

# HEALTHY CHOICES

## TIPS TO MAKE YOU A HEALTHIER PERSON



Avoid heavily processed foods



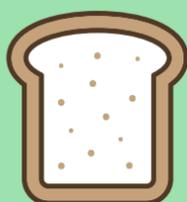
Avoid transfats, eg deep fried foods, margarines etc.



Avoid sugars eg table sugar, soft drinks, white potatoes, lollies, chocolate etc.



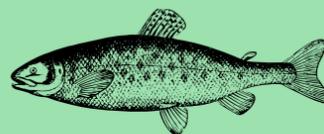
Avoid excessive grains and carbohydrates eg cakes, pastries, biscuits, white breads, pastas etc



Eat adequate fresh fruit, vegetables and fibre.



Eat good fats like deep sea fish, seeds & nuts, use cold pressed oils.



Eat fermented foods eg miso, dairy or coconut water kefir, good quality yoghurt, kimchi, sauerkraut.



Drink 2L of water daily. Also add freshly squeezed vegetable juices and super smoothies to your diet



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