



M.E.S.S.

The Formula Is Simple

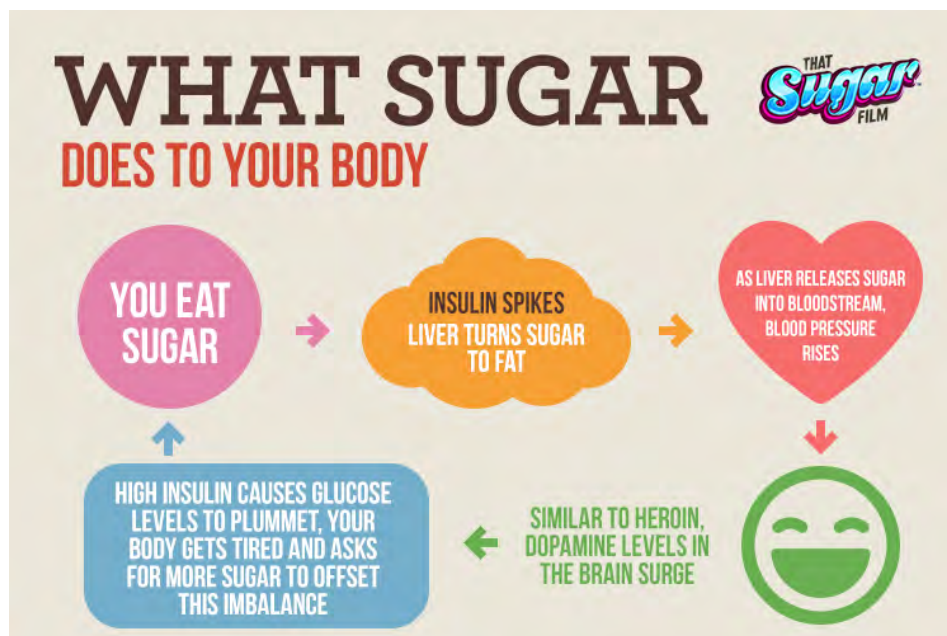
NUTRITION GUIDEBOOK: SUGAR



That sweet tooth of yours is getting you in a whole and hole lotta trouble! Even a number of the “healthy” foods you eat are loaded with sugars and its the main culprit, food and drink wise holding you back from moving and feeling better!

Check out the crazy amounts of sugar in these products and you’ll rethink your appetite and consumption.

* Credit to THAT SUGAR FILM





HEALTHY BREAKFAST SWAP!

For morning eats, be energised and nourished with real, whole foods!



Margarine



Avocado



Jam



Smashed
berries



Juice



Banana,
greens & nuts
smoothie



Pastry



Sourdough &
nut butter



Corn
flakes



Whole oats or
buckwheat



Flavoured
yoghurt



Greek yoghurt
& fresh fruit



Fried eggs &
Fish Fingers



Poached eggs
& salmon



FOODS FOR HAPPINESS



Nutrients for good mood include calcium, chromium, folate, iron, magnesium, omega-3 fatty acids, vitamin B6, vitamin B12, vitamin D, and zinc. Munch down on these foods for a happiness boost!



GREEN TEA



GREEK YOGHURT



BROCCOLI



WHOLE GRAINS



EGG



LEAFY GREENS



WALNUTS, PEPITAS,
FLAX AND CHIA SEEDS



CASHEWS



SARDINES, SALMON
AND MUSSELS



BEANS, CHICKPEAS
AND LENTILS

How much SUGAR is in that breakfast cereal?

 2.8 teaspoons sugar  Uncle Tobys Oats Quick Cup (Creamy Honey) (12.5g sugar per tub)	 2.8 teaspoons sugar  Kellogg's Nutri-Grain (12.8 g sugar per cup)	 1 teaspoon sugar  Uncle Tobys Cheerios (4.4g sugar per cup)	 4.6 teaspoons sugar  five.am Apple Crumble Granola (20.5g sugar per cup)
 0.2 teaspoons sugar  Sanitarium Weet-Bix (1g sugar per two bricks)	 2.8 teaspoons sugar  Carman's Classic Fruit & Nut Muesli (12.7g sugar per cup)	 3.6 teaspoons sugar  Kellogg's Coco Pops (16.4g sugar per cup)	 0.6 teaspoons sugar  Kellogg's Corn Flakes (2.8g sugar per cup)

Nutritional values are from products' nutrition information panels and calorieking.com.au.
1 teaspoon sugar = 4.5g sugar

AUSTRALIAN
healthyfood GUIDE

THE VICIOUS CYCLE OF STIMULANTS, STRESS AND SUGAR





A HIGH SUGAR DIET CAN LEAD TO WEIGHT GAIN

A high sugar diet can lead to weight gain, which increases your risk of cancer

OVERWEIGHT AND OBESITY COULD CAUSE 10 TYPES OF CANCER

OUR ADVICE?

LIMIT YOUR INTAKE OF ADDED SUGARS TO 6 TEASPOONS PER DAY

Oesophagus

Breast after menopause

Liver

Pancreas

Kidney

Bowel

Womb

Being overweight may also cause gallbladder, aggressive prostate and ovarian cancer.

BRAIN

A diet high in sugar and processed foods increases risk of depression.

HEART

Damage to arteries due to inflammation from high sugar intake can increase risk of heart attack and stroke.

KIDNEYS

Diabetes is one of the main causes of kidney failure; high sugar intake can damage the delicate kidney filtration system.

JOINTS

Due to inflammation from high sugar intake, symptoms of arthritis can be worsened.

SKIN

High sugar intake causes oxidative stress, contributing to aging skin.

OTHER

Other areas impacted include teeth, lung function, sexual function, digestive tract, and weight.

LIMIT YOUR INTAKE OF ADDED SUGARS TO 6 TEASPOONS PER DAY.





FEED YOUR BRAIN

USE FOOD AS
MEDICINE TO BOOST
MEMORY, MOOD AND
COGNITION!



Berries – Full of
flavonoids to dampen
brain fog.



Eggs - Choline-rich
for memory and
muscle control.



Omega 3 - Oily fish,
walnuts, chia and
flaxseed contain
neuron nourishing
DHA and EPA.



Good fats – Protect and
fuel with coconut,
avocado, olives, nuts and
butter.



Variety of veg – Get 5
serves & some leafy
greens for brain loving
antioxidants & nutrients.

Ensure 7-8 hours of restful sleep and drink plenty of water. Limit or avoid heavily processed foods, added refined sugars, heavy metal & chemical exposure, and chronic stress.



WINTER WARMERS

ON THOSE CHILLY DAYS,
ENJOY THESE TO GET THE
BLOOD FLOWING AND
GIVE YOURSELF A HUG
FROM THE INSIDE OUT.

GINGER



Warming,
anti-inflammatory & may
lower fasting blood

CINNAMON



A tasty sweetener
alternative, anti-
microbial & may boost
insulin sensitivity.

HOMEMADE BROTH



Packed with vegetables
& minerals, nourishing
& satisfying.

GREEN TEA



Packed with
antioxidants, comforting
& may boost metabolism



FATS AND OILS

THE GOOD, THE BAD, THE NASTY

WE LOVE A LITTLE FAT! WHEN BUYING OILS, AIM FOR FIRST COLD PRESSED EXTRA VIRGIN VARIETIES.

LOVE THEM

MONOUNSATURATED FATS

OLIVE OIL

SATURATED FATS

BUTTER & COCONUT OIL

OMEGA-3 FATS

OILY FISH & FLAXSEED OIL

LEAVE THEM

HIGHLY PROCESSED

SEED OILS

MARGARINE

TRANS-FATS

Best source of fats are from whole foods, including avocado, olives, coconut, nuts, seeds, eggs, dairy, grass fed, free-range meats and poultry, and wild fish.



KEEP CALM & JUST EAT REAL FOOD

SUPPORT YOUR MOOD AND COMBAT THE IMPACT OF STRESS WITH THESE FOODS!

PROTEIN

Tryptophan, glutamine & tyrosine for mood and stress. Eat nuts, seeds, legumes, non-GMO soy, dairy, oats, fish,

MINERALS

Calcium, magnesium, iron, copper & zinc for adrenal, liver, energy & mood. Eat veg, seeds, nuts, legumes, full-fat dairy, fish, eggs, poultry & meat.

VITAMINS

B vitamins for neurotransmitter & energy synthesis. Eat leafy greens, legumes, unrefined whole grains, seeds, avocado, banana, pumpkin & organ meats.

ANTIOXIDANTS

Phytochemicals protect & support the liver, brain and all cells. Eat an abundance of colourful fruit and vegetables.