

## N – Nutrition

### How To Add Life To Your Years and Fend Off Disease

#### Vegetables and Fruit

The benefits to be had from frequent fruit and vegetable consumption is totally underestimated. Most people are highly deficient in essential nutrients that could be found in regular intake of fruit and veg. Vegetables really can change your life.

Fruit and vegetables are often not on the average person's list of favourite foods. While I'm not a vegan myself, or any type of vegetarian, I can 100% attest to the huge and vast benefits that I've personally experienced throughout my transition to eating them.

Here are just some of the benefits to be had from eating vegetables, primarily, with limited fruit.

Lesser stress – the single most valuable benefit that I've felt personally.

Anti depression/enhanced mood.

Anti cancer

Anti inflammatory

Heart health

Brain health

Lowering of blood pressure

Eye health

Hormone balance

Cell protection

Immune health

Skin health

Prostate health

Vascular health

Reproductive health

Digestive health

Looking younger

Reversal of the negative effects of bad foods. What I mean by that is if you eat or drink something that causes a food allergy or other negative effect (such as feeling anxious, your heart rate increasing by up to 10x beats per minute, or digestive discomfort) then the best way to negate those negative effects is to eat your vegetables. Try it and see for yourself.

Fruit has some of the very same vitamins and minerals, plus fibre, which are all super important, but unfortunately the sugar content is high, so we recommended 1 or a maximum of 2, pieces of fruit per day (and avoid dried fruit or fruit juices). A few raisins or currants added into something won't kill you, but it's definitely not a good idea to stick your hand into a bag of dried fruit (before you know it you'll have consumed 20+ teaspoonfuls of sugar).

Keep an open mind when it comes to fruit and veg. People can be stubborn and believe that they 'don't like that' before they've even tried it. Often if the veg is mixed in with other food then people will eat it and enjoy it without even really noticing it's there. If you told them in advance, then they might simply refuse to eat it.

There is a massive selection of vegetables and fruits. Try lots of them. Keep trying them in different ways. A steamed, spiralised carrot is very different in texture to raw, thickly cut carrot. Butternut squash thinly sliced and grilled is very different from thickly cut and boiled butternut squash. You can try the following means of preparation of your veg and fruit:

- Raw (retains all of the nutrients)
- Steamed (the best retention of any cooking method and the strongest flavour also)
- Grilled (can make them crispy on the outside)
- Slow cooker (makes them very soft and very nice)
- Boiled
- Oven
- Fried (best if you slice thinly or the heat may not penetrate right through)
- Placed in the toaster (this does work for cooking sliced sweet potato etc)
- Placed into other foods e.g. omelettes, quinoa+veg, rice+veg, curries, soups, fillers in a baked potato, frittatas.