

Naturopathic Dietary and Nutrition Guidelines

Basic Supplements

Good quality, well-absorbed and convenient-to-take nutritional supplements are essential to providing your body with nourishment that is frequently lacking from your daily diet. Your naturopath will help you select supplements that are best suited and safe for you. A good baseline should include:

1. **MULTIVITAMIN**
2. **ESSENTIAL FATTY ACID** (Flax, Olive, Hempseed, Fish Oils)
3. **ANTIOXIDANT**

Fifteen Important Diet Tips

1. Drink 1.5-2 L pure, filtered **WATER** each day.
2. Eat **REGULARLY** (small, frequent, healthy meals)
3. Eat a good variety of **VEGETABLES** and plenty of them. Dark leafy greens and colorful fruits are nutrient-dense (5 servings/day).
4. Snack on **FRUIT** – and eat them **BETWEEN** meals (5 servings/day).
5. Preferably choose **ORGANIC** fruits and vegetables; otherwise, use a fruit and vegetable wash to remove the majority of chemical residues from the skin (or peel them).
6. Eat plenty of **FIBRE** (oatmeal, bran, psyllium, whole grains, fruit/vegetables).
7. Avoid **WHITE** sugar, flour, rice, potatoes.
8. Minimize **DAIRY** (remember, you are not a baby cow).
9. **STEAM, BAKE OR LIGHTLY SAUTEE** your foods rather than frying in oil.
10. Restrict intake of **“BAD FATS”** – this means animal fats and high-fat dairy (“saturated fats”).
11. Eat **“GOOD FATS”** regularly – this means omega-3 polyunsaturated and monounsaturated fats. Olive oil, fish oil, flax oil, almonds, walnuts and seeds are great sources.
12. Avoid **TRANS FATS** (hydrogenated/partially hydrogenated oils, vegetable oil shortening). Check labels for: Hydrogenated oils, margarines, vegetable oil shortening, deep fried foods.
13. Avoid **CHEMICAL ADDITIVES**. This includes artificial preservatives, flavorings, and colourings. Check labels for: Sodium benzoate, sulfites (found in many foods including dried fruit), nitrites (processed meats), MSG, HVP, BHA, BHT, artificial sweeteners, cereals with preservatives and added sugars.
14. Avoid **COFFEE, ALCOHOL AND SOFT DRINKS**.
15. Be sure to set enough time aside to **SLEEP** about 8 hours (or the amount that your body requires to feel properly rested).