

What Do Real Food Meals Look Like?

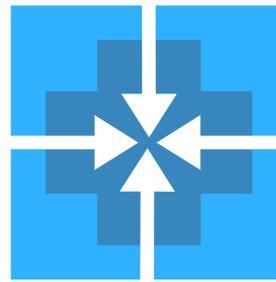
Breakfast



Lunch



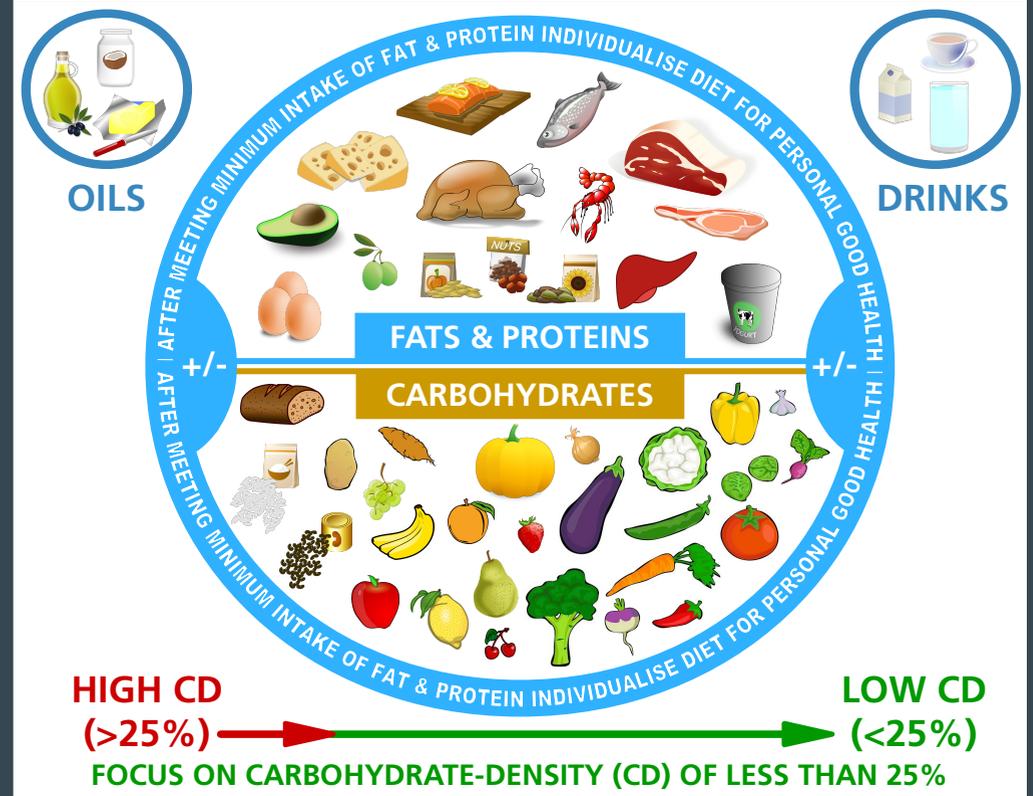
Dinner



Public Health Collaboration

THE REAL FOOD LIFESTYLE

FAT MINIMUM INTAKE = 30g PER DAY FOR WOMEN & 40g PER DAY FOR MEN



HIGH CD (>25%) → **LOW CD (<25%)**
 FOCUS ON CARBOHYDRATE-DENSITY (CD) OF LESS THAN 25%

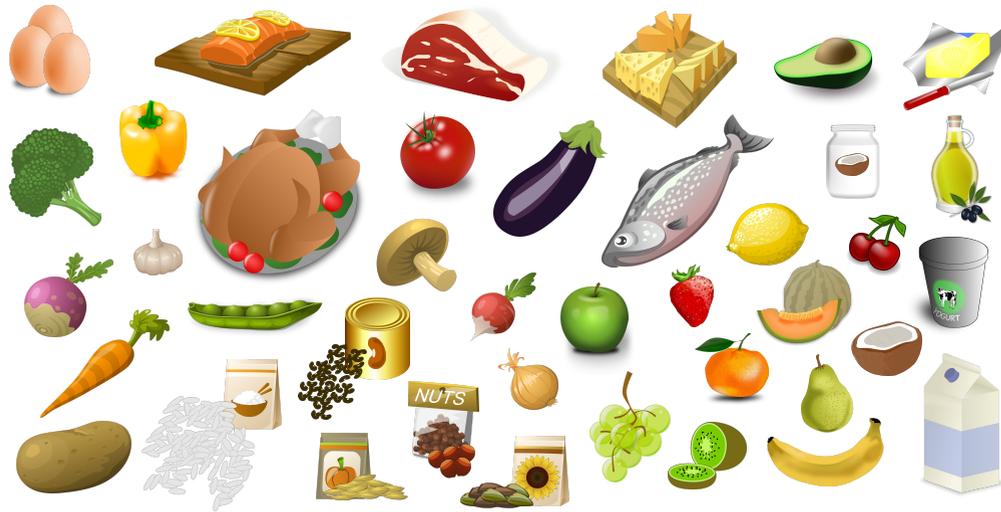
PROTEIN MINIMUM INTAKE = 1g PER 1kg OF BODYWEIGHT PER DAY

EAT REAL FOOD | AVOID FAKE FOOD | BE ACTIVE EVERYDAY

Find out more on our website
 @ www.PublicHealthCollaboration.org

What Are Real Foods I Can Eat?

Real foods are naturally nutrient dense and are minimally altered from their natural state, which will nourish you and satisfy hunger.



What Are Fake Foods I Should Avoid?

Fake foods are highly-processed from their natural state with free-sugars and highly-processed oils, which will not nourish you or satisfy hunger.



How Does The Real Food Lifestyle Work?

The Real Food Lifestyle is flexible and helps you to eat real foods to make sure that you get enough essential nutrients to maintain personal good health.

Essential intakes of fat are 30 g a day for women and 40g a day for men.

Essential intakes of protein are 1g/kg of bodyweight per day, so if you are 65kg (around 10 stone), you need to eat 65g of protein a day.

This may sound complicated but if you simply eat fat and protein in the way shown at each meal on the back of this booklet then you'll easily get your essential intake of nutrients.

Carbohydrates are not an essential nutrient, but do form part of a healthy lifestyle - especially vegetables. Any real food carbohydrates you eat should be less than 25% carbohydrate density. That means they should contain less than 25g of carbohydrates per 100g.

Who Is The Real Food Lifestyle For?

The Real Food Lifestyle is for everyone maintaining personal good health. Personal good health can be measured by your GP and is defined as follows:

1. Waist circumference less than 90cm (35.5 inches) for men and less than 80cm (31.5 inches) for women.
2. Fasting blood glucose less than 5.6 mmol/L.
3. Blood pressure less than 140 mmHg for systolic and less than 90 mmHg for diastolic.
4. Fasting triglycerides less than 1.7 mmol/L.
5. Fasting HDL-cholesterol greater than 1.03 mmol/L for men and greater than 1.29 mmol/L for women.

If three or more out of the five are out of range, it means you have metabolic syndrome and are no longer maintaining good personal health. It is then recommended that you follow The Real Food Lifestyle For Weight Loss until you regain personal good health available from www.PublicHealthCollaboration.org . **If you are taking any medications you should seek medical advice first.**