

Part Three

**EATING FOR
HEALTH**

The Very Nutritious Diet

Everyone has different needs. Women in particular are likely to be short of certain nutrients at certain times in their lives, which affect not only their metabolic rate, and their hormones, but also their mental and physical well-being. Inadequate nutrition and lack of exercise are two known ways of adversely affecting hormone function and energy levels, and perpetuating common symptoms like moodswings, depression and headaches. The appearance of our skin, the health of our hair and nails, our hormone function and our general sense of well-being are all directly affected by our diet, lifestyle and environment.

There is also plenty of scientific evidence to show that there is a direct link between our hormone function and what we eat. Japanese women, whose diets contain a large amount of soya protein (rich in natural oestrogen) and oily fish (rich in essential fatty acids) have far fewer health problems than women living on a western diet. Women, whose needs change throughout their lives, need to be aware of the real dietary rules that can greatly influence their quality of health and longevity.

Two essential factors in assessing the adequacy of our diet are whether the intake is adequate in amount, and whether the balance is correct. Nowadays lack of intake is not usually the problem. The Very Nutritious Diet has been designed to provide a healthy diet with a good balance of all the important nutrients. The portion sizes should be adjusted according to your appetite and activity level. One major point worth noting about this diet, is that it is supposed to be enjoyable, and can be adapted to individual taste. Use the recommendations as a basic guideline. Additionally, look over the Nutritional Content of Food lists which begin on page 483 for other appealing foods to include into your diet.

Food allowances and cooking instructions

Meat and fish Always use lean cuts and trim the excess fat.

Fried food Use the stir-fry method with a minimum of oil, and keep fried foods to a minimum.

Oils and fats Use polyunsaturated oils e.g. sunflower, rape, walnut and sesame. Polyunsaturated spreads like Flora are preferable to butter. Small amounts of butter can be used on toast or crackers if preferred. Avoid margarine containing hydrogenated oils and trans fatty acids.

Sugar and sweet foods Keep sugar-rich foods to a minimum, and always consume after a wholesome meal. Options for cooking include fructose, concentrated apple juice and small amounts of organic honey.

Bread Try to incorporate a variety of grains into your diet as well as wheat including rye, oats, corn and rice. Health-food shops often stock a good variety of breads.

Bran Avoid bran and foods containing bran completely as it impedes the absorption of good nutrients.

Salt and salty foods Try not to add salt to cooking or at the table especially if fluid retention is a problem as it tends to drag fluid into the cells. We already consume too much salt.

Fruit Preferably fresh, although tinned in fruit juice is permitted. Aim to eat three portions of fresh fruit per day (one bowl of berries = one portion).

Vegetables Aim to consume three portions of fresh vegetables (excluding potatoes) daily including one green leafy vegetable, i.e. cabbage, spinach, broccoli, kale, Brussels sprouts, etc. Where possible have raw vegetables in salads and raw vegetable crudites. Cook in the minimum amount of water, or steam if possible.

Tea and coffee Avoid caffeine and keep decaffeinated to a maximum of four cups per day. Ideally try some of the alternatives listed on page 7.

Milk and yoghurt Aim to use organic milk, preferably semi-skimmed. Try to consume live yoghurt (bio yoghurt). Aim to consume between 400–600 ml ($\frac{3}{4}$ –1 pint) of milk per day.

Cheese A variety of cheeses are permitted – a portion daily if desired.

Eggs Preferably free-range may be consumed daily if desired.

Sample menu

Breakfast options

A substantial bowl of cereal i.e. muesli, oat- or wheat-based, or corn-flakes with added nuts, seeds and dried fruit plus a portion of chopped fresh fruit, bio yoghurt and semi-skimmed milk

or

A bowl of porridge and a large egg, boiled, scrambled or as an omelette, with sautéed or grilled mushrooms and tomatoes

and, or

One slice of toast with polyunsaturated spread and sugar-free jam or marmalade

Mid-morning snack

See opposite

Lunch options

A salad with meat, poultry, fish, egg, cheese, beans or nuts

A salad with jacket potato with filling e.g. tuna and sweetcorn, baked beans or cheese

or

A bowl of soup, ideally home-made, vegetable-based with either peas, beans, lentils fish or meat

or

Sandwich containing lean meat, fish, chicken, egg, cheese, etc

or

Pasta with tomato and meat or fish sauce with salad

Mid-afternoon snack

See below

Dinner option

A portion of lean meat, poultry, fish or vegetarian protein weighing approximately 175–225 g (6–8oz). Three portions of vegetables or salad

Root vegetables, rice and pasta are an optional extra, followed by a fresh fruit dessert

Snacks and desserts

Choose from:

Fresh fruit

A combination of dried fruit, nuts and seeds

Bio yogurt with fruit and nuts

Raw vegetables with dips like hummus, taramasalata or guacamole

Fruit, nut and oat bar/flapjack

Cheese and biscuits

Scone with sugar free spread

Yoghurt and fruit

Baked apple stuffed with dried fruit

Beverages

Choose from:

Moderate amounts of tea and coffee – ideally no more than two or three cups or mugs per day

Limited amounts of decaffeinated drinks, as these contain other chemicals – no more than two or three cups or mugs per day

Unlimited amounts of herbal teas and coffee substitutes – see the Caffeine-free Diet suggestions on pages 440–441.

Unlimited amounts of fresh fruit juice, water (preferably filtered) or a combination of the two

Instead of cola-based drinks or lemonade, regular consumption of the healthy varieties of fruit juice and fizzy water, like Amé, Appletise, and Irish Spring. These days most of the supermarkets have their own brand of healthy drinks on offer. Try several until you find the ones that suit your taste.

Basic dietary guidelines

- Eat three proper meals a day.
- Always start the day with breakfast – it is the most important meal of the day.
- Plan your meals ahead, preferably a week in advance, so that when you go shopping you can make sure you purchase the correct ingredients.
- Eat wholesome snacks between meals to keep your blood sugar constant particularly in your premenstrual week if you are still menstruating.
- Avoid convenience foods and junk food which are high in sugar, salt or fat.
- Go shopping at least twice a week to buy fresh fruit and vegetables.
- Don't go shopping on an empty stomach as you may end up buying the wrong foods. Take a list with you and try to stick with it.
- Arrange to eat with family and friends as often as possible.
- Savour your food as you eat, and chew it well.

The Caffeine-free Diet

It is particularly important for people suffering with nervous tension, mood swings, irritability, headaches, breast tenderness or insomnia to avoid caffeine. Many alternatives are listed below but beware the withdrawal symptoms. In the first week of avoiding caffeine people often experience extra symptoms of headaches, anxiety, irritability, mood swings, insomnia and sometimes fatigue. These symptoms will pass within the space of a few days to a week, so do persist.

Follow the instructions for The Very Nutritious Diet but avoid caffeine in the form of tea, coffee, drinking chocolate, cola-based drinks and other products containing chocolate. Read labels carefully, as painkillers often contain caffeine. Look out for alternative products to tea and coffee and other drinks which are available from the supermarket and the health-food shop.

Herb teas There are a wide variety of choices of fruit teas like raspberry and ginseng, lemon verbena, mixed berry teas, etc. on the market, and very often they are sold in single sachets so that you can buy and try without being committed to a whole box of tea bags.

Rooibosch/Redbush Herbal *tea* lookalike. A very tea-like alternative to tea when made with milk but contains no caffeine, very little tannin and a mild muscle relaxant. There are a number of other teas available in the health-food shop that fit into this category.

Coffee There are many caffeine-free coffee alternatives such as – Barley Cup, Caro, NoCaf, and Dandelion Coffee. The latter comes in two varieties: the instant in a jar which is sweet; and the dandelion root which can be ground in a coffee grinder and stored in a jar. This is best used through a coffee filter or strainer either over a cup or through a coffee filter machine. It makes a very strong malted drink.

Fizzy drinks There are many sparkling drinks available to take the place of cola-based drinks and other fizzy drinks that contain caffeine. Most supermarkets do their own brand as well as leading makes like Appletise, Irish Spring, Amé, Aqua Libra, etc.

Chocolate The bad news is there are no real alternatives although some people find carob acceptable and this can be purchased in the health-food shop. Fresh fruit or dried fruits, unsalted nuts and seeds, which are intrinsically sweet, are a much more nutritious alternative. Organic chocolate in moderation is the best option if you need to satisfy your sweet tooth.

The Dairy-free Diet

The Dairy-free Diet is particularly indicated for people with allergies, eczema and asthma. Irritable bowel symptoms can be aggravated by dairy products as can skin problems, catarrh and arthritis.

Follow the instructions for The Very Nutritious Diet with the following modifications.

Milk There are numerous varieties of soya ‘milk’ available, some more palatable than others. The Tesco soya ‘milk’ has been popular with most WNAS patients and Granose is a good brand to try. Also try nut ‘milk’ including hazelnut and almond, rice ‘milk’ and oat ‘milk’ if permitted.

Butter Use sunflower or soya spreads instead.

Oil Use sunflower, safflower, or rapeseed for cooking and oils like sesame, walnut, and olive oil for dressing salads.

Yoghurt There are some very acceptable soya yoghurts on the market now.

Ice cream Use sorbet or soya ice cream like Ice Dream, which is made from natural ingredients and is very palatable, or Carob Ices, which are the equivalent of choc ices.

Cream An acceptable pouring cream substitute is Provamel’s Soya Dream

Cheese There is a soya version of cheese which is available from health-food shops. It is reasonably acceptable sliced with crackers. It does not seem to cook at all well, however.

Although soya is a rich source of calcium those following a dairy-free diet should ensure they have an adequate intake. It is advisable to refer to the calcium food list on page 487.

The Gluten-free Diet

Foods containing gluten are most commonly the grains wheat, oats, barley and rye. Whilst those suffering with coeliac disease know that they must avoid gluten, according to recent research there are many pre-coeliacs or gluten-sensitive individuals who also would do well to avoid gluten.

Food allowances and cooking instructions

Avoiding foods that contain gluten is not necessarily as easy as it sounds, for wheat in particular is used as a thickening agent in the form of modified starch in so many types of foods, ranging from yoghurts to sauces. In order to avoid gluten completely you will need to arm yourself with alternatives, and to read food labels carefully before making your purchases. There are plenty of alternatives, it is just a question of knowing what to look for.

Bread

There are now many alternatives to ordinary bread, some of which can be purchased and others which you need to bake yourself. Both chemists and health-food shops usually have some stocks of the alternative grain products; in our experience the chemists are usually the most reasonably priced. Behind the counter in the pharmacy you will usually find a stock of products kept for people with gluten allergy. Ask the pharmacist for help, as they sometimes have to order products on request.

Look out for some of the following products:

- Ener G white or brown rice bread (which toasts nicely).
- Glutafin wheat-free bread and rolls and Glutafin crackers.
- Glutano crackers, part-baked bread and corn wafers are all very acceptable.
- Rice cakes.
- Barkat white and brown rice bread which can be gently warmed or toasted for best results.

- Lifestyle gluten and wheat free-bread and cakes delivered fresh to your home.
- Dr Scharr wheat and gluten-free bread rolls and baguettes.
- Plenî day gluten-free part baked rolls.
- Orgran corn crispbreads plain or paprika flavoured.

Home-made bread It is possible to make something that resembles bread using a combination of rice, corn, potato and gram flour. A new multi-purpose gluten-free flour from Dove's Farm is excellent for making bread and scones.

Pizza base You can make an excellent pizza base with Dove's Farm gluten-free flour mix.

Pasta

Although you will need to avoid the pasta made with wheat, there are many reasonable alternatives you can try. Most of these are available from health-food shops, the Chinese supermarket or the pharmacist.

Glutafin have a range of pasta which is sometimes available in health-food shops, and again can be ordered from the chemist. Mrs Leeper makes corn- and rice-based alternatives to spaghetti that the whole family can enjoy.

Rice noodles are available in a wide variety from Chinese supermarkets. There are wide, flat rice noodles that resemble tagliatelle, spaghetti-like noodles, and the very skinny variety that only need soaking in a covered pan in boiling water for a few minutes. You will probably find that these are cheaper than the alternative pastas available from health-food shops and chemists.

Breakfast cereal

Any rice or corn cereals will be fine, even ordinary Rice Krispies and corn-flakes from the supermarkets. Add some chopped fruit and some crumbled nuts, perhaps a few seeds and a little dried fruit to your cereal to make it a bit more wholesome, or make a muesli using nuts, seeds, rice, corn and dried fruit. There are some alternative mueslis available, but they are usually very expensive for only a small packet.

Home-made cakes

If you enjoy cooking there are plenty of very acceptable biscuits, cakes, pastries, sponges and pancakes you can make using alternative flours. If you have never used any of the alternative flours before it may take you a little time to find the consistency that you like.

Sponge Brown rice flour is probably the best for making a sponge. Make it up to the weight given in the recipe by mixing it with a little ground almond and a raising agent (cream of tartar and bicarbonate of soda).

Soya flour is also good (if it is combined with brown rice or corn flour) because it tops up your daily phytoestrogen intake. Experiment with Dove's Farm Gluten Free Flour. It is a versatile mix which makes light cakes and sponges and can be used in most conventional recipes. Terence Stamp All Purpose Wheat-free Flour is a mixture of barley, rice, millet and maize which works well in cookies, cakes, biscuits and scones.

Raising agents As baking powder contains wheat, you will need to use an alternative. Either use a combination of one part bicarbonate of soda to two parts of cream of tartar, or use Glutafin wheat-free baking powder.

Savoury pancakes These can be made with pure buckwheat flour, which is part of the rhubarb family and tends to be quite heavy, or buckwheat mixed with a little white rice flour, which is very light.

Sweet pancakes These are best made with a combination of brown rice flour, or ground rice and cornflour, purchased from a health-food shop or Chinese supermarket. Use half cornflour and half rice flour to replace the normal quantity of flour in the ordinary pancake recipe.

Breadcrumbs or batter A crisp coating for fish or meat can be made with maize meal, which can be found in health-food shops. Coat the fish or meat with maize meal, then with beaten egg, and once again with maize meal. You can then bake, grill or even fry the food, which should emerge with a crispy coat.

Biscuits There is a variety of biscuits that you can make using brown rice flour, or ground rice, and ground nuts or coconut. If you make plain biscuits you can flavour them with lemon or ginger. Recipes for almond macaroons and coconut biscuits are very acceptable, and at the same time more nutritious than the average biscuit, as they are full of eggs and nuts. It is a good idea to make some and keep them in the freezer, so that you can take a few out when you really feel you need something sweet to eat.

There are many other flours that you can use in your cooking. Gram flour made from chickpeas, potato flour, soya flour, tapioca flour and millet flour are all good examples. Glutafin make flour mixes for bread, pastry and cakes, as do Tru Free, and these are available in some health-food shops. Dove's Farm have brought out a new multi-purpose gluten-free flour mix. It is ideal for making cakes, biscuits and bread and is so simple to use.

Shop-bought cakes and biscuits

Acceptable cakes and biscuits can now be purchased in health-food shops and ordered from most chemists.

Both Glutafin and Glutamo have a range of biscuits, including diges-

tives, and Rite-Diet have a range of biscuits and cakes. The coconut biscuits are the least sweet, and the banana or lemon cakes are worth trying too. Dr Sharr and Plenî day cakes and biscuits are available from selected health-food shops. Lifestyle products manufacture gluten- and wheat-free bread, rolls, cakes and savouries and deliver them to your door!

Snacks

It's nice to have something to crunch on when you are avoiding wheat. There are lots of corn products available, but do remember to read the labels, as some have added wheat. Try corn chips, crisps and wafers, and look in the Mexican section of the supermarket. Also, poppadoms are fine, and little mini spiced poppadoms are nice to nibble on or dip.

Sample menu

Breakfast

Puffed rice, Cornflakes, chopped almonds, sunflower seeds, raisins, chopped apricots, with chopped banana, Bio-yoghurt and semi-skimmed milk

Rooibosch Eleven O'Clock Tea, or decaffeinated tea

Mid-morning snack

Gluten-free bread or crackers with nut butter or fruit spread with a glass of orange juice or milk

Lunch

Jacket potato with protein filling, i.e. fish, poultry, cheese or beans, with mixed salad

or

Home-made soup and salad

or

Fish, meat, poultry, egg, cheese and salad with gluten-free bread or crackers

Decaffeinated coffee or herbal tea

Mid-afternoon snack

Wheat-free cake or biscuits with tea, decaffeinated or herbal tea

or

Raw vegetable crudité's with hummus dip and Nachips corn wafers

Dinner

Grilled or steamed fish with spring onions and ginger, courgettes, carrots and mangetout

or

Chicken or nut and mixed vegetable stir-fry with rice noodles
Fresh fruit salad, fruit mousse or baked apple stuffed with dried fruit and
nuts
Herbal tea or coffee substitute

The High Essential Fatty Acid (EFA) Diet

A diet rich in essential fatty acids (EFAs) is particularly suitable for patients with cardiovascular disease, peripheral vascular disease, multiple sclerosis, rheumatoid arthritis and psoriasis.

Follow the directions for The Very Nutritious Diet with the following modifications.

- Use sunflower margarine.
- Consume plenty of green leafy vegetables daily.
- Use walnut, rapeseed, sunflower and corn oils in your salad dressings.
- Consume game meat.
- Consume plenty of fish, such as herring, mackerel, salmon, pilchards and sardines.

The High-fibre Diet

This is particularly useful for patients with benign breast disease, constipation or diverticulosis. Portion sizes according to energy levels and size.

Food allowances and cooking instructions

Despite the wide use of wholemeal cereal and bran, it is now recognised that the phytic acid content of these foods may impede the absorption of good nutrients and can also produce an antibody reaction resulting in worsening symptoms. Fruit and vegetable fibre are preferable as these speed up gut transit time, so avoid excessive consumption of food containing wholewheat, wholegrain pasta and bran.

Concentrate on vegetables, fruit and salad and grains that contain low phytic acid like corn, rice and buckwheat.

Sample menu

Breakfast

Fruit juice, grapefruit or fresh fruit salad

Oat based muesli or oat crunch cereal

or

Home-made muesli with rice, corn, nuts, seeds, dried fruit with added fruit, bio yoghurt and milk

or

Brown rice cake, Ryvita or oatcakes with nut butter or low-sugar spread

Decaffeinated tea or coffee or herbal alternative

Mid-morning snack

Raw vegetables with dip

Fresh fruit, dried fruit, nuts and seeds

Oat crunchy bar

Lunch

Vegetable soup including plenty of chopped fresh vegetables, peas, lentils and barley

or

Jacket potato with baked beans and cheese filling or tuna and sweetcorn

or

Salad with protein i.e. meat, fish, chicken or vegetarian protein, cheese, egg, nuts, seeds, beans, lentils

or

Raw vegetable crudité and dips like hummus, taramasalata or guacamole

Mid-afternoon snack

Oat flapjack

Fresh fruit or dried fruit, nuts and seeds

Dinner

Portion of meat, fish, poultry or vegetarian protein

Baked jacket potato

Three portions of vegetables and/or salad

Fresh fruit or fresh fruit dessert like baked apple, fruit salad

Herb tea or decaffeinated tea or coffee

The High-protein Diet

A high-protein diet is particularly indicated for people who have a high energy output like manual workers or athletes, for those suffering with recurrent infection, or recovering from a period of weight loss.

Follow the directions for The Very Nutritious Diet with the following modifications:

- Have some protein at each meal.
- Include unsalted nuts and seeds, or eggs and cheese with your breakfast.
- Increase your protein portion size at your main meal from 175–225 g (6–8oz) to 225–350 g (8–12oz).
- Eat plenty of high-protein snacks like cheese and biscuits, cheese and apple, and nuts and seeds.
- Consume between 600 ml–1.2litres (1–2 pints) milk a day, and include eggs and cheese into your diet on a regular basis.

The Low-salicylate Diet

Salicylates are naturally occurring chemicals found in a wide variety of different foods. A few rare individuals may be sensitive to salicylates and this may cause or aggravate urticaria (nettle rash), asthma and rarely colitis. Such individuals may also be sensitive to aspirin or related pain-killing drugs. Salicylates are not destroyed by cooking.

The main sources of salicylate are fruits, vegetables, spices and yeast-rich foods.

If you follow a low-salicylate diet, avoid the following:

Fruit Only bananas, mango, pomegranate, pawpaw and peeled pears are allowed. Peeled Golden Delicious apples may be tolerated.

Vegetables Avoid carrots, cucumber, onion and peas. All others allowed.

Salads Lettuce and celery allowed. Tomatoes to be avoided.

Nuts All nuts contain salicylates.

Yeast Avoid all foods containing yeast including bread, or fermented beverages, yeast extract and stock cubes and many savoury snacks.

Cereals Maize/sweetcorn contain salicylates. All others including wheat, oats and rice are allowed.

Miscellaneous Avoid tea, coffee, soft drinks and foods containing artificial flavourings.

When extreme salicylate sensitivity is suspected, detailed dietetic advice is usually required.

The Low-salt Diet

The word 'salt' is usually used to refer to sodium chloride (table salt) which has long been used as a natural flavour-enhancer and preservative. Compared with the diets consumed by primitive man, we consume ten to 50 times as much sodium salt and not all of us have had the ability to adapt to making such a change. It is now appreciated that high intakes of sodium salt in some people may cause or aggravate a variety of different conditions, including:

- High blood pressure
- Kidney disease
- Heart failure
- Liver disease
- Fluid retention, especially in women
- Patients on high doses of steroids
- Certain types of asthma.

Benefit may be experienced by many of those troubled by the above conditions if they reduce their sodium intake. Unfortunately, this is not just simply a matter of not adding salt to meals, or not using it in cooking. Some two-thirds of our sodium intake now comes from processed and prepared foods, rather than that which is added to the cooking or at the table.

How to reduce your salt intake

1. **Do not add salt or sodium bicarbonate when cooking foods.** If cooking savoury dishes or vegetables, try adding herbs instead, to help give more flavour.
2. **Do not add salt at the table.** At first, food may taste a little bland or unexciting, without its usual spray of salt. After four to six weeks, your tastebuds should adjust, and food will regain its original flavour, and you may even develop a dislike for salty foods.
3. **Avoid foods rich in sodium salt.** As a rule, all fresh vegetables and fresh fruits are low in sodium and high in its healthy mineral counterpart, potassium. Many processed and prepared foods are rich in sodium. Often they will not give the sodium content, but if on the listed ingredients they include the words 'salt', 'sea-salt' seasoning, they should be avoided completely. Also, some additives, especially monosodium glutamate, sodium benzoate or any other sodium compound means the food should be avoided.
4. **Avoid all foods tinned in 'brine'.** Brine is simply salted water.

The following foods are high in sodium, and should not be consumed as part of a low-sodium diet.

- Vegetables** Baked beans, tinned peas, potato crisps, instant potato, salted peanuts, any canned vegetables (unless stated as being salt-free). Fresh vegetables have a low sodium content and can be eaten in abundance.
- Meats** Almost all preserved meats, including bacon, ham, gammon, corned beef, sausages, frankfurters, tinned meat and meat sauces, pork pies, sausage meat, sausage rolls, pâté, meat or poultry pies, tongue.
- Fish** Tinned, frozen or cooked shellfish, including cockles, shrimps, lobster and crab, unless alive and uncooked. Tinned fish, e.g. tuna, anchovies, salmon (unless stated to be salt-free).
- Cheese/
Butter** All types of cheese, salted butter. Foods made with cheese, e.g. pizza.
- Bread
and grain
products** All bread (unless stated to be salt-free).
Other wheat products, e.g., naan, rolls, most crackers and savoury biscuits.
Cakes, puddings and desserts may all contain moderate quantities of sodium, and if salt is an ingredient on the packet, they should be avoided.
Breakfast cereals are low in sodium, unless it is stated as an ingredient on the packet. Allbran, Cornflakes and Rice Krispies contain substantial amounts of sodium, and should be avoided. Most mueslis and Shredded Wheat are low in sodium. Nuts and seeds are low in sodium, unless it is added, e.g. salted peanuts.
- Condiments** Sauces and pickles should be regarded as being high in sodium, unless it is not listed as an ingredient. Many packet soups and canned soups are also high in sodium, and should all be avoided.
- Others** Bovril, Marmite and Oxo cubes and similar savoury products are high in sodium.
Baking powder.
Soft drinks are low in sodium, except tomato juice, unless it is stated to be salt-free.
- Sugar and
sweet foods** Sugars and sugar products, e.g. toffees, sweets, etc. contain small amounts of sodium, but should not be consumed in anything other than small quantities, as they themselves may enhance fluid retention in some people.
Alcoholic beverages are low in sodium, but again should only be consumed in moderation.

Sample menu

Breakfast

Fruit or fruit juice

Low-salt cereal eg puffed rice, salt-free cornflakes

or

Home-made muesli using salt-free cornflakes, puffed rice, dried fruit, sunflower seeds, nuts with chopped fresh fruit, bio yoghurt and semi-skimmed milk

or

1 egg, unsalted with low-sodium bread or crackers, unsalted butter and low- or sugar-free jam or marmalade

Decaffeinated tea or coffee with milk

Mid-morning snack (if desired)

Any unsalted snack from the snack list on page 439.

Lunch

Fruit juice if desired

Salad with low-sodium or home-made salad dressing with unsalted meat, poultry or fish

Potato or rice or pasta cooked without salt

Fresh vegetables

Low-sodium bread or crackers

or

Home-made soup (salt free)

Mid-afternoon snack (if desired)

Any unsalted snack from the snack list on page 439.

Evening meal

Grapefruit or avocado or home-made unsalted soup

Unsalted meat, fish, chicken or vegetarian protein like nuts, beans or lentils

Three portions of vegetables or salad if desired

Low-sodium bread, roll or crackers

Herb tea or decaffeinated coffee

The Simple Weight-loss Diet

This Simple Weight-loss Diet aims to achieve three things:

- reduced intake of calories.
- good intake of essential nutrients including protein, vitamins and minerals.
- avoidance or reduction of intake of common foods that are often associated with weight gain and certain health problems.

Food allowances and cooking instructions

Meat and fish Always choose lean meat and trim off excess fat, remove skin, and cook by grilling or baking.

Fried foods Ideally none, or use stir-fry method with the minimum of oil.

Oils and fats Use low-fat polyunsaturated spread, 2 teaspoons per day (e.g. Flora Light), and 1 teaspoon of oil per day (e.g. sunflower or rapeseed).

Sugar and sweet foods Ideally none. 1–2 teaspoons of honey per day may be allowed.

Bread Limited to two pieces of bread, white or wholemeal, per day. Use slimmer's bread e.g. Nimble or Slimcea without bran, if available.

Bran Do not eat bran or foods or breakfast cereals containing it.

Pasta One portion of white pasta only.

Salt and salty foods Avoid especially if fluid retention is a problem.

Fruit Preferably fresh. If tinned then drain off the syrup. Eat three pieces of fresh fruit per day. A banana counts as two pieces.

Vegetables Eat fresh vegetables daily. Cook in the minimum of water or steam without salt if possible. Green vegetables – quantity unlimited.

Tea and coffee Allow a total of four cups (2½ mugs) per day of either ordinary or decaffeinated, but preferably Rooibos/Redbush herbal tea lookalike. No sugar allowed.

Milk and yoghurt Use skimmed or semi-skimmed milk and low-fat yoghurt. Allow a total of 300–450 ml (½ to ¾ pint) per day.

Cheese Low-fat or medium-fat cheese only e.g. cottage cheese, Cheddar or Gouda, 75 g (3oz) per week only.

Eggs Allow four per week. Boiled, poached or scrambled, not fried.

Sample menu

Breakfast options

Choose from:

A bowl of cornflakes or Rice Krispies 40 g (1½ oz) and milk with fruit if desired

or

A bowl of porridge without sugar

or

A large egg, boiled or scrambled and bread/toast

or

One rasher of bacon grilled and two tomatoes

or

Sauteed mushrooms 50 g (2oz) and toast or a small egg

or

One piece of toast and low-fat spread and low-sugar marmalade

Lunch options

Choose from:

A baked potato 175 g (6oz), no butter and baked beans, sweetcorn, tuna/ham/chicken 75 g (3oz) with onion/peppers/olives and low-calorie mayonnaise or occasionally cheese

or

A large salad either green or made from cold rice with 75 g (3oz) of chicken breast/lean ham or beef/tinned tuna or mackerel. Use low-calorie mayonnaise or oil-free dressing

or

A bowl of soup ideally home-made vegetable based, with either peas/beans/lentils or approximately 75 g (3oz) lean meat

or

A sandwich, one round, containing lean meat, fish, chicken, egg, cheese etc. and always a lot of salad, e.g. tomato, lettuce, cucumber.

Dinner options

One each of the following:

A protein portion of lean meat, poultry or fish 120–175 g (4–6oz) weight,

Green vegetable or salad portion 225–350 g (8–12oz) weight

Root vegetable, pasta or rice portion (optional) 120–175g (4–6oz) cooked weight

or

Any of the Lunch options provided above

Desserts and snacks

You may have one dessert and two snacks per day

Choose from the following:

A piece of fresh fruit or fruit salad

A low-fat yoghurt, with some fresh fruit or a little dried fruit

Two rice cakes spread with low-sugar jam or a little peanut butter

An apple and a few nuts e.g. almonds, Brazils or walnuts

A little cold rice salad with 25 g (1oz) cold meat and mixed nuts

A bowl of cornflakes or Rice Krispies 25 g (1oz) only and low-fat milk

Basic dietary guidelines

Here are some pointers to eating well, and tips to help you keep to a diet, regardless of its type.

- Eat regularly – have three meals per day.
- Always have breakfast. Missing it may cause you to eat more later.
- Plan your meals for the day or week. Make sure that you can have the right foods in the house or you will end up eating the wrong ones.
- If you are hungry between meals have a snack, a nutritious low-calorie one. Convenience foods are high in fat, sugar and calories.
- Make sure that you have a cooked main meal every day and that this contains plenty of vegetables.
- Enjoy your food and eat your main meal with family or friends where possible. Don't eat it while watching the television.
- Go shopping twice a week to buy fresh fruit and vegetables and never go shopping when you are hungry. Take a list and stick to it.
- Tell your friends that you are on a diet. Some will want to join you, and it will help to stop them leading you astray.
- If necessary have the occasional cheat. A few small pieces of chocolate after a good meal is not the end of the world or the diet.
- Finally, make sure that you do have a very good reason for losing weight. It may be to look better, to feel more comfortable or for a medical reason. In case you don't know, being seriously overweight is strongly linked to heart disease, high blood pressure, strokes, diabetes and even some types of cancer.

The Tunatarian Diet (Vegetarian plus Fish)

A tunatarian diet is particularly indicated for those who wish to avoid red meat and poultry and those directed to a diet rich in essential fatty acids who do not wish to consume meat or poultry.

Follow the directions for The Very Nutritious Diet with the following modifications:

- Replace meat or poultry with fish, beans or eggs.
- Consume fish, beans or eggs every day.
- Eat plenty of nuts, particularly walnuts.
- Consume green leafy vegetables regularly.
- Use walnut, rapeseed, sunflower or safflower seed oil in salad dressings.
- Consume at least three portions of oily fish per week i.e. mackerel, herring, salmon, pilchard or sardines.

The Vegetarian or Vegan Diet

Strictly speaking, a 'vegetarian' should mean someone who eats only vegetable derived foods, but a strict vegetarian is now more usually referred to as a vegan. Vegetarian is usually used to describe somebody who simply avoids meat, fish and poultry, but this can be further subdivided. Those who consume dairy products as well are known as lacto-vegetarian, and those who consume eggs as well as dairy products are known as ovo-lacto-vegetarian.

Food allowances and cooking instructions

Avoid refined carbohydrates as they are low in essential minerals and vitamins. It is advisable that they should be consumed only in very small quantities by vegetarians and vegans. The intake of essential nutrients, particularly iron and zinc, may be borderline in some vegetarians and vegans and this will only be further hindered by consuming refined carbohydrates.

Ensure an adequate balance of protein in your diet. A major problem with vegetarian and vegan diets is borderline, or poor quality, protein intake. This is particularly true in those who have not taken care to learn the protein-rich foods or the combinations that vegetarians and vegans should eat. Protein-rich foods include nuts, seeds, peas, beans, lentils, wholegrains, brown rice, sprouted beans and soya bean preparations. Vegetarians and vegans should not rely heavily upon any one source of vegetable protein. In particular, they should not rely heavily upon soya protein, as on its own it is not a complete protein.

If you are not a strict vegan, make use of other protein-rich foods. High quality, well-balanced protein is found in eggs which are also rich in iron. One or two eggs can be consumed quite easily per day and would be beneficial.

Good protein combinations

- rice with legumes, sesame or cheese.
- wheat with legumes or mixed nuts and milk or sesame and soya beans.
- corn with legumes.
- mixed nuts with sunflower seeds.
- sesame seeds with beans or mixed nuts and soya beans or mixed nuts and soya beans or wheat and soya beans.

The addition of any first-class protein i.e. milk, or particularly eggs, may substantially enhance the protein value of the vegetable food. Not all members of the legume family are high in protein. Those that are particularly nutritious include mung beans, red kidney beans, haricot beans, butter beans, chick peas, pinto beans, lentils, peas and split peas.

Sprouted beans may be more appetising. Soaking beans for 24 hours and de-husking them may reduce the problem of wind which occurs in some bean eaters.

Avoid foods that block mineral absorption

Many foods contain substances which bind with essential trace minerals and prevent their absorption. Such foods include bran, unleavened wheat – particularly wholewheat as in pastry or when used as a thickening agent – tea, coffee, soft drinks and foods containing phosphate additives. Alcohol also causes increased losses of trace minerals. Iron and zinc absorption may be inhibited by the above foods and drinks. Accordingly such foods should be avoided or consumed in small quantities. It should never be necessary for a vegetarian or vegan to eat bran as there is plenty of fibre in other foods. Tea should not be consumed with a vegetarian meal because of its powerful effect in reducing iron absorption. It is suggested, therefore, that tea consumption should be minimal, particularly in female vegetarians and restricted to two or less cups per day.

Ensure an adequate supply of mineral and vitamin-rich foods. Usually if you are careful to balance the quantities of protein in your diet, and avoid mineral-depleted convenience foods, then your intake of trace minerals would, on the whole, be good. It is strongly recommended that vegetarians and vegans learn which foods are nutritious. The worst possible combination is a poor quality vegetarian diet together with a high intake of sweets, chocolates, and other nutrient-depleted foods.

Vegetarian and vegans in special situations

There are certain situations when a vegetarian or vegan diet may be distinctly inadvisable, or should only be undertaken if one has a very good knowledge of what a healthy vegetarian diet is. Particularly at risk are:

- infants under the age of one year as well as young children.
- the elderly, pregnant or breast-feeding women.
- people who are ill or who have nutritional deficiencies.

Usually medical advice should be sought, in particular to determine whether any additional supplements may be required by people in such situations. Infants, for example, frequently become short of iron on a strict vegetarian or vegan diet. Severe vegan diets may in fact lead to rickets in young children because of lack of vitamin D and calcium in the diet.

The nutritional requirements of pregnant and breast-feeding women must be met, and a poor quality vegetarian diet will often not satisfy the additional needs at these times. The specific advice about nutrient intake and the use of supplements in the preconception phase and pregnancy can be found in the relevant chapters. *See* Preconception (page 384), and Pregnancy (page 388).

The elderly have a declining food intake and so the quality of their dietary intake must be very high in order for them not to develop deficiencies.

While there are certain medical conditions that would benefit from a vegetarian or vegan diet, patients who are ill or who have nutritional deficiencies should seek medical advice before embarking on such a programme.

Food allergy/intolerance and vegetarians/vegans

Food allergies are increasingly common and the major foods that appear to cause trouble are wheat, milk, yeast and soya, many of which may be staple foods in a vegetarian or vegan diet. Thus if your health deteriorates after embarking upon a vegetarian or vegan diet, this may be because of inadequacies in the diet or the presence of food allergies or intolerances. On the other hand, certain aspects of vegetarian or vegan diets may be beneficial for people with food allergies or intolerances, in particular the high consumption of salads and vegetables. If you suspect you may have

food allergies refer to the chapter on Allergy on page 58, The Simple Exclusion Diet on page 460, and The Strict Exclusion Diet on page 466.

Vitamin B12

Many experienced vegetarians and vegans appreciate the importance of ensuring adequate vitamin B12 in the diet. The major source of vitamin B12 is meat. Other reasonably good sources include eggs, brewer's yeast and dairy produce. Only strict vegans may need a vitamin B12 supplement. However, anyone who develops vitamin B12 deficiency should receive appropriate investigations to precisely determine the course of their deficiency, and it should not be presumed to be due to dietary inadequacy.

Sample menu

Breakfast

Glass of orange juice
Wheat- or oat-based muesli with additional nuts, seeds, dried fruit,
chopped fresh fruit
Toast with nut butter or low-sugar spread or marmalade
Mug of Rooibos/Redbush herbal tea lookalike

Lunch

Salad made with sprouting alfalfa and other mixed salad
Home-made soup or jacket potato with filling
Vegetarian option: cheese or eggs may be added in addition, with a glass
of milk
Fresh fruit juice, herb tea or decaffeinated coffee

Dinner

Protein and vegetable combinations such as:
Nut Roast with baked parsnips, carrot and boiled spinach
or
Tofu and mixed vegetable stir-fry with brown rice
Stir-fry vegetables and nuts or beans
followed by
Fruit dessert e.g. baked apple, rhubarb crumble or apple pie
Vegetarian option: Cauliflower and broccoli cheese with jacket potato
Fresh fruit mousse followed by herb tea, decaffeinated coffee or fruit
juice

NB Pasta should be accompanied by protein as it is not sufficiently nutritious by itself.

Snacks

There are many wholesome vegetarian snacks that can be included into your diet encompassing both sweet and savoury options. Examples are:

oat, fruit and nut flapjacks
 dried fruit, nuts and seeds
 fresh fruit and soya yoghurt
 raw vegetable crudité and dips
 nut butter on toast or crackers

Further reading

Diet for a Small Planet Frances Moore Lappe (Valentine Books)

The Reluctant Vegetarian Cookbook Simon Hope (Heinemann)

For further information you may wish to contact the Vegetarian Society, whose address is listed on page 519.

The Yeast-free Diet

This is particularly suitable for thrush sufferers, those with an itchy bottom, bloated abdomen, cracking at the corners of the mouth, excessive wind, cystitis and often depression.

Two or more episodes of thrush and/or any other two symptoms certainly qualify you for the yeast-free diet.

Food allowances and cooking instructions

It is surprising how many foods actually contain yeast, and yeast itself is often used in the food preparation process, in which case it is generally marked on the label of the product. However, yeast is a fungus which grows on food, particularly leftover food, even if well covered. It is also fond of foods with an acid base like citrus fruits and vinegar, and of course foods that contain sugar.

Aim to avoid:

- All foods containing sugar or honey, as yeast thrives in sugary or starchy food.
- All bread, buns, biscuits, cakes, etc.
- Most alcoholic drinks. These often depend on yeast to produce the alcohol, especially beer.
- Citrus fruit, juices – only fresh home-squeezed juice is yeast free.
- Malted cereals, malted drinks.
- Pickles, sauerkraut and chilli peppers.
- Blue cheese (Roquefort etc).

- Mushrooms and mushroom sauce.
- Hamburgers, sausages and cooked meats made with bread or bread-crumbs.
- Yeast extract (miso), Bovril, Marmite, Vegemite.

Follow the instructions for A Very Nutritious Diet whilst avoiding the yeast-based foods and drinks listed.

The Simple Exclusion Diet

The Simple Exclusion Diet is divided into three stages.

In the first four weeks during Stage I, it is very important to eat only the permitted foods. If you introduce other foods you will lose the beneficial effects of the diet and it will be necessary for you to begin again!

In Stage II, also four weeks, you start trying out groups of foods to see whether they push your weight up or produce unwanted symptoms or side-effects.

During the final two-week period you will be eating a diet composed of the foods you have selected through trial and error in the preceding four weeks.

Stage I: Permitted foods

Meat and poultry

For non-vegetarians: all meat, including lamb, beef, pork, chicken, turkey, other poultry and game, and offal, such as liver, kidneys, sweet-breads and hearts, can be eaten if desired. Meat and poultry can be fresh or frozen.

Meat must be lean, with all visible fat trimmed before cooking. Do not eat the skin of chicken or other poultry; it should be removed before or after cooking.

Fish and shellfish

For non-vegetarians: all types are included and they may be fresh or frozen. Do not eat the skin of fish as it is high in fat.

Note: all meat, poultry and fish should be cooked by grilling, dry-roasting, steaming, baking, or stir-frying with low-fat ingredients, e.g. tomatoes or vegetables.

All vegetables

You can and should eat larger amounts of vegetables, especially green ones or salad foods daily. Your allowance will be detailed in the daily menus.

Root vegetables, e.g. potatoes and parsnips, are limited to 120–175g (4–6oz) per day. Beans and peas, which are protein-rich vegetables, are also included in moderate amounts.

Vegetarian proteins

For vegetarians and vegans these proteins are an essential part of the diet. You are allowed all types of nuts, beans, peas, lentils, seeds, corn maize, rice and potatoes. Vegans in particular should have two or three portions per day. Some people experience abdominal bloating and wind with beans, and these should be well soaked and cooked, if necessary de-husked.

Fruits

All fruits are allowed, except dried fruits, glacé fruits, dates, figs, mangoes, and tinned fruits with sugar. Keep tinned fruits without sugar to a minimum also. Aim to consume three portions of fruit per day. Fruit can be either eaten whole or as a fruit salad.

Vegetable oils and vegetable mayonnaise

A small amount of these are allowed daily. You can have up to 2 teaspoons of a low-fat polyunsaturate-rich margarine, such as Flora Light, per day. There are no fried foods on the diet (you didn't really expect them, did you?), but there are some stir-fry dishes and here you just wipe the inside of the pan or wok with a piece of kitchen roll dipped in sunflower or corn oil.

Nuts and seeds

Peanuts, Brazil nuts, almonds, pistachios, cashews, sunflower seeds, and sesame seeds are very nutritious. Nuts and seeds can help to liven up a salad or can be used as a nutritious snack, combined with an apple or another fruit.

Rice and other salads

Brown rice of any variety – long-grain, short-grain or basmati – is allowed. It will often be used instead of potatoes. Rice cakes (a rice crispbread) can be used in place of bread. Additionally, buckwheat, millet, sago and tapioca can be used from time to time, but these are not usually very popular.

Breakfast cereals

Only cornflakes and rice cereals are included in Stage I. They contain a good amount of protein and are fortified with extra vitamin B and iron. Other breakfast cereals are not allowed.

Eggs

Up to seven eggs per week are allowed, unless you are known to have a very high cholesterol level or allergy to egg. Free-range eggs are highly nutritious and very good value for money.

Stage I: Foods to be avoided or severely limited**Wheat, oats, barley and rye**

All foods made with these, apart from the exceptions given below, are to be avoided. This means no ordinary cakes, biscuits, puddings, pasta, pastry, pies, porridge or breakfast cereals (apart from cornflakes or rice cereals). Bread is severely limited to two slices of white French bread, made with French flour.

Diary products

Cream and cheese are forbidden – even low-fat cottage cheese is out. Your milk allowance is very low, only 75 ml (3 fl ozs) per day of skimmed milk, 600 ml (1 pint) per week. You can use dried skimmed milk instead, or low-fat plain yoghurt.

Butter or a polyunsaturated low-fat spread is allowed: 2–3 teaspoonfuls per day. However, if you have premenstrual tension, painful breasts, or an elevated blood cholesterol level, you should have a low-fat polyunsaturated spread instead of butter.

Foods containing milk, cream, cheese, milk solids, non-fat milk solids, lactalbumin, whey, caseinates, and should be avoided. The only exception to this is polyunsaturated margarine which often contains a very small amount of milk protein, lactalbumin or whey.

Vegetarians i.e. non-meat or fish eaters can have up to 250ml (8 fl oz) cows' milk per day and probably they should have either one egg per day or good portions of beans, peas, lentils and some nuts or seeds on most days. If you are known to have problems with cows' milk you can use soya milk instead; most supermarkets and health-food shops stock it.

Animal fats and some vegetable fats

Animal fats, some vegetable fats, hard margarines, lard, dripping and suet are out, as are palm oil and coconut oil, and foods containing them. Chemically, these vegetable oils are much more like saturated animal fats than good quality sunflower or corn oil which are high in the healthier polyunsaturates. Hard margarines which are made from hydrogenated vegetable oils, are also off the menu.

Sugar, honey, glucose and fructose (fruit sugar)

Any food made with these should be avoided in the main. This means cakes, biscuits, most ice cream, sweets of all kinds, chocolate, and puddings. This is not as depressing as it sounds. There are plenty of fresh

fruit desserts, as you will see on the suggested menus. Leave the large helpings of honey for the bees!

Alcoholic beverages

You name it – alcohol is out. Sorry! Don't do this diet over Christmas. Even low-calorie alcoholic drinks, though they are a great improvement, present too many complications for Stage I. You will, however, get the chance to try out alcohol in the third week of Stage II of the diet.

Yeast-rich foods

This includes any foods containing yeast extract: Bovril, Marmite, Oxo, Knorr and other stock cubes, vinegar, any pickled food, chutneys, piccalilli, sauces, or condiments containing yeast extract or vinegar.

Salt

Salt should not be used in cooking or at the table. This is particularly true if you experience fluid retention or high blood pressure. Salty food such as ham, bacon, and any other salted meats should be eaten sparingly. Crisps, peanuts and many convenience dinners are not on the menu at all. If you really cannot do without salt, then use a very small amount only. Put it on the side of your plate. Try flavouring any salads, vegetables, or cooked main dishes with pepper or herbs instead of salt. You should find that your taste for salt becomes less as you progress through the diet programme.

Foods with additives

These cannot be avoided completely, but it is best to avoid those with some types of colouring and preservatives which can cause asthma, nettle-rash (urticaria), eczema, and possibly migraine.

Avoid the following additives where possible:

E102	Tartrazine
E104	Quinoline Yellow
E110	Sunset Yellow FCF or Orange Yellow
E122	Carmoisine or Azorubine
E123	Amaranth
E124	Ponceau 4R or Cochineal Red A
E127	Erythrosine BS
E131	Patent Blue V
E132	Indigo Carmine or Indigotine
E142	Green S or Acid Brilliant Green BS or Lissamine Green
E151	Black PN or Brilliant Black PN
E180	Pigment Rubine or Lithol Rubine BK
E220–227	Sulphites – these may worsen asthma in very sensitive individuals

Other colourings are not likely to cause any adverse reactions.

Suspect foods

Avoid any foods that you know or suspect do not suit you. For example, many people find some fruits, such as oranges or pineapples, too acidic. Even though they are not particularly high in calories you should avoid them. A not-infrequent problem is an inability to digest beans, peas and some vegetables properly, resulting in excessive wind. Possible vegetables in this group include cabbage, Brussels sprouts, cauliflower, onions and sweetcorn. At this point, trust your own knowledge and experience. After all, it is this that we want to increase, so let's not go against anything you know already. Accordingly you may have to adapt the day's menu to recipes to suit yourself.

Modifications

Vegetarians/vegans should also allow peas, beans, lentils, soya milk, non-fermented soya produce, and increased amounts of nuts, seeds and brown rice.

Symptoms

You may notice during the beginning of Stage I that you experience some withdrawal symptoms as a direct result of giving up certain foods and drinks that you usually consume. These symptoms may be anything from headaches to fatigue, even depression. This will depend on your existing diet. For example, if you are consuming lots of cups of coffee or tea, cola drinks, or refined sweet foods, you may find the first week of the diet is quite a challenge.

It is probably best to begin the diet when you have a quiet week to spare. A word of advice to women of child-bearing age is to begin the diet just after your period has arrived and not in the week your period is due. The reason for this is to prevent additional symptoms occurring at a time when you might be suffering from PMS.

You will need the time to accustom yourself to your new way of eating and to get plenty of relaxation. This doesn't mean that you should take time off work; quite the opposite, as it is preferable that you remain occupied while on the diet. Just keep social engagements that involve eating to a minimum. Then, if you feel tired or experience any withdrawal symptoms, you can go off to rest without any guilty feelings of having let others down.

After the first week or so of following the diet, with any possible withdrawal symptoms behind you, things should look up. By Week Three, you may notice that a number of minor health problems have begun to improve. By Week Four, you should be feeling quite well, perhaps better than you have felt for some time and, you may notice that you have shed a few pounds without really trying. In fact those underweight will need to work at maintaining their weight by consuming nuts, seeds, oily salad dressing and alternative cakes and biscuits.

Stage II

You start becoming a 'nutritional detective' during the second four-week period: trying out groups of foods to see whether they push your weight up or produce unwanted symptoms or side-effects. See the Food list for reintroduction, page 468.

For each week there are different instructions. You will need to follow these very carefully as this is an important stage of the diet. If you follow the instructions precisely, you will end up with a diet that is really tailored to suit your own body.

You may experience some symptoms or side-effects from the foods under test. These should pass off within two or three days. There are a large number of symptoms that could be experienced, but these should only be those that cleared up in Stage I. They include migraine, headaches, eczema, nettle-rash (urticaria), rhinitis, asthma, abdominal bloating and discomfort, constipation, diarrhoea, wind, anxiety, irritability, insomnia, and possibly premenstrual tension. If and when you do have a reaction to individual food groups, you may feel that you have had a setback. On the contrary, any reaction should be regarded as a positive step. It means that you have discovered some foods that don't really suit your body at the moment. Any reaction, should it occur, is unlikely to be worse than you have already experienced, and probably will not last more than three days. If you do experience a reaction, you will need to stop eating the foods that are causing the problem. Keep a diary each day and score any reaction you get on a scale of 0–3, 0 = none, 1 = mild, 2 = moderate and 3 = severe. Keep an ongoing list of foods you react to and another list of suspect foods.

Stage III

During the final two-week period you will be eating a diet composed of the foods you have selected through trial and error in the preceding four weeks. You should continue to lose weight and to feel more and more healthy as the weeks go by.

You will have gained the knowledge of how to tell when a particular food does not suit your body and how to deal with any bloating or other symptoms that may occur as a result. By that stage, you should feel totally at home with your new diet and confident that you can maintain it as a life-style with ease in the place of your former diet. Every so often you can reintroduce the foods that were on your Suspect List to see whether you can tolerate them in small quantities perhaps. Sometimes, once the body has had a rest from a previously irritating substance it can cope with reintroduction without any problems.

The Strict Exclusion Diet

This diet is based on considerable work done in the USA and this country, especially at the hospital for Sick Children, Great Ormond Street, London and at Addenbrooke's Hospital, Cambridge. We recommend it for adults only.

	<i>Excluded</i>	<i>Included</i>
Meat	Beef, pork, preserved meats, bacon, sausages.	Lamb, turkey, rabbit.
Fish	All fish and shellfish, except	Trout, fresh or frozen.
Vegetables	Potatoes, onions, sweetcorn, and many other vegetables. Only those mentioned are allowed.	Carrots, parsnips, swedes, spinach, celery, leeks, lettuce and sweet potatoes.
Fruit	All fruits, except	Peeled bananas, pears, mangoes, pomegranates, paw-paws.
Cereals	Wheat, oats, barley, rye, corn.	Rice (white only), rice flakes, rice flour, sago, tapioca, millet, buckwheat and rice cakes.
Cooking oils	Corn oils, soya oil, vegetable oil, nuts, especially peanuts.	Sunflower oil, safflower oil and olive oil.
Dairy products	Cow's milk, butter, most margarines, cows' milk yoghurt, cheese, eggs. All goats', sheep's and soya milk products.	Vitaquell margarine. Pure sunflower or soya margarine.
Beverages	Tea, coffee (beans, instant and decaffeinated), fruit squashes, orange juice, grapefruit juice, alcohol, tap water.	Herbal teas, e.g. camomile, etc. without milk. Water – filtered or bottled mineral. Rooibosch/Redbush tea.
Miscellaneous	Chocolate, yeast, preservatives. All food additives (see separate list). Herbs, spices, sugar, honey.	Sea salt, unless fluid retention, asthma or high blood pressure are present.

Note: Follow this diet exactly. If a food is not mentioned, it is not allowed. Only those foods in the Included list are allowed.

This diet needs to be followed for one to three weeks, and must be undertaken with medical supervision.

Your progress on an exclusion diet

If your symptoms are due to a food reaction, then there should have been some improvement or even complete disappearance of your symptoms whilst following the appropriate diet. It is now important to reintroduce

foods, and by so doing, determine which foods, if any, are responsible for your symptoms. In so doing it is important to bear in mind the following points:

- On introducing foods, reactions can occur within minutes, hours or several days of consuming a new food. The speed with which symptoms occur depends to some degree upon the types of symptoms. Nettle rash or facial swelling due to food allergy can occur within minutes or hours. With muscle aches and pains, or even arthritis, it can sometimes take three or four days before the symptoms appear.
- If the reaction occurs, stop consuming the food that you have just introduced, and wait for it to settle down before re-introducing a further food. This may take two or three days.
- If your symptoms are severe, particularly if it is a migraine, you may try taking a drink of two teaspoons of bicarbonate of soda dissolved in water. Also breathing into a paper bag may help abort a migraine attack. Such measures can be useful in reducing the severity of a reaction.
- If you only consume a small amount of the test food, a positive reaction may be missed. It is important that you consume a normal large portion, not excessive, of the food in question.
- If you are uncertain whether there has been a reaction or not, it is usually advisable to leave the food off, assuming that a positive reaction has occurred. It can be tested later. If, however, you are on a very restricted diet, it may be unwise to do this.
- If on a very restricted diet, it is usually advisable to reintroduce relatively safe foods, i.e. further vegetables, meat and fruits. It is often better to leave common high-risk foods, such as wheat and dairy produce, until later in the diet.

Remember that an exclusion diet is done to determine whether or not you have a food sensitivity. Only by reintroducing foods can this be determined. It is very often the case that a considerable amount of weight is lost on such a diet. It is important that this amount is not excessive, and that before starting an exclusion diet, you do not have any physical signs or symptoms attributable to nutritional deficiencies. If so, your doctor will advise you to take appropriate supplements for several weeks before commencing an exclusion diet.

In the long run, reactions to various foods might be diminished by avoiding excessive consumption of salt, sugar and alcohol, even if you are not sensitive to these. Factors such as cigarette smoking, that interfere with normal digestive processes, could also be a contributory factor. Long-term avoidance of those foods to which one reacts may sometimes result in a reduction of the sensitivity to various foods. It is not uncommon that, with appropriate management, those who were previously

sensitive to a food, can after several months of appropriate dietary management, be able to tolerate small quantities of the foods to which they reacted. This is not, however, always the case.

Food list for reintroduction

This list of foods is for people who have been on one of the exclusion diets, and are now ready to test out some foods. By now you should have experienced a significant improvement, and unfortunately, may well experience a return of your old symptoms on testing some of these foods. It is important that you proceed in a strictly ordered fashion, otherwise the picture may become confused.

ADD THE FOLLOWING FOODS OR FOOD GROUPS AT INTERVALS OF FIVE DAYS

Eat a normal larger portion of the food(s) on each day of the trial. The foods should be fresh if possible, and not contain any additives.

Vegetables

Carrots, parsnips, celeriac, fennel, parsley
 Brussels sprouts, cabbage, broccoli, cauliflower, kale, mustard, turnip, watercress
 Cucumber, courgettes, melon, marrow, pumpkin
 Potato
 Tomato, peppers, chilli, aubergine, paprika
 Sweet potato
 Onion, leeks, shallots, garlic, asparagus, chives
 Spinach
 Peas, beans (dry and green), lentils
 Nuts, walnuts, Brazil nuts, hazelnuts, cob-nuts (not peanuts)
 Peanuts, plain, no additives, roasted or unroasted
 Soy beans, soy sauce

Fruits

Apples, pears with skins (and juices)
 Oranges, lemons, grapefruits, pomelo, ugli fruit, lime, mandarin, tangerine, satsuma, etc. (and juices)
 Peach, apricot, nectarine, prune, cherries
 Raspberry, loganberry, strawberry, blackberry
 Bananas
 Bilberry, blueberry, cranberry
 Blackcurrant, redcurrant, gooseberry
 Pineapple
 Dried fruits

Meats

Test plain meats, not meat products, such as pies, sausages, salami, etc.

Beef, plain, e.g. steak, roast joint, hot or cold

Pork, not bacon, ham and gammon or pâtés

Bacon, ham and gammon

Fish

Shellfish

Chicken and eggs

Grains

Wheat as wholemeal pasta and pastry, not wholemeal bread

Oats

Rye, e.g. Ryvita

Wholemeal bread

Corn maize

Dairy

Cows' milk, cream, yoghurt, butter

Cows' cheese

Goats' milk

Goats' cheese

Soya milk

Other

Tap water

Oxo, Marmite, Bovril, stock cubes

Alcohol, vinegar

Mushrooms

Tea

Coffee

Chocolate

Sugar

It may well help to keep a written record of any reactions you experience after testing various foods.

Further reading: *The Allergy Diet*, by Workman, Hunter, Alun Jones (Vermilion). This has many invaluable lists of foods which contain wheat, cows' milk, corn, eggs, etc.

Exclusion Menus for Specific Ailments

MENU FOR ACNE

Acne sufferers should have a low-fat and low-sugar diet and concentrate on eating foods that are high in B vitamins and the minerals zinc and selenium.

Rich sources of zinc are:

liver	lentils	cheese
wholegrains	pilchards	oysters and cockles
nuts	spinach	
beans	milk	

Selenium-rich foods are:

herring	wheatgerm	lamb
cod	milk	turnips
scallops	brown rice	garlic
shrimps	eggs	orange juice
Brazil nuts	steak	

Many of these foods are also rich sources of B vitamins.

For further details see Nutritional Content of Food list which commence on page 483.

Breakfast

Fresh grapefruit and orange salad with sunflower seeds
Toast and dried fruit conserve
Dandelion coffee

Mid-morning snack

Brazil nuts and raisins
Rooibosch or Redbush herbal tea look-alike

Lunch

Mackerel in spicy tomato sauce
Mixed salad with mung beans
Barley Cup or NoCaf

Snack

Dried apricots and figs
Cranberry and Apple Tea

Dinner

Lamb steak with jacket potato, spring greens and cauliflower
 Carrot cake
 Decaffeinated coffee

MENU FOR BREAST TENDERNESS

For every one woman with breast cancer there are ten other women who suffer with benign lumps (non-cancerous) or breast tenderness. Any breast problem should be checked out with your doctor. Once you have established that nothing sinister is going on then you would be advised to change your diet.

- Eat leaner cuts of meat, avoid processed meats like pies and sausages which have a high-fat content, and leave the chicken or fish skin on your plate.
- All meat and fish should be grilled and your dairy intake should be limited, replacing full-cream milk with skimmed or semi-skimmed. Eat low-fat cheese, poly-unsaturated spreads instead of butter, and avoid cream altogether.
- Eat plenty of fibre in the form of fruit, vegetables and salads and steer away from alcohol, sugar, tea, coffee and tobacco.
- Efamol evening primrose oil can be helpful – but you need to take 6–8 x 500 ml capsules per day.

Breakfast

Cornflakes with chopped apple, crumbled pecan nuts and skimmed milk
 Rooibosch or Redbush herbal tea look-alike

Mid-morning snack

Two carrots and two sticks of celery with a hummus dip
 Dandelion Coffee

Lunch

Selection of mixed vegetables and brown rice stir-fry, with 2 tablespoons of mixed nuts or beans
 Raspberry and Ginseng Tea

Mid-afternoon snack

Rye crackers and mashed banana
 Rooibosch/Redbush Tea

Dinner

Poached salmon with courgettes, boiled potatoes and green salad
 Fresh fruit salad
 Mixed Berry Tea

MENU FOR FATIGUE

Diet and nutrition play a very important part in causing – and alleviating – fatigue. Many people need extra iron, magnesium and vitamin B in their diet, especially women of child-bearing age. Eating a more nutritious, high-protein diet should give you more vitality.

Drinking too much tea, coffee and alcohol and eating too much sugar or sweet and processed foods can also contribute to fatigue. So eat good food, with three regular meals per day and nutritious energy-sustaining snacks.

Breakfast

Oat crunch cereal
Scrambled egg on toast
Decaffeinated coffee

Mid-morning snack

Plain yoghurt with grated apple and sunflower seeds
Mixed Berry Tea

Lunch

Jacket potato with grated cheese or tuna filling
Mixed salad
Barley Cup or NoCaf

Mid-afternoon snack

Wholemeal toast and peanut butter
Herb tea or Rooibosch or Redbush tea

Dinner

Chicken curry with rice, mixed vegetables and poppadoms
Apple pie
Jasmine tea

MENU FOR IRRITABLE BOWEL SYNDROME (IBS)

Between ten and 15 per cent of people in Britain have irritable bowel syndrome, and suffer with abdominal pain, constipation or diarrhoea, and sometimes indigestion. The causes are thought to be related to stress, lack of fibre and, for some, food intolerance.

Eat lots of fibre in the form of fruit and vegetables, and not in the form of wholewheat and bran which can aggravate the symptoms.

It is important to isolate the foods that irritate your condition. Many books on diet and allergies suggest using exclusion diets to relieve symptoms.

Breakfast

Rice Krispies with chopped banana and soya milk
Rooibosch or Redbush tea

Snack

Apple and pecan nuts
Cranberry and Apple Tea

Lunch

Sardines in tomato sauce with jacket potato and green salad
Dandelion Coffee

Mid-afternoon snack

Two Rice Cakes with low-sugar jam
Rooibosch or Redbush tea

Dinner

Grilled lamb chop with French beans, carrots and peas
Baked apple
Mixed Berry Tea

MENU FOR MIGRAINE

A variety of factors can trigger a migraine attack, including stress, diet, hormonal changes, missing meals, drinking too much tea or coffee – or cutting back on them too suddenly – high blood pressure and, in rare cases, neurological problems. Key foods are known to cause attacks. Try avoiding:

cheese	alcohol	liver
chocolate	yeast extract	oranges
tea	pickled foods	artificial colourings
coffee	soya sauce	monosodium glutamate

After a few weeks, add these items back to your diet one by one. If you experience a headache discontinue that particular substance, wait a few days until you feel well again before introducing the next type of food or drink. Keep careful records to avoid confusion.

Breakfast

Boiled egg and two slices of Ryvita
Rooibosch or Redbush tea

Mid-morning snack

Apple and walnuts
Dandelion Coffee

Lunch

Stir-fry prawns and vegetables with ginger
Raspberry and Ginseng Tea

Mid-afternoon snack

Almond macaroon
Rooibosch or Redbush tea

Dinner

Lean ham with a portion of hummus and mixed salad
Rhubarb and ginger mousse
Apple and Cinnamon Tea

MENU FOR PMS

Mild to severe

Breakfast

Oat based Muesli with fresh chopped fruit and semi-skimmed milk
Rooibosch/Redbush tea or Barley Cup

Mid-morning snack

Fresh banana and a bio yogurt with pumpkin and sunflower seeds

Lunch

Glass of orange juice
Jacket potato with sardines in tomato sauce, with a mixed salad and
grated raw carrot

Mid-afternoon snack

Rice cakes with almond nut butter
Pear

Dinner

Grilled trout with cauliflower, carrots and mixed root vegetables
Fresh fruit salad

MENU FOR PMS

Severe

Breakfast

Muesli made with cornflakes, puffed rice, chopped almonds, dried apricots, sunflower seeds and raisins with chopped fresh fruit, bio yogurt and semi-skimmed milk.

Rooibos/Redbush herbal tea lookalike or Barley Cup

Mid-morning snack

Yogurt, apple, almonds and pecan nuts

Lunch

Glass of orange juice

Rice salad with hummus and crudit

Mid-afternoon snack

Rice cakes with pure fruit spread

Dinner

Stir-fry chicken and vegetables with chilli and ginger

Berry mousse and Raspberry and Ginseng Tea

Variations

Premenstrual cravings for sweet food

- Concentrate on eating foods rich in the minerals Chromium and Magnesium and B vitamins (see page 483).
- Your calorie requirements in your premenstrual week increase by up to 500 calories per day so you will need to eat little and often.
- In your premenstrual week have a wholesome mid-morning and mid-afternoon snack.

Premenstrual breast tenderness

- Cut down on animal fat and increase your consumption of fruit and vegetable fibre.
- Eat a low-salt diet.
- Cut out caffeine in the form of tea, coffee, chocolate and cola-based drinks.
- Keep alcohol consumption to a minimum.
- Cut down or better still, cut out, cigarettes.
- Restrict your intake of dairy products.
- Take daily supplements of Efamol Evening Primrose Oil (6–8 500 IU capsules per day).

Premenstrual constipation

- Avoid all foods containing wheat and modified starch.
- Eat plenty of fruit and vegetables.
- Take regular exercise.
- Massage your tummy and lower back with sweet almond oil with a few drops of lavender or geranium essential oil.
- Take 2 tablespoons of organic golden linseeds every day with your cereal.
- Spend 15–20 minutes relaxing each day (see page 000).

Period Pains

- Concentrate on foods rich in magnesium and B vitamins (see page 000).
- Take regular exercise.
- Massage the tummy and lower back with sweet almond oil or a few drops of lavender or geranium essential oil.
- Take extra supplements of magnesium (preferably amino acid chelate).
- Apply a heat pad to help relax the muscles.

MENU FOR SUGAR CRAVING

In order to overcome sugar cravings, you need to stabilise your blood sugar levels, doing so by eating three nutritious meals per day and two or three wholesome snacks in between meals. Blood sugar levels can be controlled by eating low glycaemic index (GI) foods. These are foods which are converted into glucose at a slow rate, therefore keeping blood sugar levels stable for longer, and reducing sugar cravings.

B vitamins, and the minerals magnesium and chromium are all important for maintaining normal blood sugar levels. Eat plenty of:

wholegrains	liver	bananas
green leafy vegetables	potatoes	unsalted nuts
salad	green peppers	black pepper
chicken	chilli	

Breakfast

Poached eggs on toast with grilled tomatoes
Decaffeinated coffee

Mid-morning snack

Small bag of nuts and raisins

Lunch

Tuna fish with coleslaw salad and potato salad
Barley Cup or NoCaf

Mid-afternoon snack

Rye crackers with peanut butter
Decaffeinated tea

Dinner

Stir-fry chicken with mixed vegetables
Dried fruit compôte
Mango and peach tea

The GI is set at 100 and every other food is ranked on a scale from 0 to 100 according to its actual effect on blood sugar levels.

Low		Intermediate		High	
Apple	38	Apricots	57	Bagel	74
Buckwheat	54	Wholemeal bread	69	Cornflakes	84
Butter beans	31	Couscous	65	Puffed wheat	80
Lentils	30	Sweetcorn	55	Corn chips	72
Orange	44	Pineapple	66	Potatoes	75
Pasta	55	Sweet potato	54	Watermelon	72
Pear	38	Raisins	64	Pumpernickel	80
Porridge	46	White bread	70	French bread	96
Rice bran	46	Oat bran	55	Rye bread	76
Skimmed milk	32	Digestive biscuit	59	White rice	87
Yogurt	33	Banana	55	Brown rice	76
Soya beans	14	Basmati rice	58	Parsnips	97

Sample WNAS Programmes

NORMAL MENOPAUSE (late 40s/early 50s)

If you are not particularly planning to take HRT, and have no real family history of osteoporosis you should concentrate on:

- dietary changes and including phytoestrogens, foods rich in naturally occurring oestrogen, in your diet
- a supplement programme (see page 478)
- relaxation
- weight-bearing exercise.

Sample menu

Breakfast

Cornflakes with chopped fresh fruit, pecan nuts, sunflower seeds, organic golden linseeds and soya milk
Rooibos or Redbush herbal tea look-alike

Mid-morning snack

Bio yoghurt, apple and raisins

Lunch

Sardines with a celery, fennel and pumpkin seed salad and jacket potato
Stewed rhubarb and a glass of soya milk

Mid-afternoon snack

Carrot cake or rice cakes with sugar-free spread
Or phyto-rich Wallaby bar

Dinner

Stir-fry vegetables with almonds and prawns
Lemon mousse or tofu fruit whip or soya dessert
Raspberry & Ginseng Tea

NB This menu provides approximately 1600 mg of calcium.

Supplement programme

- Multi-vitamins and minerals to correct nutrient balance.
- Novogen red clover to help control the hot flushes and night sweats.
- Evening primrose oil, marine fish oil and calcium reduce your chances of osteoporosis.

Relaxation/creative visualisation

15–20 minutes per day to help control the hot flushes.

Exercise

At least three 30 minute sessions of low-impact aerobic and weight-bearing exercise per week, to help keep the heart healthy and prevent osteoporosis.

EARLY MENOPAUSE (NATURAL, CHEMICAL OR SURGICAL)

If you have a family history of osteoporosis or history of fractures we suggest:

- a bone density scan
- a blood test to determine if you are a 'fast-loser'
- you consider taking HRT if you have severe symptoms or low bone mineral density
- you follow the WNAS recommendations.

You should also concentrate on:

- dietary changes and including phytoestrogens, foods containing naturally occurring oestrogen in your diet
- consuming extra calcium
- five sessions of exercise per week.

Sample menu

Breakfast

Orange juice

Oat-based muesli with 1–2 tablespoons of organic golden linseeds and soya milk

Rye toast and sugar free spread

Mid-morning snack

Dried apricots, sunflower and pumpkin seeds

Lunch

Cheese omelette and a salad of sprouted soya beans, alfalfa, fennel and celery

Fresh banana with a glass of soya milk

Mid-afternoon snack

Almond macaroon or almonds and raisins

Dinner

Grilled salmon with broccoli, courgettes, carrots and new potatoes

Crème caramel made with soya milk with fresh berries

NB This menu provides approximately 1700 mg of calcium.

Supplement programme

- Multi-vitamins and minerals to correct nutrient balance.
- Novogen red clover to help control the hot flushes and night sweats.
- Evening primrose oil, marine fish oil and calcium reduce your chances of osteoporosis.

Relaxation

15–20 minutes per day to help control the hot flushes.

Exercise

At least three 30 minute sessions of low impact aerobic and weight-bearing exercise per week, to help keep the heart healthy and prevent osteoporosis.

Sample phytoestrogen-rich menu

Breakfast

Phyto Muesli with a piece of chopped fresh fruit and soya milk

Bio yogurt with a piece of chopped fresh fruit, pumpkin seeds, sunflower seeds and golden linseeds

Banana or fruit soya smoothie followed by toasted wheat-free soya and linseed loaf with Meridian pure fruit spread

Toasted wheat-free soya and linseed loaf with scrambled egg and grilled mushrooms

Porridge oats soaked in soya milk, with chopped organic dried apricots, sunflower seeds, pumpkin seeds and golden linseeds

Fruit and nut compôte with soya yogurt

Lunch

A salad with

A jacket potato with a filling of your choice

Salmon and chives

Tuna and sweetcorn

Baked beans

Hummus

Avocado and cottage cheese with sesame seeds

'Home made' lentil or bean soup made with soya 'milk' soup – soup is a wholesome snack, and very easy to make. Incorporate a combination of vegetables and enhance with herbs and mild spices. Alternatively you can buy some very good organic (and wheat free) ready made soups from the supermarket.

Any form of protein, preferably oily fish, poultry or phytoestrogen-rich vegetarian alternatives like nuts, seeds, pulses, tofu and hoummus

Cheese, spinach and mushroom omlette made with soya milk

Fresh fruit or a whipped tofu dessert or fruit shake made with soya 'milk'

NB Fruit may be served as a snack at tea time and/or mid morning.

Dinner

A good serving of protein – again oily fish, poultry, game or vegetarian protein, plus three servings of vegetables, including one green variety like cabbage, spinach or broccoli

Dessert

Fresh fruit salad with soya yogurt
 Prune and tofu whip
 Apple and oat crumble and custard made with soya milk

Beverages

Rooibosch/Redbush herbal tea 'look-alike'
 Fruit herbal teas
 Ground dandelion coffee or any caffeine-free alternatives (Whole Earth No Caf is particularly good)
 Soya milk
 Fresh fruit juice
 Carbonated water mixed with fruit juice
 Organic fruit cordials

Other 'phyto fixes'

One or two slices of wheat free soya and linseed loaf with Meridian pure fruit spread or honey
 Soya yogurt with a handful of sunflower and pumpkin seeds
 A glass of soya milk
 Phyto rich Wallaby bar
 A soya fruit shake or smoothie
 A slice of any of the wholesome, phyto-rich, wheat free cakes in *The Phyto Factor*
 Soya dessert

PREVENT OSTEOPOROSIS (Heavy exerciser/athlete)

If you are menstruating regularly we suggest you follow the plan below.
 If you have no periods or irregular ovulation, we suggest:

- a bone density scan.
- you consider taking one of the bisphosphates if established osteoporosis exists.
- you follow the WNAS recommendations.

You should also concentrate on:

- consuming extra calories to meet your energy output.
- consuming a diet rich in calcium.
- reducing your exercise to five sessions per week if it is a hobby.
- taking regular supplements of multi-vitamins and minerals and Efacal to increase the uptake of calcium and help to prevent osteoporosis.

Sample menu

Breakfast

Oat-based muesli, with fresh fruit and soya milk fortified with calcium
Cheese omelette and toast

Mid-morning snack

Rye crackers and nut butter spread

Lunch

Jacket potato with cheese and bean filling
Salad of sprouted soya beans, fennel, celery and walnuts
Glass of soya milk fortified with calcium

Mid-afternoon snack

Bio yoghurt, almonds and fresh fruit or cheese and biscuits with grapes

Dinner

Raw vegetable crudité with hummus
Grilled fish with broccoli, carrots, courgettes and new potatoes
Berry mousse made with silken tofu or fresh fruit salad with soya yoghurt

NB This menu provides approximately 2300 mg of calcium.

Sample high calcium menu

Breakfast

Cornflakes with chopped fresh fruit, a tablespoon of organic golden linseeds, and soya milk fortified with calcium
Hovis toast with almond butter spread
A mug of either decaffeinated tea or coffee, or herbal tea or coffee substitute

Lunch

Baked beans on toast
Low-fat bio yoghurt with chopped almonds and grapes
Glass of milk

Dinner

Sardines, with baked potato, and fennel and mixed pepper salad
Cheddar cheese and biscuits with fresh grapes
Herb tea or decaffeinated coffee

This menu will provide over 1800 mg of calcium, as well as a good quantity of naturally occurring oestrogen. Bear in mind that up to two-thirds of dietary calcium fails to be absorbed by the body, so it may be that you will benefit from approximately 600 mg.