



Health, nutrition & lifestyle tips

Vanessa Jones 14.10.24

Nutrition tips to support

Enhanced
Energy Levels

Improved
Mood, Focus,
concentration

Reduced Food
Cravings

Better
Hormonal
Health



Protein superpowers

How much protein?

Keeping it real!

HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

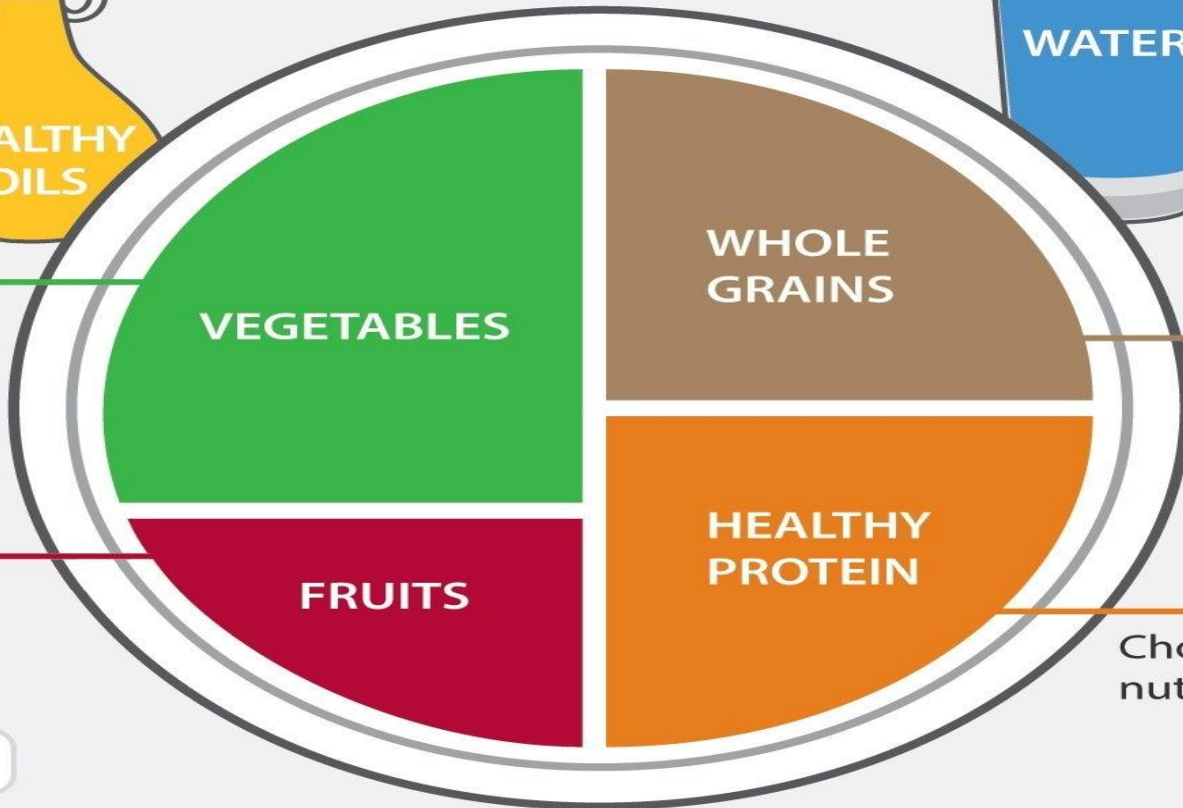
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu







Why healthy fats matter?

- ▶ Sustained energy
- ▶ High satiety
- ▶ Omega3s
- ▶ Anti-inflammatory
- ▶ Hormonal health
- ▶ Skin health
- ▶ Bone and joint health
- ▶ How to incorporate healthy fats into your diet?



Fibre is fertilizer
for the good
bacteria in the gut

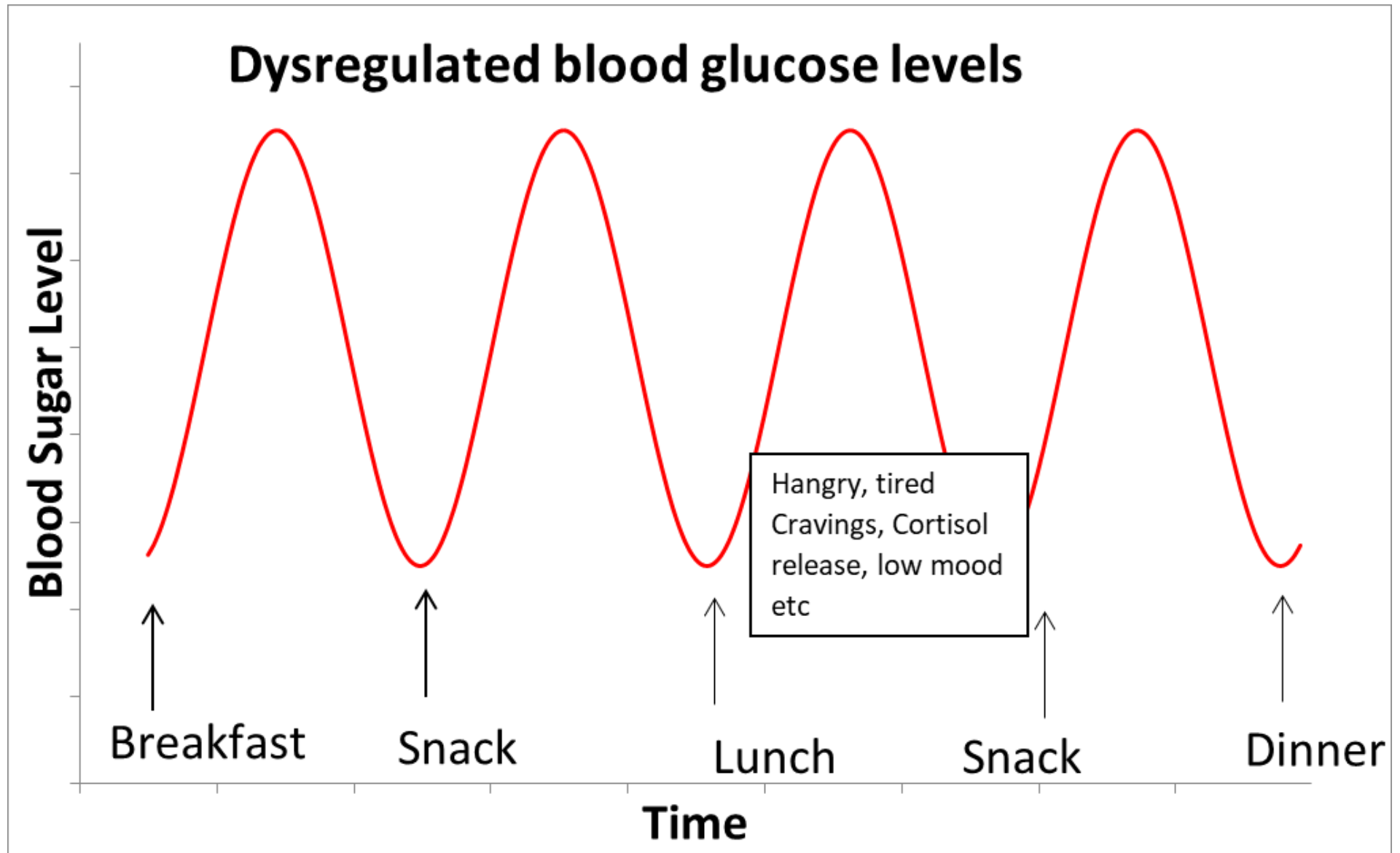
Coming off the rollercoaster



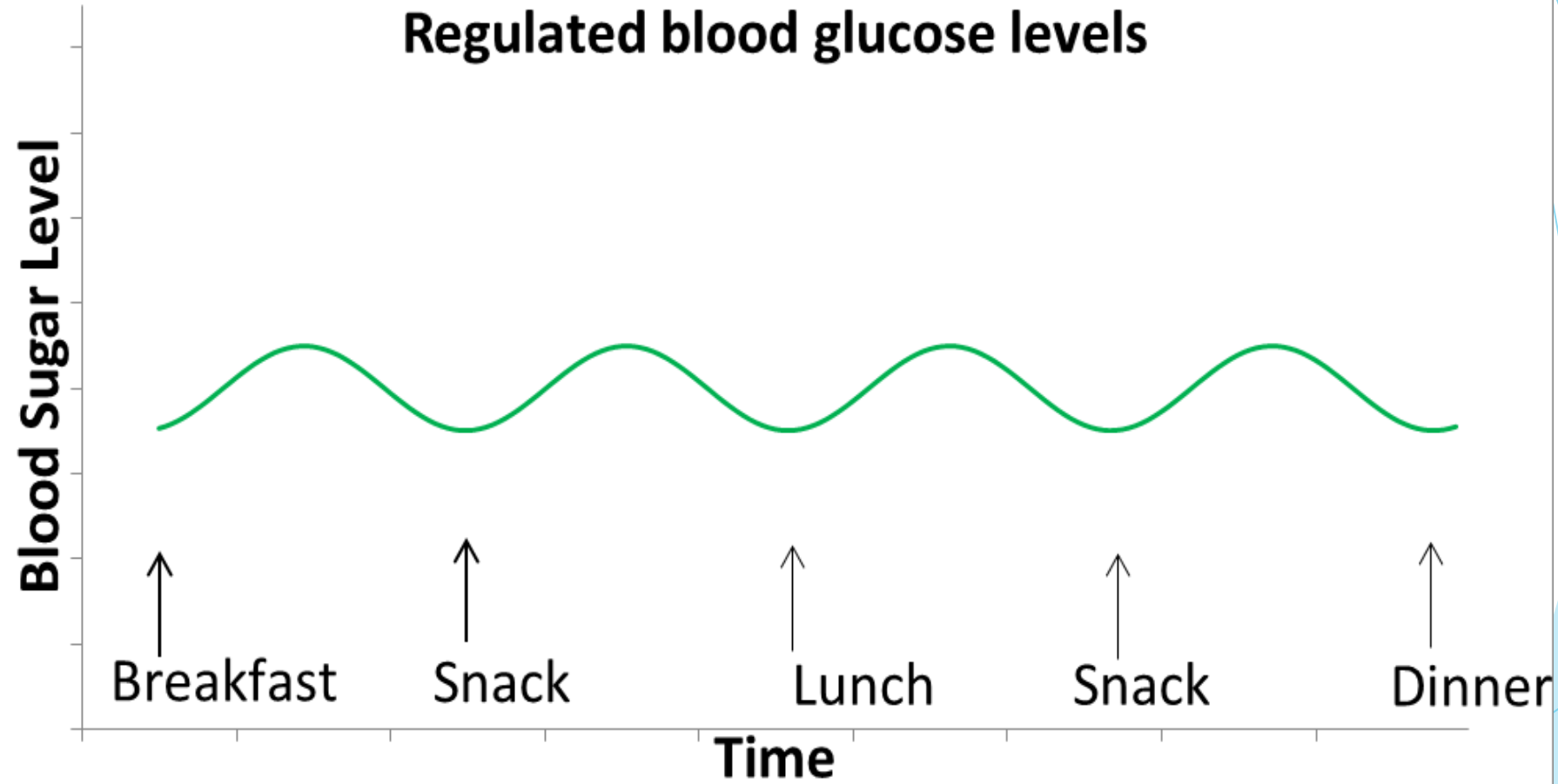
- ▶ Balance blood sugar levels
- ▶ Fast and slow releasing carbohydrates
- ▶ Spikes and crashes
- ▶ Food cravings

Fast and slow-release carbohydrates





Regulated blood glucose levels



RED

Apples
Blood Orange
Red Cabbage
Cranberries
Cherries
Pomegranates
Radishes
Red Peppers
Raspberries
Strawberries
Tomatoes
Red Grapes
Red apples

GREEN

Spinach
Celery
Broccoli
Green Peppers
Brussels Sprouts
Green Beans
Cucumber
Leafy Greens
Asparagus
Avocado
Kiwi
Courgette
Green Apples

BLUE/PURPLE

Blueberries
Blackberries
Beetroot
Plums
Aubergine
Purple Carrots
Figs
Purple Asparagus
Purple Broccoli
Black Grapes
Elderberries
Red Cabbage
Purple Cauliflower

WHITE

Garlic
Ginger
Cauliflower
Mushrooms
Onions
Shallots
Turnips
Pears
Yam
White Peaches
Coconut
Lychees
Jerusalem Artichokes

YELLOW/ORANGE

Apricots
Butternut Squash
Carrots
Grapefruit
Cantaloupe
Lemons
Oranges
Mangoes
Papayas
Pumpkin
Sweet Potatoes
Tangerines
Pineapple



Anti-cancer

Hormone balance

Anti-inflammatory

Cell protection

Immune health



Brain health

Skin health

Prostate health

Vascular health

Eye health

Heart health

Reproductive health



British Association for Applied Nutrition & Nutritional Therapy

THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS

EAT A RAINBOW - 7 A DAY

2 fruit and at least 5 vegetables a day

KEY TAKEAWAYS



INCLUDE PROTEIN
AT ALL MEALS



INCREASE FIBRE
INTAKE



VEGGIE STARTER



COMBINE CARBS
WITH PROTEIN AND
OR HEALTHY FATS



SAVOURY
BREAKFAST AND
SNACKS



Future sessions

- ▶ Gut brain axis
- ▶ Hormonal health
- ▶ Digestive health
- ▶ Stress management
- ▶ Support immune system
- ▶ Moving from knowing to doing
- ▶ Meal planning
- ▶ Understanding food labels
- ▶ Customize sessions based on needs

Scope of Practice

- ▶ Adhere to the scope of practice for a Health and Nutrition Coach as outlined by the UK and International Health Coaching Association
- ▶ Advice and information provided will be evidence-based, ethical, and within the boundaries of my qualification
- ▶ I will not diagnose conditions, prescribe treatments, or perform the functions of a dietitian, nutritionist, or doctor

Any
Question

