



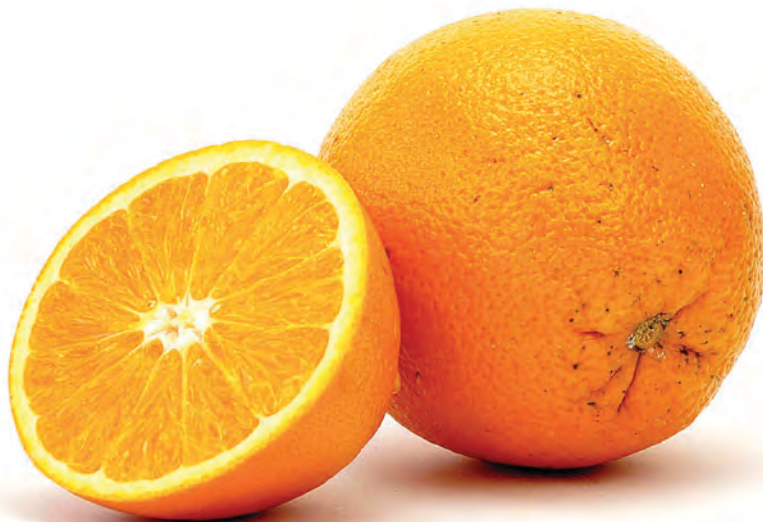
# Nutrition Guidelines

A guide to maintaining a balanced diet for optimum health and healing

**BRADFORD HOUSE**  
CHIROPRACTIC & WELLNESS CENTRE

“Let food be thy medicine  
and medicine be thy food.”

*Hippocrates*



# Introduction to Good Nutrition

## Definition of Good Nutrition

Good nutrition means consuming a balanced diet that provides the right amounts of carbohydrates, proteins, fats, vitamins and minerals necessary for the body to function optimally.

### Importance of Maintaining a Balanced Diet:

Maintaining a balanced diet ensures your body has all the fuel it needs to perform daily activities efficiently, repair itself and prevent disease. Adopt a balanced and nutritious diet by making mindful food choices. Opt for whole, unprocessed foods to support overall health and well-being.

### Benefits of Good Nutrition:

- **Increases energy levels:** foods that are rich in nutrients provide the necessary energy to keep us active throughout the day.
- **Supports immune function:** nutrient-rich foods bolster the immune system, helping to ward off illnesses.
- **Promotes healthy weight:** balanced nutrition helps manage body weight by providing the right amount of calories and nutrients.
- **Reduces risk of chronic diseases:** a proper diet reduces the risk of chronic diseases like heart disease, diabetes and cancer.
- **Enhances mental clarity and emotional well-being:** certain nutrients play a critical role in brain function and mood regulation.

## Macronutrients

### Carbohydrates

Carbohydrates are the body's main source of energy. They are broken down into glucose, which is used by the body's cells, tissues and organs. These are the types of carbohydrates:

**Simple Carbohydrates:** found in foods like sugar, honey and fruit juices. They provide quick bursts of energy but can lead to energy crashes.

**Complex Carbohydrates:** found in whole grains, vegetables and legumes. They provide sustained energy and are a good source of fibre.

#### Sources of Carbohydrates:

- **Whole Grains** like brown rice, oatmeal, whole wheat bread and quinoa.
- **Fruits:** apples, bananas and berries.
- **Vegetables:** spinach, carrots and broccoli.
- **Legumes:** beans, lentils and chickpeas.

### Proteins

Proteins are essential for building and repairing tissues, making enzymes and hormones and supporting immune function.

#### Sources of Protein:

- **Animal Proteins:** chicken, turkey, fish (salmon, tuna), eggs and dairy products (milk, cheese, yogurt).
- **Plant Proteins:** tofu, tempeh, lentils, chickpeas, beans, nuts and seeds.



# Macronutrients

## Fats

Fats provide long-term energy storage, protect organs, aid in nutrient absorption and support cell growth. These are the types of fats:

**Unsaturated Fats:** considered healthy fats, found in olive oil, avocados, nuts and fatty fish. They help reduce bad cholesterol levels and are good for heart health.

**Saturated Fats:** found in meat fat, butter and dairy products. They should be consumed in moderation.

**Trans Fats:** found in processed snacks and baked goods. These should be avoided as they increase the risk of heart disease.

**Healthy Fats:** found in avocados, nuts (almonds, walnuts etc.), seeds (e.g. chia and flax seeds), olive oil and fatty fish like salmon and mackerel.

**Omega-3 Fatty Acids:** supports heart health, brain function and inflammation reduction. Found in salmon, mackerel, sardines and trout, flax seeds, chia seeds, walnuts, algal oil, hemp seeds and edamame beans.



## Minerals

**Calcium:** essential for building and maintaining strong bones and teeth, muscle function and nerve signalling.

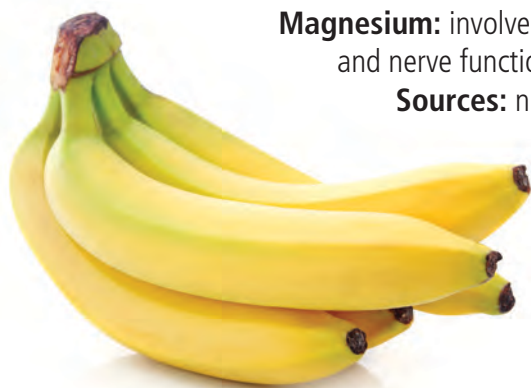
**Sources:** dairy products (milk, cheese, yogurt), fortified plant-based milks, leafy green vegetables (like broccoli and kale) and sardines.

**Iron:** crucial for the formation of haemoglobin which carries oxygen in the blood.

**Sources:** red meat, poultry, seafood, beans, lentils, spinach and fortified cereals.

**Magnesium:** involved in over 300 biochemical reactions in the body, including muscle and nerve function, blood glucose control and energy production.

**Sources:** nuts (almonds, cashews), seeds (pumpkin seeds, sesame seeds), whole grains and green leafy vegetables.



**Potassium:** helps maintain electrolyte balance, supports muscle contractions and nerve signals.

**Sources:** bananas, oranges, potatoes, spinach and avocados.

**Zinc:** necessary for immune function, DNA synthesis and wound healing.

**Sources:** meat, shellfish, legumes (beans, lentils), seeds (pumpkin seeds, sesame seeds) and nuts.

**Iodine:** essential for thyroid hormone production, which regulates metabolic rate.

**Sources:** iodized salt, seafood, dairy products and eggs.

**Selenium:** supports thyroid function and protects against oxidative damage.

**Sources:** brazil nuts (these are among the richest sources of selenium), seafood (tuna, sardines, prawns and salmon), meat (pork, beef, turkey and chicken), milk, yoghurt, whole grains, egg yolk and sunflower seeds.



## Micronutrients

### Vitamins

**Vitamin A:** essential for vision, immune function and skin health.

**Sources:** carrots, sweet potatoes, spinach, kale and liver.

**Vitamin B Complex:** includes eight B vitamins (B1 - Thiamine, B2 - Riboflavin, B3 - Niacin, B5 - Pantothenic Acid, B6 - Pyridoxine, B7 - Biotin, B9 - Folate, B12 - Cobalamin). They help convert food into energy, create new blood cells and maintain healthy skin and brain cells.

**Sources:** whole grains, meat, eggs, dairy, legumes and green leafy vegetables.

**Vitamin C:** antioxidant that supports immune function, aids in the absorption of iron and promotes skin health.

**Sources:** citrus fruits (oranges, lemons), bell peppers, strawberries, blackcurrants and broccoli.

**Vitamin D:** supports bone health by aiding calcium absorption and boosts immune function.

**Sources:** sunlight exposure, fortified milk, fatty fish (salmon, mackerel), fish oil and egg yolks.

**Vitamin E:** antioxidant that protects cells from damage and supports skin health.

**Sources:** nuts (almonds, hazelnuts), seeds (sunflower seeds), green leafy vegetables, vegetable oils (sunflower and safflower).

**Vitamin K:** necessary for blood clotting and bone health.

**Sources:** kale, spinach, broccoli, brussels sprouts and green beans.

**Coenzyme Q10 (CoQ10):** supports heart health and energy production.

**Sources:** meat and poultry (beef, chicken and pork), fatty fish (salmon, mackerel and sardines), spinach, broccoli and cauliflower, legumes (peanuts, soy beans and lentils), nuts and seeds (pistachios, sesame seeds).



### Healthy food examples

**Fruits:** provides vitamins, minerals and antioxidants.

**Sources:** apples, bananas, berries (blueberries, strawberries, raspberries), oranges and grapes.

**Vegetables:** rich in vitamins, minerals and fibre.

**Sources:** spinach, carrots, broccoli, bell peppers, sweet potatoes and tomatoes.

**Protein:** important for muscle repair and growth.

**Sources:** chicken, tofu, beans (black beans, kidney beans), fish (salmon, tuna), eggs, nuts (almonds, walnuts), seeds (chia and flax seeds).

**Healthy Fats:** essential for brain health and cell function.

**Sources:** olive oil, avocados, nuts (almonds, walnuts), seeds (chia and flax seeds), fatty fish (salmon, mackerel etc).

**Whole Grains:** provide fibre and sustained energy.

**Sources:** brown rice, quinoa, oats and whole wheat.



## Foods for good gut health

These foods enhance gut health by promoting a balanced microbiome, aiding digestion and supporting the immune system:

**Fermented Foods:** yogurt, kefir, kimchi, sauerkraut and miso promote healthy gut bacteria.

**High-Fibre Foods:** fruits (apples, bananas), vegetables (broccoli, Brussels sprouts), whole grains, legumes and nuts support digestive health.



**Prebiotic-Rich Foods:** garlic, onions, leeks, asparagus and bananas feed beneficial gut bacteria.

**Probiotic-Rich Foods:** besides fermented options, foods like tempeh and pickles also help in maintaining a healthy gut flora.



Don't forget to keep hydrated - adequate water consumption aids digestion and nutrient absorption

## Meal suggestions which contain fermented foods



### Breakfast

- Greek yogurt with fresh berries and a sprinkle of chia seeds.
- Wholegrain toast with avocado and a poached egg.

### Mid-Morning Snack

- A serving of kefir (a fermented milk drink).

### Lunch

- Grilled chicken salad with mixed greens, tomatoes, cucumbers and a side of kimchi (a traditional Korean fermented vegetable dish).
- Quinoa or brown rice.

### Afternoon Snack

- Apple slices with a handful of almonds.

### Dinner

- Baked salmon with a side of steamed broccoli and sauerkraut (a type of fermented cabbage).
- Sweet potato wedges.

### Evening Snack

A small bowl of miso soup (miso is a fermented soybean paste).

## Unhealthy food examples

Unhealthy foods are those high in calories, fats, sugars and sodium and low in essential nutrients. They typically include processed, fried and sugary foods. Understanding the effects of unhealthy foods on our health can help us make better dietary choices, leading to improved overall health.

**Processed Foods:** packaged snacks (crisps, crackers, pasties), processed meats (bacon, sausages), ready meals.

**Impact on Health:** high in unhealthy fats, sugars and sodium which may contribute to obesity, high blood pressure and heart disease.

**Healthier alternative:** nuts, seeds, fruit and yoghurt.

**Fried foods:** french fries, fried chicken, burgers, doughnuts.

**Impact on health:** high in trans fats and calories, linked to heart disease, obesity and inflammatory conditions.

**Healthier alternative:** grilled chicken sandwiches, salads and baked potato.



**Sugary foods and drinks:** fizzy drinks, sweets, cakes and pastries.

**Impact on health:** high sugar content can lead to weight gain, type 2 diabetes, tooth decay and metabolic syndrome.

**Healthier alternative:** water, herbal teas, sparkling water with a splash of fruit juice, nuts, seeds, fruit, yoghurt and berries.



**Refined grains:** white bread, white rice and pastries.

**Impact on health:** lack of fibre and essential nutrients which are linked to increased risk of obesity, heart disease and type 2 diabetes.

**Healthier alternative:** whole grains such as quinoa, brown rice, whole wheat, oats and barley.

**High-Sodium foods:** canned soups, salted snacks and processed meats.

**Impact on Health:** excessive sodium intake can lead to high blood pressure, heart disease and stroke.

**Healthier alternative:** herbs and spices.

### Specific health impacts:

**Obesity:** caused by excessive consumption of high-calorie foods combined with low physical activity.

**Effects:** increased risk of heart disease, diabetes, joint problems and certain cancers.

**Heart Disease:** caused by a diet high in saturated fats, trans fats, cholesterol and sodium.

**Effects:** hypertension, atherosclerosis and increased risk of heart attacks and strokes.

**Diabetes:** caused by high sugar intake leading to insulin resistance.

**Effects:** chronic high blood sugar levels leading to type 2 diabetes, neuropathy and kidney damage.

**Digestive Issues:** caused by low intake of fibre due to consumption of refined grains and processed foods.

**Effects:** constipation, haemorrhoids and increased risk of diverticulitis.

**Mental Health:** caused by diet high in sugars and unhealthy fats.

**Effects:** linked to depression, anxiety and mood swings.



**Strive to create a varied diet that incorporates a wide range of nutrient-dense foods for optimal health and well-being. Make it a habit to read nutrition labels and prioritise whole, unprocessed foods.**

## Weight gain and musculoskeletal (MSK) pain

Maintaining a healthy weight can significantly reduce musculoskeletal pain. Excess weight puts additional strain on your joints, particularly in the lower back, hips, knees and feet. This extra pressure can accelerate the wear and tear of cartilage, leading to conditions like osteoarthritis. Moreover, carrying extra weight can lead to poor posture and muscle imbalances, further exacerbating pain. By maintaining a healthy weight, you can reduce this strain, improve mobility and decrease the risk of chronic pain and musculoskeletal issues.

The recommended daily calorie intake to maintain a healthy weight varies based on age, activity level and metabolism. Generally, an average adult male needs about 2,500 calories per day, while an average adult female requires about 2,000 calories per day. To avoid gaining weight, it's crucial to balance calorie intake with physical activity. Consuming nutrient-dense foods like fruits, vegetables, whole grains and lean proteins while limiting high-calorie, low-nutrient foods like sugary snacks and fast food can help maintain a healthy weight.

## Exercise advice for weight loss

The best form of exercise for weight loss typically combines both cardio and strength training. Cardio exercises like running, cycling and swimming increase your heart rate and help burn a significant number of calories. Strength training, such as weight lifting or bodyweight exercises, builds muscle mass, which boosts your metabolism and aids in burning calories even at rest. High-Intensity Interval Training (HIIT) is also highly effective, as it maximises calorie burning in a shorter amount of time and combines the benefits of both cardio and strength exercises.



## Cholesterol

### What is Cholesterol?

Cholesterol is a wax-like substance that comes in two forms: LDL and HDL. Though often viewed negatively, our body needs cholesterol, which the liver naturally synthesises. It is essential for various bodily functions including nerve insulation, cell membrane structuring and hormone production.

Excess LDL cholesterol can lead to artery-blocking plaques, obstructing blood flow to the brain and contributing to dementia. HDL cholesterol, often regarded as 'good cholesterol', doesn't clog arteries but its role in reducing heart problems remains inconclusive. The NHS recommends considering your total cholesterol score to assess risk.

Nearly 220,000 people have familial hypercholesterolaemia, an inherited condition leading to high cholesterol levels from birth. Treated with statins, fewer than eight percent realise they have it. Visible signs can include cholesterol swellings on knuckles, knees, or Achilles tendon and yellow lumps near the eyes.

### Cholesterol and Alzheimer's

New research suggests that tackling your cholesterol levels could reduce your risk of dementia. Excessive cholesterol, which clogs your arteries with fatty deposits, is now officially recognised as one of 14 modifiable dementia risk factors. It is also a well-known risk factor for heart attack and stroke.

A simple blood test from your GP can measure your cholesterol levels. Alternatively, a finger-prick test is available in some pharmacies or as part of the free NHS Health Check in England.



## 6 of the worst offending foods for elevating cholesterol levels

- 1 Sugar-sweetened Drinks:** these drinks can impact your cholesterol due to how the body metabolises and stores excess sugar, especially fructose.
- 2 Coconut Oil and Milk:** high in saturated fat, coconut oil and milk can significantly contribute to high cholesterol.
- 3 Fried Foods:** rich in both saturated and trans fats, fried foods like french fries, onion rings and doughnuts should be avoided.
- 4 Ultra-Processed Ice Cream:** these ice creams often contain high fructose corn syrup and other additives that increase cholesterol.
- 5 Unfiltered Coffee:** certain coffee types like Turkish coffee can raise LDL cholesterol due to a compound called cafestol.
- 6 Processed Meats:** high in saturated fats, processed meats like bacon should be consumed minimally, especially if you have high cholesterol or cardiovascular risks.

## Tips for Improving cholesterol levels

For most people, diet is the major cause of elevated cholesterol. A diet rich in fibre, moderate alcohol consumption and less red and processed meats are crucial. Incorporate the Portfolio Diet, which includes:

**Soy products** like tofu and soy milk • **Nuts and seeds** • **High-fibre foods** like vegetables, fruits, oats and beans • **Plant sterols and stanols** found in nuts, beans and some supplements.

## Diet and inflammation

Inflammation, once seen as a response to things like a stubbed toe, is now linked to many health issues, from long Covid to gut health. Inflammation is still the body's automatic response to infections, toxins or trauma, sending inflammatory cells and cytokines to tackle threats or heal damaged tissue.

Originally, inflammation helped our bodies protect and maintain balance. For example, when you stub your toe, it swells and reddens, then heals. However, inflammation has become more systemic, contributing to conditions beyond known autoimmune diseases. It's now a chronic, low-grade issue that often goes unnoticed but underlies many modern diseases. This type of inflammation affects many '21st-century' illnesses, including cardiovascular disease, diabetes and cancer, worsening their outcomes. Inflammation is involved in virtually every disease to some extent. Chronic stress, poor diets and lack of natural light keep our bodies in a state of constant alert, wearing down our immune systems.

How can we identify chronic inflammation and what can we do about it? Classical markers are pain, heat, redness, swelling and loss of function. Signs like frequent infections, weight gain, insomnia, depression or fatigue may indicate chronic inflammation. Belly fat, linked to harmful visceral fat, is a significant indicator.

Diet plays a crucial role in managing inflammation. Poor-quality meals provoke higher inflammatory responses, while diets rich in fruits, vegetables, fibre, lean proteins and fermented foods help. A healthy gut microbiome fights inflammation effectively. Gastroenterologists emphasise anti-inflammatory nutrients, especially fibre. Nutritionists suggest supplements like resveratrol and curcumin, found in red wine, turmeric and green tea, to combat inflammation. Lifestyle changes, like exercising and spending time in nature, support the immune system and reduce chronic inflammation.

Inflammation is complex and beneficial in moderation. Balancing life's pleasures helps maintain overall health and prevents chronic inflammation.

## What to do for your health today

You can improve your immune health and reduce inflammation starting today with these essential steps

### Avoid certain foods:

- GPS: no gluten, processed foods or sugar
- DNA: no dairy, nicotine or artificial sweeteners
- Avoid foods cooked in vegetable oils
- No deep fried foods

### Improve Your diet:

- Follow a plant forward/anti-inflammatory diet
- Eat plenty of fibre
- Control your glycemic load/index
- Detect and avoid food sensitivities
- Decrease exposure to environmental toxins

### Make clean eating a priority:

- Choose organic fruit and vegetables
- Choose wild SMASH fish (salmon, mackerel, anchovies, sardines and herring)
- Choose grass fed meats, free range poultry and eggs
- Add raw nuts and seeds
- Add bone broth
- Keep hydrated
- Drink organic coffee and teas
- Use extra virgin olive oil, avocado, coconut and macadamia oil

### Improve your lifestyle:

- Maintain gut health
- Improve and/or maintain your body composition
- Follow a time restrictive eating pattern (intermittent fasting: fast for 14-16 hours)
- Get good quality sleep (aim for 7-8 hours)
- Exercise for 30 minutes most days
- Modify stress
- Utilise Chiropractic care
- Incorporate low level laser therapy

### Support your immune system with 7 Super supplements:

- Multivitamin/mineral
- Omega-3 fatty acids
- Vitamin D3 with vitamin K2
- Pro-resolving mediators (PRMs)
- Prebiotics and probiotics
- Magnesium
- Additional Electrolytes

### Why might I need supplements?

Vitamins A,C,D and Zinc are needed to build the many enzymes for your immune cells to produce antibodies efficiently. Omega-3 fatty acids help your lymphocytes work properly. PRMs help limit acute inflammation and promote resolution after an immune response. Prebiotics support the growth of beneficial bacteria in the gut whilst probiotics modulate the immune system by providing beneficial bacteria to the gut's ecosystem.



“The doctor of the future  
will give no medicine but  
will interest his patients in  
the care of the human frame,  
in diet and in the cause and  
prevention of disease.”

*Thomas Edison*





At our clinic, we are dedicated to providing comprehensive advice on nutrition to help our patients achieve optimal health. Our Chiropractors work closely with each patient to develop personalised nutrition plans tailored to their individual needs and health goals. Whether you are looking to manage a chronic condition, lose weight, or simply improve your overall well-being, we are here to guide you every step of the way with evidence-based advice and support.

**Functional nutrition can be beneficial for patients experiencing a variety of symptoms:**

- Digestive issues such as bloating, gas and constipation
  - Chronic fatigue and low energy levels
  - Skin conditions like acne, eczema or psoriasis
- Hormonal imbalances, including PMS or menopause symptoms
- Autoimmune disorders such as rheumatoid arthritis or Hashimoto's thyroiditis
  - Persistent headaches or migraines
  - Mood disorders, including anxiety and depression
- Weight management issues, whether underweight or overweight
  - Food sensitivities and allergies
  - Inflammatory conditions such as IBS or Crohn's disease
- Blood sugar imbalances, including diabetes and hypoglycemia

**Functional nutrition aims to address the root causes of these symptoms rather than just managing them.**

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