

4 hour body food list pdf

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ENZA Living
Desire · Create · Thrive

Vitamines

A

Beta Carotene
Powerful anti-oxidant,
sight, bones & teeth,
growth & tissue repair

Red & Yellow
peppers
Spinach
Carrots

Tomatoes
Watercress
Dried apricots
Mango
Green leafy
vegetables

Many brightly coloured
fruit & vegetables

B group

Important for energy,
using fats & protein. Cell
growth & nervous system.
No problem in varied diet

Mushrooms
Beans
Bananas
Oranges
Green leafy
vegetables
Beansprout
Wholegrains
Avocado
Nuts Lentils
Yeast extract

Phosphoric acid
drinks
* Salt acid
esp. in processed

B12

Used in nerve formation
& cell production.
Oxidative can lead
to anaemia.

Fortified
products:
Soya milk
Cereals
Margarine
Soya "meat"
Yeast extract

Important to ensure a good
dietary source from fortified
foods is taken as a
supplement. (Chlorophyll,
Reduced amounts for children.
Check labels.

C

Use to fight infection &
local wounds.
Antioxidant

Green leafy
vegetables
eg. cabbage
Oranges
Kiwi fruit
Potatoes
Frozen peas
Blackcurrants
Broccoli
Mango
Parsley

D

Needed for calcium use.
Healthy bones & teeth.
Plenty if outdoors
to sunbathe.
Supplement in winter

Sunlight
on the
skin

Fortified:
Soya milk
Cereals
Margarine

* Dry is animal free

E

Anti-oxidant. Used to
protect against disease.
Thrombosis.
Skin health.

Olive oil
Tomatoes
Carrots
Avocado
Nuts & Seeds
Apples
Wholegrains

K

Energy use. Fight infection.
For blood clotting &
healthy bones. Should be
plentiful in varied diet.

Green leafy
vegetables

Kelp (Kombu)
Lettuce
Lentils Peas
Broccoli

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Minerals

Iron

Used in production of red
blood cells & oxygen
transportation. Ensure
good dietary supply.

Green leafy
vegetables
eg. Kale
Dried apricots
Beans & Lentils

Tofu & Figs
Dates
Cabbage
Pumpkin seeds
Millet

Best absorbed with
Vitamin C. Avoid tea
& coffee around meals.

Calcium

For teeth, bones & muscles.
Also for hormones & blood
clotting. Plant sources are
very useful.

Almonds
Green leafy
vegetables
eg. Kale
Soya milk
Swede
Broccoli
Tofu
Spinach
Watercress

* Calcium only

Zinc

Important for strong
immune system and
wound healing. Plenty
in wholefood diet.

Green leafy
vegetables
Tofu & Lentils
Almonds
Wholegrains
Sesame seeds
Pumpkin
Seeds

Iodine

Important for metabolism
& healthy functioning of
thyroid gland.
Ensure good supply

Green leafy
vegetables
Almonds
Soya beans
Apricots
Avocado
Wholegrains
Bananas
Apples
Cashew
nuts
Kelp (Kombu)
(Dried or tablets)

Iodine in vegetables
depends on the soil.
Seaweeds are the best
sources, esp. Kelp
also called kombu.

Magnesium

For bone strength, nerve &
muscle function.
Plenty in balanced diet.

Green leafy
vegetables
Almonds
Soya beans
Apricots
Avocado
Wholegrains
Bananas
Apples
Cashew
nuts

**Selenium
Phosphorous
Potassium**

Selenium is antioxidant &
fight disease. Potassium
for blood pressure &
calcium balance. Avoid salt.

Brazil nuts
Wholegrains
Strawberries

Pumpkin seeds
Bananas
Tomatoes
Chick peas
Yeast extract
Many fruit &
Vegetables

**Other trace
elements**

Used in production of red
blood cells & oxygen
transportation. Ensure
good dietary supply.

Green leafy
vegetables
Beans & Lentils
Wholegrains
Potatoes
Almonds
Seaweeds
Bananas

FATS

ESSENTIAL FATTY ACIDS
Essential for health & nerve function.
Vital to get lots of Omega 3.

Linseed oil & Nuts
Green leafy vegetables
Hempseed oil
Avocado
Olive oil
Rapeseed oil

Often oil is best for cooking. All oils should be fresh
& stored in a dark, cool place. Avoid trans &
hydrogenated fats. Never re-use oil.

PROTEIN

Used for growth & repair of body tissues.
For hormones & enzymes.

Beans & Lentils & Nuts
Beansprouts
Tofu
Hummous
Soya milk
Seeds
Wholegrains

Protein needs are automatically met by a balanced,
varied diet. There is even protein in potatoes!

CARBOHYDRATES

For energy. Use complex carbohydrates - avoid sugar
& white, refined, processed grains. No problem.
Eat lots of...

Wholegrain rice
Wholemeal bread
Lentils & Oats
Potatoes
Cereals & Beans
Pasta

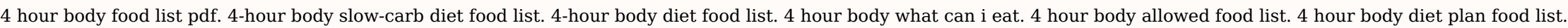
By cereals & wholemeal

FIBRE

Vital for health, keeps bowels healthy.
Ensures cholesterol & regulates appetite.
No problem in healthy diet!

Wholegrains & Nuts
Fruit & Vegetables
Beans & Lentils
& Seeds
Eat organic!
Drink 2 litres water

Get top advice

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