

# Naturopathic diet suggestions – Vegetarian

Eat in season, organic, fresh and whole foods.

## *Include:*

- **Protein** with every meal
  - combine at least 2 of the following groups per meal or get all 3 groups in during the day to provide you with all the essential amino acids:
    1. Nuts and Seeds: eg: Nuts - Walnuts, Almonds, Cashews and Macadamias, Pistachios and Brazil nuts (soaking for 20 minutes activates them for better digestion)  
eg: Seeds – Chia seeds, Hemp seeds, Flax seeds / Linseeds, Pepitas, Pumpkin seeds, Sesame seeds
    2. Legumes: beans, lentils, chickpeas
    3. Whole grains: Quinoa, brown rice, millet, buckwheat, oats, etc.
  - Fermented Soy, tofu, tempeh
  - if lacto-ovo-vegetarian: enjoy yoghurt, cheese and eggs
- **Oils** with every meal
  - for cooking, use organic coconut oil
  - for drizzling over food, use flaxseed or olive oil
  - for adding to fruit- or veggie smoothies, add coconut oil
  - Natural foods: nuts and seeds, avocado
  - Avoid Margarine
- **Carbohydrates**:
  - Green vegetables: eg. spinach, kale, broccoli, cabbage, Brussels sprouts, asparagus
  - Fresh herbs: eg. parsley, basil, coriander
  - Salad vegetables: eg. lettuce, cucumber, capsicum, tomato
  - Root and tuberous vegetables: eg. beets, carrots, radish, parsnips, swedes, sweet potato, potato
  - Pumpkins and squashes: eg. zucchini, eggplant, patty-pans,
  - Onions and garlic
  - whole grains (see Protein)
  - Mushrooms: shitake, reishi, enoke, swiss, button etc.
  - Sea vegetables: eg. kelp, seaweed
  - fermented vegetables: sauerkraut, pickles, kimchee, etc
  - Fruit: eg. berries, pawpaw, banana, apples, pears etc
- **Other**:
  - Sweets: sugar-alternatives include: honey, agave, medjool dates etc.
  - Water: - drink at least 30mL water per body kg (ie: at 60kg = 60 x 30mL = 1800mL), drink extra when you are sweating and if you had a caffeinated drink
  - Tea and coffee: - herbal teas are best, coffee in moderation (1 cup) before 2pm is ok
  - Milk-alternatives: almond and nut milks, rice, chia, coconut etc

## *Avoid:*

- Alcohol, Over-the counter medications, Energy drinks, Processed and refined foods (eg white sugar and white flour), margarine, spreads

## *Lifestyle:*

Sleep 7-8 hrs uninterrupted, avoid smoking and other toxins, rest and relax, get sun on your skin and walk bare feet on the earth, exercise and meditate. Laugh. Prepare your own food. Grow a few yourself.  
Start juicing and make healthy protein smoothies.