

# FOOD

## *Helpful Hints*



- 🌱 Allow for your tastebuds to change. Before long, only plants will taste better than animals. Be persistent!
- 🌱 In the morning, have a good poo before eating solid food (water and juice greatly aid in the elimination process). Use the mornings to dump out from the day before.
- 🌱 Drink at least a liter of water upon waking.
- 🌱 Instead of eating in the morning, try getting your nutrition from liquids instead: water, herbal tea, & cold-pressed juice. Try intermittent fasting!
- 🌱 Eat small meals: one mid day and one early evening.
- 🌱 Snacks in between meal in small portions.
- 🌱 Eat only when truly hungry.
- 🌱 Hungry? Tune in with your belly and ask what it wants. This will help to know the difference between the voice of your body, and the voice of your mind.
- 🌱 To avoid gas, don't inhale food - literally, don't take a big breath in as you put food in your mouth!
- 🌱 Properly food combine (see food combining chart).
- 🌱 Replace old favorites with vegan recipes – be creative!
- 🌱 Careful not to overeat on fats and in general (especially nuts – very common in the beginning of transitioning)!
- 🌱 Be sure oils are cold pressed and unrefined. Best not to cook oils with high heat. Cooked oils can be hard on the liver and can cause skin issues, high cholesterol, etc. Only coconut oil can withstand high heat without becoming carcinogenic to the body.
- 🌱 Read labels. Avoid preservatives, sugar, and unnatural ingredients.
- 🌱 Best to not eat past 7 pm.
- 🌱 Eat slow.
- 🌱 Chew well.
- 🌱 Don't drink liquids with solids (to avoid diluting digestive enzymes - 15 minutes before or after eating).
- 🌱 Eat only under peaceful conditions.
- 🌱 Buy only organic & local (where possible).
- 🌱 Eat seasonally. Avoid buying produce from around the world (not eco friendly).
- 🌱 Drink only purified pH balanced water.
- 🌱 For optimal digestion/elimination, eat salad/raw food before (and with) cooked food.
- 🌱 Keep an eye on the glycemic index of the foods you eat. Choose low GI foods.

*GoVegan!*

