

There are no “magic pills” when it comes to restoring or maintaining good health. Good health is the result of making the right choices day after day.

Activity

- Sleep at least 7.5 hours per night on average
Remember, what you cannot finish before 23h00 will in any event only get done by tomorrow – go to bed!
- If you smoke – make a concerted effort to stop.
- Exercise continuously for at least 30 minutes per day on average
Tip: Brisk walking is good enough if you are not training for a marathon. You must enjoy the exercise!

Spirit / Soul / Mind

- Take timeout for yourself at least 30 minutes everyday.
Tip: Go for a walk, read a “positive” book, pray, find a hobby, listen to tranquilising music, play with your children.

Feed your Body

The Basics

- Eat solid food every 4 hours
- Do not eat solid food within 2 hours after any meal or snack
For example:
Breakfast: 06h30 till 06h50
Snack after 3 hours at 9h50 till 10h00
Light Meal after 3 hours at 13h00 till 13h30
Snack after 2 hours at 15h30 till 15h45
Main Meal after 3 hours at 18h45 till 19h15
- Eat slowly, savour and enjoy every bite
- Drink at least 200ml fluid with every meal
- Drink 200ml fluid every hour between meals
- Drink alcohol moderately
- Include as much as possible live/fresh foods (fruits and vegetables) in every meal and snack
- Do not eat solid food before sleep time/at night
- Identify and avoid foods that you might be allergic / intolerant to and avoid them
- Balance macro-nutrients
(see food plate diagrams for macro-nutrients combination and Glycemic Load (GL) List for GL values)
- Supplement “essential” functional micro-nutrients

Carbohydrate:

- Consume carbohydrate containing food and drink portions that supply a total of 55GL to 85GL per day* (including a maximum of 10GL for drinks and sweets)

- Divide Glycemic Load of carbohydrate portions as follows:
Breakfast 10GL – 15GL
Light Meal 10GL – 15GL
Main Meal 15GL - 20GL
Snacks 5GL – 8GL at a time
Drinks 0GL – 5GL at a time
(see **Macro-Nutrient Composition Diagram** for detail)
- Consume no more than 25GL during any one meal
- Consume no more than 10GL of any one carbohydrate containing food in any one meal
- Never consume drinks or sweets of more than 5GL at a time or 15GL per day
- Beware of and remember to count “hidden” GLs i.e. sugar in tea or coffee, fruit juices, chocolate etc
- Do not eat/snack/drink more than 3GL during the 2 hours prior to bedtime/sleep

Protein / Fat

- Include as much as possible plant protein in meals and snacks i.e. beans and legumes
- Consume at least 1 portion omega 3 rich food every day
- Avoid visible animal fat, foods high in saturated, hydrogenated or damaged fats i.e. deep fried foods like chips, doughnuts etc. and processed foods like Vienna sausages, pizza, hamburgers, vegetarian “meat” patties etc.

* Very active people/athletes can consider higher daily GL totals but do not exceed 25GL in one single meal.

Meal Planning Suggestions

Modern-day living has its advantages. We do not have to hunt for meat or keep a cow to have fresh milk, but we must remember to do the shopping.

- Plan your meals / menu well ahead of time, compile an ingredients shopping list and plan/do the shopping in time.
- Take your diary, “book” your meal and exercise time slots like any other appointment – do not skip meals or exercise, the maintenance of your body must take 1st priority in time management.
- If you are used to very large meals avoid high GI foods. Focus on low GI foods for bigger portions while staying within the total GL count for the meal.
- Focus on foods you like and are used to in the beginning but feel free to explore new tastes.
- **If you are not the cook in the house, discuss the meal plan with the cook, everyone can follow this diet, it will only do them good and make life easy in the kitchen.**

Allergens and Food Intolerance

Most people are aware of an acute allergic reaction to a specific food for instance peanuts. An acute allergy normally reacts quickly and is dangerous and normally never “goes away” – it stays with you forever. If you have such an allergy avoid these foods at all cost.

However, many hidden allergies or intolerances to a specific food can exist for many years without identification because the response is normally not sudden or life threatening. However, they do cause a reaction in the immune system and agitate many of the body's control systems.

Hidden allergies or a food intolerance can cause adrenal exhaustion, suppress the immune system, causing weight gain or - loss, respiratory ailments, skin abnormalities, mood disorders, headaches and gastrointestinal symptoms.

The ten most common foods or food groups that cause most allergies or that people become intolerant to are: (from most common to least common)

- | | |
|------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 1. Cow's Milk as in milk, cheese, yogurt | 7. Nuts i.e. allergens in descending order are cashews, Brazil nuts, almonds, peanuts |
| 2. Yeast as in bread, beer | 8. Beans i.e. haricot beans, soybeans, coffee beans, cocoa beans |
| 3. Eggs (specially egg whites) as in eggs, baked products | 9. White Fish i.e. salmon, mackerel |
| 4. Wheat as in bread | 10. Shellfish i.e. prawns, mussels, oysters, crayfish and squid |
| 5. Gliadin Grains i.e. rye, barley products | |
| 6. Oats (contains gluten) | |

If a food intolerance is suspected, eliminate the most common allergen (cow's milk) from your diet for six weeks. Whether the symptoms worsen during this time or not stay off it completely for the six weeks. If the symptoms have disappeared, stay off it for a total of three months and re-introduce it slowly back into your diet thereafter if you feel like it. If after six weeks nothing has changed, you do not have intolerance for cow's milk and can start consuming it again but now eliminates yeast for six weeks. Keep this procedure up until you identify the culprit.

Body pH

A surprising number and variety of physical problems and diseases can be caused by the problem of foods that are acid producing after digestion. An imbalanced diet high in acidic-producing foods such as animal protein, sugar, caffeine, and processed foods puts pressure on the body's regulating systems to maintain ideal pH at 7.35-7.45.

It is important that your daily dietary intake of food naturally acts to balance your body pH. To maintain health, the diet should consist of at least 60% alkaline forming foods such as water, lime juice, fresh fruits and vegetables and at most 40% acid forming foods such as animal protein.

Macro-Nutrient Composition Diagram

Combine macro-nutrients by volume adding the GLs of all the carbohydrate containing foods. For example ½ cup brown rice (8GL) + 150g (also look like ½ cup) chicken (0GL)+ 1 cup broccoli (2GL)= 25% carbohydrate-rich + 25% protein-rich + 50% fibre-rich carbohydrate meal, totalling 10GL. If 1 cup coffee with 2 tsp. sugar (6GL) is added to the meal total 16GL

Breakfast: 10GL – 15GL

Drinks:

200 ml – 400 ml (1 or 2 cups/ glasses) Biozest, Water or Rooibos Tea)

Essential Fat/Oil:

1 portion essential fat/oil (Desert spoon of grounded Linseed or 1000mg fish oil)

Protein-Rich Foods:

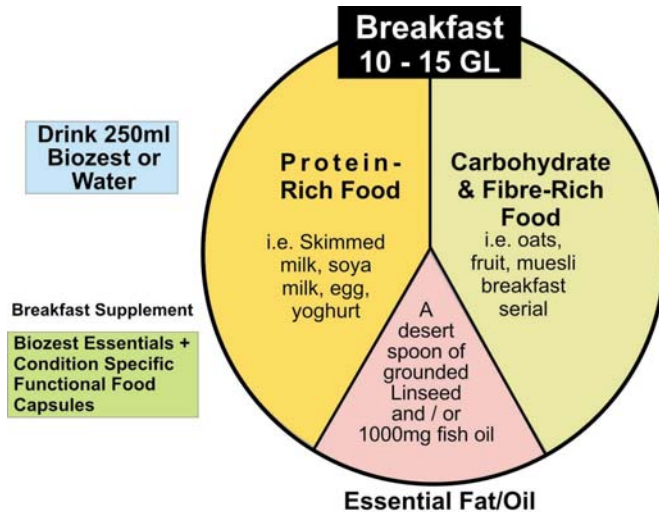
50% of volume

Carbohydrate / Fibre-Rich Foods

50% of volume

Supplements:

Biozest Essentials + Program specific functional food capsules



Main Meals (15GL – 25GL) and Light Meals (10GL – 15GL)

Drinks:

200 ml – 400 ml (1 or 2 cups/ glasses) Biozest, Water or Rooibos Tea)

Protein-Rich Foods:

25% of volume

Carbohydrate-Rich Foods:

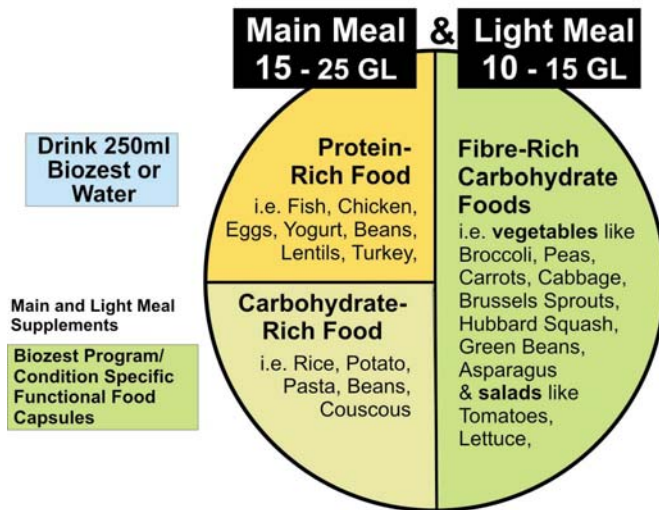
25% of volume

Fibre-Rich Carbohydrate Foods:

50% of volume

Supplements:

Biozest Program specific functional food capsules (if any)



Snacks (5GL - 8GL)

Drinks:

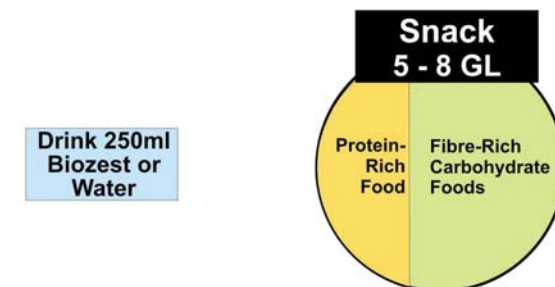
200 ml – 400 ml (1 or 2 cups/ glasses) Biozest, Water or Rooibos Tea)

Protein-Rich Foods:

20% of volume

Fibre-Rich Carbohydrate Foods:

80% of volume



Glycemic Load (GL) List

- The Glycemic Load (GL) of foods indicates the relative glycemic effect of both quantity and quality of the carbohydrate in a portion of that specific food. Glycemic Load (GL) is calculated by taking the percentage of the food's carbohydrate content per portion and multiplying it by its Glycemic Index (GI).
- Glycemic Load (GL) values of carbohydrate containing foods are directly in relation to portion size. For example, if 1 slice Brown Bread = 15GL, then ½ a slice = 8GL (7.5GL) and 2 slices = 30GL
- Glycemic Load (GL) values for vegetables are indicated when cooked in water without any sugar.
- There is no need to measure portions exactly but it is advisable to measure one or two foods when first starting to use this list to ensure a good feel for what an indicated portion look like on a plate i.e. measure ½ a cup of cooked rice and put it in your normal plate.

Carbohydrate-rich		Carbohydrate-rich		Carbohydrate-rich	
Bakery / Breads	GL	Breakfast Cereals	GL	Rice, Pasta & Noodles	GL
Bread Brown (1 slice)	15	All Bran (½ cup)	10	Barley (½ cup)	3
Bread Fruit Loaf – i.e.Banana bread (1 slice)	12	All Bran Toasted Muesli (½ cup)	20	Basmati Rice (½ cup)	11
Bread indicating Low GI (not seed loaf) (1slice)	11	Bran Flakes Bokomo (½ cup)	8	Brown Rice (½ cup)	8
Bread Brown (1 slice)	15	Coco Pops Kellogg's (½ cup)	10	Buckwheat (½ cup)	16
Bread Fruit Loaf – i.e.Banana bread (1 slice)	12	Corn Flakes Kellogg's (½ cup)	14	Jasmine Rice (½ cup)	20
Bread indicating Low GI (not seed loaf) (1slice)	11	Digestive Bran (½ cup)	1	Couscous (½ cup)	7
Bread Nutty Wheat (1 slice)	11	Fibre Plus Bokomo (½ cup)	8	Long Grain Whole Rice (½ cup)	11
Bread Rolls & Buns (1)	14	Fine Form Muesli (½ cup)	20	Macaroni (½ cup)	10
Bread Seed Loaf (1 slice)	9	Hi-Fibre Bran Kellogg's (½ cup)	10	Mashed Potato + Low Fat Milk (½ cup)	13
Bread White (1 slice)	15	Kellogg's Frosties (½ cup)	12	Millet (½ cup)	13
Bread White High Fibre (1 slice)	12	Mealie Pap hot – no sugar (½ cup)	12	Pasta Durum Wheat (½ cup)	3
Bread Whole Grain Rye (1 slice)	11	Mealie Pap cooled – no sugar (½ cup)	12	Pasta Wheat Flour (½ cup)	11
Bread Rye (1 slice)	15	Morning Harvest Muesli Bokomo (½ cup)	20	Potato Baby New (1)	4
Bread Whole Wheat (1 slice)	11	Muesli containing mainly rolled oats & seeds (½ cup)	15	Potato baked (1 med)	28
Cream Cracker (1 cracker)	4	Oats – Instant – Flavoured (1 packet)	31	Potato Chips / French Fries (30 Chips / 110g Small packet)	28
Croissant (1 med)	20	Oats – Instant – Natural (1 packet)	16	Rice Arborio / risotto cooked (½ cup)	14
Crumpet (1 med)	8	Oats – Natural – Cooked (½ cup)	7	Rice Noodles (½ cup)	10
Doughnut (1 plain)	18	Oats – Natural – Raw (½ cup)	9	Rice White i.e. Tastic (½ cup)	10
Flapjack (1)	17	Oats – so – Easy (1 packet)	16	Samp Cold (½ cup)	12
Hot Cross Bun (1)	15	Pronutro – Flakes (½ cup)	10	Samp Hot (½ cup)	25
Muffins Bran (1 med)	18	Pronutro – Original (½ cup)	20	Spaghetti (½ cup)	10
Muffins Plain (1 med)	18	Pronutro – Whole-wheat (½ cup)	12	Two Minute Noodles (1 packet)	45
Oat Biscuit (1)	8	Pronutro – Whole-wheat Honey melt (½ cup)	20	Wild Rice (½ cup)	8
Pita Bread (1 small)	28	Puffed Wheat (½ cup)	10		
Provita (1)	2	Rice Krispies (½ cup)	14	Convenience Foods	GL
Rice Cakes (1)	6	Special K Kellogg's (½ cup)	18	Hamburger & Small Chips	45
Rusks Ouma Nutri (1)	8	Up 'n Go Bokomo (1 packet)	14	Pie & Small Chips	40
Ryvita (1)	4	Weetbix (1 piece)	10	Pies (100g)	12
Scones Plain (1 med)	18	Winnie the Pooh Hunny B's (½ cup)	10	Pizza – Small / 20cm	40
Shortbread (1)	4			Sushi (4 pieces)	25
Snackbread Wholewheat (1)	4				
Waffles (1 med)	20				

Glycemic Load (GL) List continue

Fibre-Rich Carbohydrates		Fibre-Rich Carbohydrates		Other Carbohydrate Containing Food	
Vegetables	GL	Fruit	GL	Snacks and Sweets	GL
Asparagus (1 cup)	1	Apples (1 med)	7	Bar One (1 med)	26
Beetroot (1 med)	3	Apples Dried (2 rings)	2	Cake Sponge (1 x 5cm x 5cm)	10
Broccoli (1 cup)	2	Apples Tinned (½ cup)	3	Cashew Nuts (50g)	3
Brussels Sprouts (4)	1	Apricots (1)	2	Chips i.e. Simba (1 small packet/30g)	10
Butternut (1 cup)	8	Apricots Dried (2 halves)	1	Chocolate (2 blocks from a slab)	3
Cabbage (1cup)	2	Banana (1 med)	12	Corn Chips i.e. Fritos (1 small packet/50g)	19
Carrots (1 cup)	6	Blue Berries (½ cup)	2	Cream Crackers (1 cracker)	4
Cauliflower (1 cup)	2	Cranberries (½ cup)	2	Custard (½ cup)	9
Egg Plant (3 x 1cm slices)	2	Fig (1)	1	Doughnut (1 med)	20
Green Beans (1 cup)	2	Grapefruit (½)	2	Ice Cream Low Fat (2 scoops)	8
Green Peas (½ cup)	4	Grapes (1 cup / small bunch)	7	Jams (1 heaped teaspoon)	8
Hubbard Squash (1 cup)	8	Kiwifruit (1)	4	Jelly Beans (1 small packet/75g)	56
Leeks (1 cup)	2	Lemons/Limes (1 med)	8	Jelly Pudding (½ cup)	8
Onion Cooked (1 med)	1	Litchi (1 cup)	14	Lifesavers (1 packet)	25
Pumpkin (1 cup)	8	Naartjie (1 med)	5	Marshmallows (1 sweet)	4
Spinach (1 cup)	2	Orange (1 med)	8	Marie Biscuit (1 biscuit)	4
Split Peas Cooked (1 cup)	8	Papaya / Pawpaw (1 x 25cm x 2.5cm)	5	Muffin (1 med)	17
Squash (½)	2	Pear (1 med)	7	Oat Biscuit (1 biscuit)	8
Sweet Corn (½ cup)	9	Pears Tinned (½ cup)	6	Peach Tinned in syrup (½ cup)	14
Sweet Potato (½ cup)	10	Peach (1 med)	4	Peanuts (small packet/50g)	1
Turnips (½ cup)	3	Peach Dried (2 halves)	1	Popcorn (1 cup)	5
		Peach Tinned in fruit juice (½ cup)	7	Pretzels (small packet/30g)	16
		Peach Tinned in syrup (½ cup)	14	Pumpkinseeds (10g)	1
Salads	GL	Pineapple (1 x 1cm ring)	3	Rusk (1)	8
Avocado	1	Pineapple Tinned (½ cup)	12	Ryvita (1 biscuit)	4
Celery	0	Plums (1)	2	Shortbread (1 biscuit)	4
Cucumber	0	Prunes Dried (3)	4	Sugar Free Sweets	0
Lettuce & Leaves	0	Raisins (½ cup)	8	Super C Gums (1 small packet)	31
Mushrooms	0	Raspberries (½ cup)	2	Waffle (1 med)	20
Olives	0	Strawberries (½ cup)	2	Waffle with syrup and ice cream	40
Onion	1	Sweet Melon (1 x 25cm x 3cm slice)	3		
Sprouts	0	Water Melon (1 x 25cm x 3cm slice)	3		
Sweet / Bell Peppers	0				
Tomato	1				
Drinks	GL	Drinks (continue)	GL	Sweeteners	GL
Biozest Drink (1 glass/200ml)	0	Lucozade (1 bottle/500ml)	43	Brown Sugar (1 teaspoon)	3
Biozest Drink (500ml)	1	Milk Low Fat (1 glass/200ml)	4	Chemical Sweeteners (1 tablet / 1 sachet)	0
Carbonated Drink Sweetened (1 can/340ml)	24	Milo in Low Fat Milk (1 glass / 200ml)	4	Condensed Milk (1 teaspoon)	3
Carbonated Drink Sugar Free (1 can/340ml)	0	Nesquick in Low Fat Milk (1 glass/200ml)	10	Fructose (1 teaspoon)	1
Chocolate Milk Low Fat Sweetened (1 glass)	9	Oros Squash (1 glass/200ml)	14	Honey – Commercial (1 teaspoon)	11
Coffee no sugar (1 cup)	0	Powerade (1 bottle/500ml)	18	Honey – Raw (1 teaspoon)	4
Coffee sweetened with 2 teaspoons sugar	6	Sugar Free Drinks (1 glass/can)	0	Sorbitol Sugar substitute (1 teaspoon)	>1
Energade (1 bottle/500ml)	17	Tomato Juice (1 glass/200ml)	5	SugaLite Hulllets (1 teaspoon)	3
Fruit Juices Pure (1 glass/200ml)	13	Tea no sugar (1 cup)	0	White Sugar (1 teaspoon)	3
Fruit Juice Pure Lite (1 glass/200ml)	4	Tea sweetened with 2 teaspoons sugar	6	Xylose (1 teaspoon)	>1
Ice Tea – Lite/Sugar Free (1 glass/can)	0	Water (1 glass/200ml)	0		

Glycemic Load (GL) List continue

Sources of Protein		Sources of Protein		Sources of Essential Fat/Oil	
Animal Protein (Preferably without visible fat)		Plant Protein (Best option)		Omega 3	GL
	GL		GL		
Beef (150g)	0	Baked Beans (½ cup)	11	Herring	0
Chicken (preferably without skin) (150g)	0	Black Beans (½ cup)	5	Mackerel	0
Cheese (100g)	0	Broad Beans (½ cup)	12	Salmon	0
Cheese Spreads (50g)	1	Butter Beans (½ cup)	3	Sardines	0
Fish (200g)	0	Chickpeas (½ cup)	6	Linseed	0
Game (150g)	0	Kidney Beans (½ cup)	3	Pumpkin Seeds	0
Mutton / Sheep (150g)	0	Lentils (½ cup)	4	Walnuts	0
Turkey (150g)	0	Peas Split Dried (½ cup)	4		
		Soya Beans (½ cup)	1	Omega 6 & 9	GL
		Sugar Beans (½ cup)	4	Almonds	0
		White Beans (½ cup)	4	Olive	0
				Pumpkin Seeds	0
				Sesame	0
				Soya	0
				Sunflower	0
				Walnuts	0

Fibre- & Protein-Rich Carbohydrates		Protein-rich with Carbohydrate		Sources of Nutrient Dense Foods	
Beans & Legumes		Diary & Dairy Alternatives		Herbs & Spices	GL
	GL		GL		
Baked Beans (½ cup)	11	Butter Milk – Low Fat (1 cup)	3	Basil	0
Black Beans (½ cup)	5	Cottage Cheese (1 cup)	1	Black Pepper	0
Broad Beans (½ cup)	12	Custard with Low Fat Milk (½ cup)	9	Cayenne Pepper	0
Butter Beans (½ cup)	3	Milk – Low Fat (1 cup)	4	Chilli Pepper	0
Chickpeas (½ cup)	6	Soya Milk (1 cup)	6	Coriander (seed and fresh)	0
Kidney Beans (½ cup)	3	Soya Milk – Sweetened (1 cup)	8	Cinnamon	0
Lentils (½ cup)	4	Soya Yogurt (175ml tub)	3	Cloves	0
Peas Split Dried (½ cup)	4	Yogurt – Low Fat - Sugar Free (175ml tub)	3	Cumin Seeds	0
Soya Beans (½ cup)	1	Yogurt – Low Fat – Sweetened (175ml tub)	11	Dill	0
Sugar Beans (½ cup)	4			Garlic	0
White Beans (½ cup)	4			Ginger	0
				Mustard Seed	0
				Oregano	0
				Peppermint	0
				Rosemary	0
				Sage	0
				Thyme	0
				Turmeric	0