

## good nutrition on a low chemical diet

If you are on a long-term restricted diet because of food intolerances, you'll need to pay careful attention to maintaining good nutrition.

**Protein, fat and carbohydrates** come from staple foods. Proteins provide the building blocks for your tissues. Fats and carbohydrates supply the fuel for your body to generate and store energy. Even on a low-chemical diet you should be able to meet your protein and energy needs. If you begin losing weight, you're probably not getting enough kilojoules (calories) and need to increase your intake of staple foods. Ask your dietitian for help if necessary.

**Vitamins and minerals** are necessary in small amounts for your metabolism to function normally. Remember that energy comes from major nutrients, not vitamins, so if you feel tired and run-down more vitamins are not likely to be the answer.

*If your diet is highly restricted, ask your dietitian to check whether you are meeting your daily requirements. If in doubt, you should take a suitable multivitamin and calcium supplement (see the Shopping List on page 242).*

### LOW CHEMICAL SOURCES OF MAJOR NUTRIENTS

NUTRIENT	FOOD SOURCES
Protein	meats, fish, poultry, eggs, dairy foods
Fat	oils, margarine, meat, eggs, dairy foods
Carbohydrates	rice, potato, bread, pasta, cereals, white sugar
Fibre	wholegrain cereals, wholegrain bread, cabbage, Brussels sprouts, lentils, beans, pears
Essential fatty acids (omega-3 fats)	canola, sunflower and safflower oils and margarine, flaxseed oil, egg yolk
Natural antioxidants	foods containing vitamins A and C (below) and vitamin E (canola, sunflower and safflower oils and margarine)
Vitamin A	dairy foods, eggs, margarine, fish, lettuce, Brussels sprouts, beans, cabbage
Vitamin B1	breads (brown and white), brown rice, wholemeal pasta, fortified breakfast cereals
Vitamin B12	meat, chicken, fish, eggs, milk
Other B vitamins	dairy products, meat, chicken, fish, lentils, wholegrain cereals
Vitamin C	potato, parsley, Brussels sprouts, cabbage, peas, swedes (rutabaga)
Folic acid	Brussels sprouts, lettuce, cabbage, lentils, pulses, wholegrain cereals, fortified breakfast cereals
Iron	meat, chicken, fish, eggs, lentils, wholegrain cereals
Calcium	dairy foods, calcium fortified soy products