

You loved your last book...but what
are you going to read next?

Using our unique guidance tools, Lovereading will help you find new
books to keep you inspired and entertained.

Opening Extract from...

Eat Real Food

Written by Julie Montagu

Published by Hay House

All text is copyright © of the author

This Opening Extract is exclusive to Lovereading.
Please print off and read at your leisure.

EAT *Real* FOOD

Simple Rules for Health, Happiness
and Unstoppable Energy

JULIE MONTAGU

THE FLEXI FOODIE



HAY HOUSE

Carlsbad, California • New York City • London • Sydney
Johannesburg • Vancouver • Hong Kong • New Delhi

First published and distributed in the United Kingdom by:

Hay House UK Ltd, Astley House, 33 Notting Hill Gate, London W11 3JQ
Tel: +44 (0)20 3675 2450; Fax: +44 (0)20 3675 2451; www.hayhouse.co.uk

Published and distributed in the United States of America by:

Hay House Inc., PO Box 5100, Carlsbad, CA 92018-5100
Tel: (1) 760 431 7695 or (800) 654 5126
Fax: (1) 760 431 6948 or (800) 650 5115; www.hayhouse.com

Published and distributed in Australia by:

Hay House Australia Ltd, 18/36 Ralph St, Alexandria NSW 2015
Tel: (61) 2 9669 4299; Fax: (61) 2 9669 4144; www.hayhouse.com.au

Published and distributed in the Republic of South Africa by:

Hay House SA (Pty) Ltd, PO Box 990, Witkoppen 2068
info@hayhouse.co.za; www.hayhouse.co.za

Published and distributed in India by:

Hay House Publishers India, Muskaan Complex, Plot No.3, B-2,
Vasant Kunj, New Delhi 110 070
Tel: (91) 11 4176 1620; Fax: (91) 11 4176 1630; www.hayhouse.co.in

Distributed in Canada by:

Raincoast Books, 2440 Viking Way, Richmond, B.C. V6V 1N2
Tel: (1) 604 448 7100; Fax: (1) 604 270 7161; www.raincoast.com

Text © Julie Montagu, 2016

The moral rights of the author have been asserted.

All rights reserved. No part of this book may be reproduced by any mechanical, photographic or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted or otherwise be copied for public or private use, other than for 'fair use' as brief quotations embodied in articles and reviews, without prior written permission of the publisher.

The information given in this book should not be treated as a substitute for professional medical advice; always consult a medical practitioner. Any use of information in this book is at the reader's discretion and risk. Neither the author nor the publisher can be held responsible for any loss, claim or damage arising out of the use, or misuse, of the suggestions made, the failure to take medical advice or for any material on third party websites.

A catalogue record for this book is available from the British Library.

ISBN: 978-1-78180-563-3

Interior images: pp.185-190 Liron Gilenberg | www.ironicitalics.com

*Allegra Whittome January 21, 1999–February 7, 2015.
She exuded health, happiness, and unstoppable energy.*

This book's for her: www.allegrasambition.org.uk

She needed a hero, so that's what she became.

Contents

<i>Acknowledgments</i>	<i>ix</i>
<i>Introduction: How to Make "Simple" Work</i>	<i>xi</i>
Part I: My Simple Rules On Health	1
Chapter 1: Eat One Green Leafy Veg Every Day	5
<i>Learn how and why to include spinach, kale, Swiss chard, broccoli, and cabbage easily and effortlessly into your diet every day.</i>	
Chapter 2: Get Heart Healthy with Whole Grains	33
<i>Learn how and why to include quinoa, millet, brown rice, oats, and buckwheat easily and effortlessly in your diet every day.</i>	
Chapter 3: Out with Refined Sugars, In with Natural Sweeteners	61
<i>Learn how and why to include honey, brown rice syrup, maple syrup, date sugar, and coconut palm sugar or nectar easily and effortlessly into your diet every day.</i>	
Chapter 4: Goodbye Refined Oils, Hello Healthy Unrefined Oils	87
<i>Learn how and why to include olive oil, coconut oil, and flaxseed oil easily and effortlessly into your diet every day.</i>	

Chapter 5: Get the Fat on Good Fats	107
<i>Learn how and why to include avocados, and nuts and seeds easily and effortlessly in your diet every day.</i>	
Chapter 6: Get the “Super” Back into Your Diet	131
<i>Learn how and why to include goji berries, chia seeds, spirulina, bee pollen, and cacao easily and effortlessly in your diet every day.</i>	
Chapter 7: Five Simple Rules on Eating Out	151
<i>Learn how and why to eat well while dining out with my five simple tricks.</i>	
Part II: Simple Rules for Happiness and Unstoppable Energy	159
Chapter 8: Channel Your Superhero Powers	163
<i>Learn how and why to include meditation, breathing, affirmations, and yoga easily and effortlessly in your life every day.</i>	
Chapter 9: Easy Tips to Keep You Going...	193
<i>Learn what, how, and why to include vitamin D, water, greens, movement, mindfulness, and sleep to get that unstoppable energy.</i>	
<i>Conclusion: Putting It All Together...</i>	205
<i>References</i>	211
<i>Index</i>	221
<i>About the Author</i>	233

Acknowledgments

First and foremost, my husband Luke, who always believed in me even when I didn't! Thank you for being my personal cheerleader throughout this journey.

Emma, Jack, William and Nestor, my four superhero kids. Emma, thank you for sitting by my side on the sofa during the weekends while I wrote. You really kept me company and my spirits high. Jack, thank you for having so many rugby matches, which forced me to leave the writing for a bit, catch some much-needed fresh air, and root for you. William, your constant pats on the back and being so proud of your Mom, didn't go unnoticed. Thank you. And last but not least, Nestor. Thank you for cooking with me in the kitchen, tasting the recipes and even making some of your own, which truly inspired me, too.

Alix Jones, you are a miracle worker. For the past three years, you have been there to help me with so many last-minute requests and deadlines, and you've been such a huge asset while writing this book. Thank you.

Eat Real Food

.....

Lucy Whittome, Allegra's Mom. I can't really put into words how much our friendship means to me. Thank you for always being so proud of me, even when times were tough, you lifted my spirits and I hope I can forever give that back to you.

Jonathan Sattin and Triyoga where for me it really all began. You've helped launch my career and I am forever grateful. One of the greatest things I've done is to teach yoga and to be able to teach at Triyoga... well, for me, it doesn't get any better than that.

Sandy Draper for seriously perfecting this book. Your comments, notes, edits have helped make this book better than I ever imagined. Thank you.

Amy Kiberd and Ruth Tewkesbury at Hay House—from the first meeting at Dayleford to now. I still pinch myself that this book is here and it's all thanks to you, your belief in me, and your amazing, continued support. Thank you.

Thank you to everyone at Hay House UK and USA. Having this book published by you is simply a dream come true.

And last, thank you to YOU. All of you out there who have believed in me, supported me, and sent me the most wonderfully kind messages. I wouldn't be where I am today if it weren't for your constant words of encouragement and positivity. This book is for you.

Introduction

How to Make “Simple” Work

“Eat food, not too much, mostly plants.”

MICHAEL POLLAN

I love the definition of simple: Easy to understand, not elaborate, or complicated. Not complex... But what's happened to the 'simple' in eating and in our diet? When did it all become so overcomplicated? There are now thousands of diet books to choose from—but do they work, *really*? Or do they just make eating more difficult? Who, what, and which diet is right for you in the end?

We all know deep down that diets simply don't work. I feel as if the word diet has somehow morphed into a new definition of achieving a goal in an unrealistically short amount of time, during which we feel awful and even filled with resentment, depression, and guilt.

Eat Real Food

.....

Why can't we just eat as they did back in the golden olden days when calories weren't counted or didn't even matter! Our ancestors ate to live—they needed energy to sustain themselves to gather fruits, vegetables, legumes, nuts and seeds, and for hunting meat. They used up their food supplies quickly because there weren't any chemicals or refrigerators to make them last longer. They didn't have to read labels or count calories because they consumed whole foods that gave them the necessary energy and nutritional benefits they needed to survive and thrive. Their diet included salt, fats, and sugars, which they consumed in their whole states with nothing artificially added in.

Think about how eating a home-cooked meal of whole foods is satisfying, filling, and nutrient rich. Now think back to a time when you consumed a commercially, ready-made, processed, packaged meal. How did it make you feel? Most likely lethargic and, perhaps, not very satisfied. That's because these processed options are stripped of nutrients and filled with empty calories. Mother Nature is smarter than any processed food company out there. Think about it... we are attracted to brightly colored, whole foods from juicy red apples to dark green spinach. But it seems to me that many food manufacturers are trying to become their own Mother Nature by deceiving us. They want to trick us into believing that these manufactured foods are good for us because they have been brightened with colors and enhanced with 'fake' flavors.

My view is that we started getting sicker and fatter when we began consuming and counting calories that came from

anything and everything but real, whole foods. Who has the time to count calories anyway? Isn't that just one more thing to add to our long lists of "to do" each and every day? I sometimes laugh about what my ancestors would think if they saw me microwave a plastic container filled with some sort of good-for-me meal. A meal that has been made in a factory, pumped with chemicals and preservatives so that it can last longer in my refrigerator. Then, after consuming it, I write the calories consumed in my booklet that accompanies the two weeks' worth of packaged "diet" foods I'd bought...

I tell my clients to make sure they recognize every single listed ingredient on the labels of packaged foods—and there should never be more than five or six. For example, let's consider cereal. I would much rather eat granola made from whole seeds, nuts, and grains than something filled with ingredients that I've never even heard of before.

So, the burning question is: Can we really go back to "simple" and will we then feel better, have more energy, lose weight, lower our cholesterol, still enjoy our food, and be happy?

The short answer is a big, fat yes! I want to show you what I have been doing for the past eight years, ever since my youngest child was born. This way of living has not only worked for me but at the ripe age of 40 (something) and four kids later, I now feel the best I have felt in years. My energy rocks a whole new level and my health has never been better, a.k.a. lovely blood pressure,

perfect resting heart rate, and low cholesterol, to name just a few. This is all due to adding in the good stuff—food, breathing, yoga, meditation, and affirmations—that naturally crowd out the bad stuff. Trust me.

How do I make “simple” work?

Let’s remember the facts first. I think we all know that when we eat less saturated fat, less cholesterol, and more fiber, we help our bodies with “disease prevention.” Do you know which foods contain no bad saturated fat or cholesterol and have loads of fiber, phytonutrients, and antioxidants? Yup, wholesome plant-based foods. But it can be complicated when you go shopping for food, right? There are aisles of processed and packaged foods everywhere. It seems to me that grains, veggies, and fruits are always hidden away in the periphery of the grocery store. This is kind of sad in my view! But starting right now, right here, we have the power to change that. To change our shopping and eating habits, and in return get real, authentic energy, glowing skin, happy moods, and the power to prevent and even heal from illnesses.

I love-love-love the quote from the inspirational Michael Pollan, a nutritionist and bestselling author of *In Defense of Food*, who says “Eat food. Not too much. Mostly plants.” So if you are wondering whether you should go, vegetarian, paleo, vegan, or even raw, then ask yourself, “Shouldn’t I just do what my ancestors did and keep things simple?”

The simpler we keep things, the easier it is to wade through the crazy amount of information that's out there on "what diet to try next." So my main aim in this book is to show how simple always works best. And while we're on the subject of "diets," when I refer to the word "diet" in this book, I am talking about what we are meant to be eating—those whole foods, not the processed ones. Trust me, once you say goodbye to a diet packed with processed, packaged "junk" food and hello to a yummy, plant-fuelled diet comprised of mostly veggies, fruits, grains, nuts, seeds, and natural sweeteners, your taste buds will change and any excess weight will simply glide off with little effort. You'll start to look forward to new recipes, new whole-food discoveries, and a whole new you—which in turn will bring you to gleaming health, bounding with energy, and feeling heaps of happiness.

The start of a simple journey

The "Simple Rules", as I call them, are the ones that I've been living by for a while now, and personally I've found that they've made making healthy choices so much easier. However, I've found that the key to success comes in really understanding *why* the healthy food choices *are* healthy, and knowing all of the amazing things that these foods can do for the body. When you know what the benefits are you won't want to go without them. Although it may seem like a lot of information to take in at first, if you adapt your life slowly to incorporate one rule at a time, then you soon won't even notice that you are following them! So here follows the Simple

Rules in a nutshell and start on our simple journey toward eating a healthy, nutritious diet.

Eat wholesome, plant-based foods

First of all, flood your kitchen with wholesome, plant-based foods. If it is processed or comes in a packet with a long list of ingredients on the label then the chances are it is not good for you. When you do this, you will immediately notice that your refrigerator and your cupboards are filled with so much more color. Stop buying the foods that don't fit into the concept of simple and focus on plant-based and whole-grain varieties. Think of it as your mission to incorporate more good foods into your kitchen because having some whole foods in your diet is better than none. Then think of me as your cheerleader, to cheer you on, to share more ideas, to create more interesting recipes that can help you get to the top of the pyramid and shout to those in the bleachers, "I feel amazing!"

But more than tasting great and being super fun to cook with, whole foods contain the fiber we need to keep our systems moving. They are packed full of the natural antioxidants that our bodies crave to fight free radicals, and crammed with phytonutrients to protect us from disease. Let's zoom in quickly on the three key things that whole foods give us in abundance.

1. Fiber

This keeps things moving through the digestive system and out of the body, but it also contains other benefits, such as lowering our

risk of diabetes, keeping our hearts healthy, and even preventing certain cancers.

2. Phytonutrients

These make the carrots orange, the blueberries blue, and that kale super green but also protect the plants against disease, enemies, UV rays, and environmental pollutants to name just a few. And, these fighters—a.k.a. phytonutrients—can do the same for our bodies.

3. Antioxidants

We hear the word antioxidants everywhere nowadays. This is high in antioxidants and so is that and so is that, but that one is not, etc. But do we really know what an antioxidant is and why they are good for us?

Antioxidants are found in many whole foods and these nutrients can protect us against free radicals. Free radical lesson 101 teaches us that these guys can damage our cells and be the foundations for disease. The problem is we can't stop free radicals from forming because they are constantly reacting with oxygen, which in turn we need to stay alive.

A good way to understand how free radicals can affect our health is by thinking about what happens when we peel and chop a banana. After being exposed to the air, the banana turns brown—that's the oxidation process in real live action. Those brown parts are the free radicals forming and it is impossible to avoid these

puppies. In the same way, the human body is also exposed to oxygen and so free radicals are forming in us all of the time—whether from breathing in exhaust fumes from the traffic we sit in or from working out, or even from digesting our food. But we can combat these guys by consuming antioxidants in the foods we eat every single day. Antioxidants are our protectors, they are our superheroes, and we want to get as many of them into our bodies as possible to block the damage that free radicals can cause.

Literally, the food we eat makes all the difference, and not some “magic” pill.

Listen to your body

Which leads me on to my next “keep it simple” tip—it’s called listening to your body. Really listening. When the body gets sick that’s its way of crying out for help. However, because it can’t tell us in words, the body shows us in the form of a cold, a headache, a rash, a bad mood, some cramps, and even constipation. Most of us have been conditioned to think that popping a pill will cure a lot of these bodily cries for help, whereas, most of the time, medications often cause more symptoms in the form of side effects. Meds mask the cold, the cramping, the congestion, the constipation, and the moods. If we develop a rash or some skin irritability, it is likely that our body is trying to get rid of toxins by pushing them out through the skin. Or if we are having a hard time eliminating them, it is most likely that our bodies are not getting what they need—fiber.

Think of your body like a car for a second. What happens if you give your car diesel when it needs unleaded? It breaks down, of course! The same applies to our bodies. If we are not feeding them the right fuel, they are going to break down. But have no fear because we can repair our bodies with what we put in our mouths—whole foods. The cries out from our bodies—a.k.a. the symptoms—are almost always evidence of something bigger that we can treat by changing our eating habits and lifestyles. But sadly, popping a pill is easier and takes a lot less effort than changing our habits. So the first pill (no pun intended) to swallow is forward planning.

Yes, at first some forward planning will be required in order to create meals and snacks that consist of whole, healthy foods, which will also mean learning how to create more space for you. But you will soon find you easily adapt to this new, simpler way of eating and living. Before you know it, these changes will have become healthy habits because whole foods truly give us the opportunity to have fun in the kitchen, explore new recipes, and discover interesting ingredients. Personally, I think making a Quinoa and Red Pepper Chili (*see page 51 for the recipe*) makes for a much more fun and interesting meal than a pan-fried steak plopped alongside some boiled carrots and mashed potatoes. Additionally, even taking just five minutes out of your day for some breathing or meditation, or even a forward fold, gives that little bit of energy and happiness back to yourself.

Eat an energizing breakfast

The old mantra that breakfast is the most important meal of the day continues to ring true. I know a lot of us have become so busy with life that we have gotten into the habit of slugging a coffee and maybe consuming a sugar-laced muffin, a cereal bar, or a refined flour bagel. Or, to sum it up, a bunch of empty calories that are stripped of nutrients. Think of breakfast as setting the tone for the rest of your day—I am serious about that! Trust me, you simply will not lose weight by skipping breakfast. You will, however, screw up your metabolism and possibly even become a morning grump. When I am hungry, I am grumpy!

Breakfast means “breaking” the “fast.” You wake up in the morning and haven’t eaten since the night before, so it has likely been 10 hours since your last meal. That is a good thing as it gives your body time to rest, digest, and reset. But when we wake up in the morning we are moving again and we are thinking again, therefore we need to be on top form. By eating breakfast you are waking up your metabolism and getting it revved-up for the day. Eating breakfast wakes up your brain, making you more alert and ready to take on the world. If you start out with a healthy breakfast of whole foods then you are more likely to choose something healthy for lunch, too. It is all about starting the day on the right foot by engaging right away with your health and wellness. It takes time to change unhealthy habits so making a habit of a healthy breakfast every morning is a great way to start the change.