

## Nutrition for Women Vitality

Vitality means having both physical and mental vigor. These can both be yours if you follow the simple rules of vitality eating.

- Have a mixed diet of as many different foods as possible.
- Eat regular meals, and make sure that you have the time to enjoy and digest them.
- Eat plenty of fresh fruit, salad, and vegetables, particularly the green leafy and yellow ones.
- Cultivate a taste for the whole grain cereals.
- Get most of your protein from fish, poultry, and legumes rather less from meat, which should be as lean as possible.
- Eat regular but modest amounts of eggs, low-fat cheese, and other dairy products.
- Use plenty of fresh seeds, sprouted seeds, and fresh-unsalted nuts, together with dried fruits. Add them to your meals and eat them as nourishing snacks.
- Drink plenty of fruits and vegetables juices, lots of water, and only sensible quantities of tea, coffee, and alcohol.
- Bread, pasta, rice, and potatoes are very healthy. Eat plenty of them, but watch what you do to them, avoid lashings of butter, cream sauces, and the fryer (they are not part of the plan).
- Try to take one-third of your daily diet as fresh and raw foods. For the other two-thirds, get into the kitchen, there is nothing as vital as home-cooked food, made from wholesome and nourishing ingredients. It is also a lot less expensive than take-outs, canned food, and TV dinners.

### Reference:

Dudek. S, “*Nutrition Handbook for Nursing practice*”, 9<sup>th</sup> Edition. Lippincott 1997



CEREAL



FRESH  
VEGETABLES



BREAD



FRESH FRUIT



*The advantages of vitality eating will show themselves very quickly. Healthy shiny hair, clear skin, bright eyes, and strong nails are just the outer signs; you are building strong heart and a sound digestion, the basis for an ultra-healthy life.*