

## DETOX YOUR FRIDGE

Most of us have the same problems with the food we have at home:-  
Too much wheat, particularly refined flour such as pasta and white bread and this alone can lead to a lack of energy, digestive and immune system problems, amongst other things.

We need to think of the fridge, freezer and food store-cupboards as batteries that supply our families with energy, and we all know batteries have a negative and positive side to them!

Every January I hear my colleagues talking about the need to detox their bodies after the excesses of the festive season only to come unstuck at the fridge door... If you really want to change the way you eat and adopt a healthy attitude towards food the best place to start is with a fridge, freezer and store-cupboard makeover!

- Negative	+ Positive
White Bread	Whole meal bread, nutty seedy high fibre breads.
White Pasta & Rice	Wholemeal Pasta, Brown, wild or basmati rice
Sweet Fruits such as Bananas and Grapes	Wide selection of Fruit & Vegetables & Frozen Berries
	Meat & Dairy without hormones or drugs
Refined "Ready" Meals	Non processed foods
Fatty Foods such as poor quality sausages, puddings, pies & quiches	Buttermilk, Omega 3 milk, low fat soft cheeses
Sugary flavoured milk drinks, sweetened yogurts	Natural fruit sweetened probiotic and low fat yogurt
	Fish without dyes
Sugar coated, low fibre, high salted breakfast cereals	Unsweetened, high fibre, lower salt breakfast cereals & alternative grains and wholegrain cereals including Quinoa & Millet Wheat and Gluten Free products
Mayonnaise and salads made with mayonnaise such as potato, egg and coleslaw salad.	Reduced fat mayonnaise. Bean and lentil salads with low fat vinaigrette.
Pate, salami	Hummus, sundried tomatoes
Beer	Wine
Sweetened fruit juices	Cranberry & other "sour" fruit juices
	Variety of Herbs & Spices
	Selection of Organic Foods

So hide your tried and trusted take away menus and detox your shopping list!

Learn to read the labels and get rid of everything in your cupboard that has:- Saturated fats, trans fats, flour that's not 100% wholegrain, sugar & syrups listed in the 1st 5 ingredients.

Fresh is important so you need to think of your freezer as a natural preservative!

When cooking make more than you need and use the freezer (saving you time & energy!)

