

Fuelling the Force



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Make natural or minimally processed foods the basis of your diet.

Natural or minimally processed foods, in great variety are the basis for diets that are nutritionally balanced, delicious, culturally appropriate, and supportive of socially and environmentally sustainable food systems. Variety means foods of all types – nuts, milk, eggs, meat, fish, legumes, roots, tubers, vegetables, fruits, - and diversity within each type - such as beef, lamb, spinach, kumara, beans and lentils, corn, potato and taro, tomatoes and squash, orange and banana, chicken and fish.

Use plant oils, natural fats, salt and sugar in small amounts when seasoning and cooking natural or minimally processed foods and to create culinary preparations.

As long as they are used in moderation in dishes and meals based on natural or minimally processed foods, oils, fats, salt, and sugar contribute to diverse and delicious diets without making them nutritionally unbalanced. Plant oils include coconut oil, olive oil, avocado oil, and natural fats includes fat from dairy and animal protein.

Limit consumption of processed foods

The ingredients and methods used in the manufacture of processed foods - such as vegetables in brine, fruits in syrup, cheeses and breads - unfavourably alter the nutritional composition of the foods from which they are derived. In small amounts, processed foods can be used as ingredients in dishes and meals based on natural or minimally processed foods.

Avoid consumption of ultra-processed foods.

Ultra-processed food makes up 60% of foods found in the supermarket and consist of three main ingredients (starch, sugar and processed oils) with a bunch of additives and preservatives that make them taste like foods that we might find in nature, but contain none of the nutrients. Because of their ingredients, ultra-processed foods such as salty fatty packaged snacks, soft drinks, sweetened breakfast cereals, and instant noodles, are nutritionally unbalanced.

Eat mindfully and, whenever possible, in company of other people.

Try to eat your meals at regular times each day, and avoid snacking between meals. Eat slowly and enjoy what you are eating, without engaging in another activity. Eat in clean, comfortable and quiet places, where there is no pressure to consume unlimited amounts of food. Whenever possible, eat in company, with family, friends, or colleagues: this increases the enjoyment of food and encourages eating regularly, attentively, and in appropriate environments.



6.

Shop in places that offer a variety of natural or minimally processed foods.

Shop in supermarkets, fruit and vegetable shops and farmers markets, or buy directly from producers or other places, that sell varieties of natural or minimally processed foods. Prefer vegetables and fruits that are locally grown in season.

7.

Develop, exercise and share cooking skills.

If you have cooking skills, develop them and share them, especially with children. If you do not have these skills, find ways to acquire them. Learn from and talk with people who know how to cook. Ask family, friends, and colleagues for recipes, read books, check the internet, and eventually take courses. Start cooking and start super basic!

8.

Plan your time to make food and eating important in your life.

Plan the food shopping, organize your domestic stores, and decide on meals in advance. Share with family members the responsibility for all activities related to meals. Make the preparation and eating of meals privileged times of conviviality and pleasure. Assess how you live so as to give proper time for food and eating.

9.

Out of home, prefer places that serve freshly made meals.

Eat in places that serve fresh meals at good prices. Choose the protein base first and ask for sauces on the side. Try to minimise the amount of processed sauces or starch that is added to the meal. Self-service restaurants and canteens that serve food buffet-style charged by weight are good choices. Avoid fast food chains.

10.

Be wary of food advertising and marketing

The purpose of advertising is to increase product sales, and not to inform or educate people. Be critical and teach children to be critical of all forms of food advertising and marketing.