

FOOD FOR THOUGHT

- **ENJOY FOOD** Experience diverse aromas and tastes
- **EAT BREAKFAST** Provide fuel for the day!!
- **Eat simply** Complex foods overload the digestive system and contribute to scattered thinking. Easily digested foods include:

cooked fruits		rice congees	
cooked vegetables		millet, oat porridge	
onion, garlic		wholegrain and sour dough bread	
basil, oregano			
fish, eggs, meat		lentils, mung beans	
grains	35 – 60%	vegetables	20 – 25%
legumes	5 – 15%	fruit	5 – 15%
animal products	0 – 10%		

- **Eat lightly** To about 3/4 full
- **Chew well** Eat slowly to allow the digestive processes to begin. Try chopsticks
- **Eat peacefully** Eat less when you feel strongly emotional, or tired, overhot, overcold, 'scattered'
- **Eat comfortably** Make room to eat, turn off the TV, leave your desk, sit comfortably
- **Have regular mealtimes** Breakfast like a queen, lunch like a king and dine like a pauper
- **Protect your digestive organs** Keep your belly warm and covered
- **Create with food** Balance colours and flavours
- **Eat organic and seasonal foods** Buy food from local growers or grow your own
- **Eat naturally fermented food** These digestive aids include miso, natural yoghurt, sauerkraut, tempeh
- **Eat less cold or raw food** They cool the digestive fire & constrict the digestive area
- **Avoid** Fried, spicy, refined sugars, processed foods, preservatives & excess alcohol
- **Drink mindfully** Eat and drink at different times. Drinking with meals can 'flood' the digestion, although a small glass of warm liquid - tea or miso soup – before the meal can stimulate digestion. Drinking too many cold drinks and juices can suppress it
- **Change cooking styles** To reflect the seasons
- **Separate courses** Allow time between the main meal and sweets/fruit
- **Take a walk after meals**
- **Exercise regularly**
- **Have regular Shiatsu!**
- **Breathe mindfully** Feel the breath's rhythm
- **Trust your body** Listen to your body's needs rather than your mind's desires

* for more information refer to Food for the Seasons by Professor Wong & Kathy Knapsey