

Recommended Foods for Longevity

Prime Objective -

Eat whole foods, unprocessed.- No Processed Food.
No Animal Fats of any kind , Processed sugars,
Vegetable Oils.

NO Animal Fats -

This can be from Butter, Cheese, Meats, Lard, Milk.

NO Processed Foods -

When three or more ingredients and present in the food. Includes preservative, taste enhancers and odor enhancers. Pizza, Commercial Cookies, Commercial Cakes.

Permissible Fat:

From fresh vegetables (avocados), nuts , Per Serving 1 tablespoon of Olive Oil or similar oil.

Permissible Dairy:

Skimmed Milk, 0% Yoghurt.

Permissible Meats:

Lean Chicken , Baked Fish, Egg Whites - Any One portion per serving/day

Permissible Beverages:

NO carbonated drinks.

Coffee with skimmed milk sweetened by Natural Sweetener if required

Tea with skimmed milk sweetened by Natural Sweetener if required.

Green Tea and other Herbal Teas to your Hearts content.

Alcohol - No more than a glass or two of wine, beer or spirits once a week. (It is vegetable matter in a different Form)

THE ENTIRE FOOD GROUP WHICH DOES NOT FALL IN THE ABOVE CATEGORIES EAT DO YOUR DESIRES CONTENT IN MODERATION.

FRUITS, NUTS, VEGETABLES AND GRAINS.
EXPERIMENT WITH YOUR OWN RECIPES.

Process of eating is to replenish what is required by your body to function without distress.

Eat only when you feel you are hungry. Do not do emotional eating.

Eat three meals a day and portioned such that you feel hungry before each meal.

Always chew your food for 30 times before swallowing. This is a way to use up your eating time also makes the morsel easy to digest.

Drink plain water whenever you are thirsty to your heart's content. Do not over hydrate - drink water without the bodily signals. Keep water still in some container for at least 6 hours before drinking, avoid drinking straight from the tap.

Visit this [LINK](#) to see a recipe.

Visit this [LINK](#) to Natural Food For Humans