

Vegetables

Module's Habit: Add a more vegetables to your diet.

If your aim is improved health and weight loss you need to concentrate on increasing your vegetable intake rather than your fruit intake.



Vegetables are part of your **carbohydrate** intake and are important to your health because they provide you with **essential vitamins, minerals** and **fibre**. Fruit on the other hand should be kept at 2 pieces a day

Fruit breaks down into **fructose** in your body. Most fruits are half glucose and half fructose. **Glucose** comes mainly from starches like potatoes and is needed by your body, *fructose however is not*.

You don't produce fructose in your body and your ancestors didn't consume it except seasonally when fruit was ripe.



The amount of sweet fruit in our diet has increased and for your health this over ripe fruit needs to be kept to a minimum but the really harmful fructose is in fizzy drinks, fruit juices, sweeteners and sweets.

Glucose is the good sugar within your body and the best source of glucose is **starchy vegetables**. They are a source of energy for your gorgeous body.

You can also obtain glucose from breads and pastas but over consumption of these glucose sources is problematic especially if you are metabolically challenged – *i.e. don't move much*

You've heard the argument an **organic vegetable** is worth *twice* the nutrient content as conventional vegetables. Bear it in mind when selecting your vegetables and try and choose a wide variety of vegetables across a whole spectrum of colours.

On your dinner plate you can add a green colour like broccoli and a white colour like onions or cauliflower and red colour like tomatoes.



A few ideas:

-  **GREEN:** Spinach, Kale, Broccoli, Green Peppers, Asparagus
-  **REDS & PURPLES:** Red Peppers, Squash, Carrots, Tomatoes, Purple Cabbage.
-  **WHITES:** Mushrooms onions, cucumbers.

So what are the benefits of adding more vegetables?

Adding a **higher intake of vegetables** in your diet is necessary and very important.

1. Vegetables help increase your vitamin and mineral intake and prevent nutrient deficiencies and malnutrition. Malnutrition sounds like a throwback to days gone by, but it is still prevalent in the Western World due to the lack of nutrients in your processed food, not the lack of food.
2. Not only are vegetables packed with **micronutrients** (*ie. vitamins and minerals*) there are also important **plant chemicals** (*phytonutrients*) and they are essential for your body and its functions.
3. Increasing your vegetable intake reduces the risk of many cancers, diabetes and heart disease. Vegetables increase the intake of **antioxidants** and **reduce free-radical damage** from pollution and burnt toast!
4. Another interesting element of vegetables is that they provide an **alkaline** load to your blood. Since both proteins and grains (*like breads and pastas*) present acid loads to the blood, it's important to balance these acids with alkaline-rich vegetables. Too much acid and not enough alkalinity means the loss of bone strength and muscle mass. It reduces your osteoporosis risk.
5. The increased **fibre** in vegetables and fruit help improve your blood sugar control.
6. Fibre in vegetables helps to slow down your digestion, simply put vegetables keep you feeling full for longer. Plus, research shows that doubling your fibre intake can help reduce calorie intake by up to **20%** without any other dietary alterations. So by simply increasing your vegetable intake, you are going to help your health and weight loss without even tampering with your calorie count.
7. Eating more vegetables improves your digestion health

If you have any questions post them on the private Facebook page or add them to your Module adherence sheet and submit it back to me.

Adele x