

No. 1



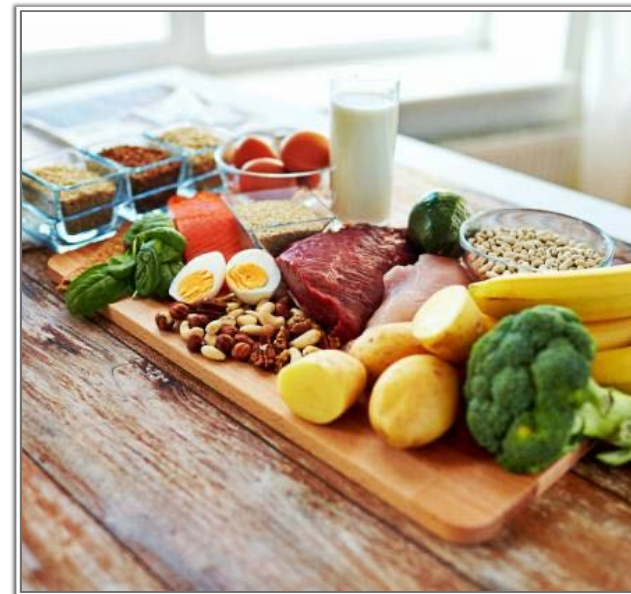
Cherpak CE (2019). Mindful Eating: A Review Of How The Stress-Digestion-Mindfulness Triad May Modulate And Improve Gastrointestinal And Digestive Function. *Integr Med (Encinitas)* 2019 Aug; 18(4): 48–53.

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1

No. 2

Royal Variety



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2

No. 3

Plenty of Protein



Veldhorst M *et al.* (2008). Protein-induced satiety: Effects and mechanisms of different proteins. *Physiology & Behaviour* 94(2) 300-307

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No. 4

The Fats of Life

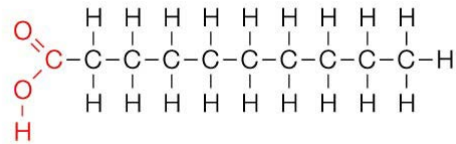


Restrepo B (2016). Denmark's Policy on Artificial Trans Fat and Cardiovascular Disease. *Am J Prev Med* 50(1) 69
Malhotra A (2013). Saturated fat is not the issue. *BMJ* 347:f6340
Siri-Tarino *et al* (2010). Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease. *Am J Clin Nutr* 91(3):535-46.
Nocella, C *et al.* (2018). Extra Virgin Olive Oil and Cardiovascular Diseases: Benefits for Human Health. *Endocr Metab Immune Disord Drug Targets*. 18(1):4-13.

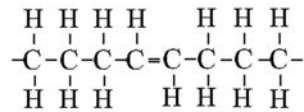
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Structure of fats

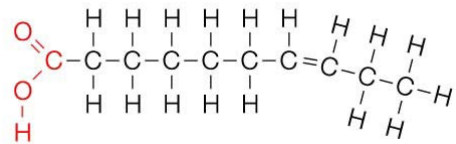
Saturated



Trans



Unsaturated



No. 5

the
Spice
of life



The Cancer Fighting Kitchen. Rebecca Katz with Mat Edelson

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No. 6

Fill up with
Fibre



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fed and **Watered**

No. 7

Grandjean, C. Reimers, K. Buyckx, M., (2003). Hydration: Issues for the 21st Century. *Nutrition Reviews*. 61, 261-271

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