

Grocery Shopping Guide

Vegetables		Fruits	
Protein		Healthy Fats & Oils	
Whole Grains & Seeds		Herbs, Spices & Flavourings	
Beverages		Other	