

Gemma Landau, Qualified Nutritional Therapist at The Food Doctor Clinic, Harley Street, has created a factsheet of foods parents should include and avoid in their weekly shop.



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Things to include	Things to avoid
<ul style="list-style-type: none"> <li>• Fresh fruit and vegetables</li> <li>• Fresh animal and vegetarian protein</li> <li>• Wholegrain (complex) carbohydrate</li> <li>• Protein with every meal and snack</li> <li>• Omega 3 (see Gemma’s article on KarenDoherty.com)</li> <li>• Nuts and seeds (raw, unsalted)</li> <li>• Pulses and legumes such as chickpeas and lentils</li> </ul>	<ul style="list-style-type: none"> <li>• E numbers                      These generally get bad press, but they are not all bad news. However E numbers usually represent food additives or colouring, so they are best avoided in your daily diet</li> <li>• Saturated and hydrogenated fats.                      A diet high in saturated or hydrogenated fat is not advised due its contribution in raising cholesterol in the blood (cakes, crisps, chocolate, etc.)</li> <li>• Carbohydrate that are sugars.                      Check for the amount of carbohydrates that are sugar on the back of the packet. If the numbers or percentages are high, eat in moderation, as these are unlikely to keep you full for long and can contribute to an increase in sugar cravings</li> <li>• Artificial sweeteners (e.g. xylitol, sorbitol)</li> <li>• High sugar breakfast cereal</li> </ul>