



TEMPLE

Vitality

Introduction and principles



TEMPLE *Vitality*

The diet we hope you will follow when you are on the Temple Vitality programme is designed to optimise your health and well-being. Whether or not you are seeking to lose weight, or if you have lost weight and are seeking to stay stable at your lower weight, the same principles apply. We shall describe several recipes for main meal and snacks. These adhere to the **Temple Vitality recommendations** for improving and maintaining health and well-being, but should be considered as representative examples.



Once you understand the **6 principles** you can recognise a “healthy” recipe when you see one, you can adapt a recipe to make it healthy and many of you will generate your own recipes from scratch. For each of the principles there is an illustrative webinar and we strongly advise you to view these as well as the blogs on the website which relate to the Temple Vitality diet.



The 6 Temple Vitality nutritional principles are:

1. Minimise ultra-processed foods
2. Consume plenty of quality protein
3. Eat mainly foods with a low glycaemic load
4. Eat healthy fats
5. Have a diet rich in plant based foods
6. Eat plenty of fibre

Observe these 6 straightforward principles and you will not go wrong in eating a very healthy diet!

Before moving on to recipes, some information follows which might help to guide you in making dietary choices.



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FOOD FACTS

1. PROTEIN ([see webinar](#))

Adults should aim for a minimum of 0.8g of protein per kg of body weight (e.g 56g for a 70kg person) Meat is the densest form of protein with around 30g per 100g of weight, while the equivalent value for fish is 23g. It is recommended that we get as much protein as possible from plants and in the information that follows, the protein content of some common plants will be listed.

2. GLYCAEMIC LOAD ([see webinar](#))

This relates to how much foodstuffs raise your blood sugar, thus spiking insulin release which causes sugar to be stored as fat. Examples of high, medium and low glycaemic load foods are shown in the webinar. In brief, high glycaemic load foods include white rice, white bread, pastas, cakes, biscuits, most breakfast cereals, fruit juices and fizzy drinks. Foods with low glycaemic loads include most vegetables, some fruits, beans, legumes, pulses (lentils/ chick peas), nuts, fish, meat, eggs and dairy products.

3. HEALTHY FATS ([see webinar](#))

Healthy fats are essential macronutrients that aid in the absorption of vitamins and minerals, and provide nutrients like Omega 3 and polyphenols that the body cannot produce. These fats, particularly mono- and polyunsaturated fats found in foods like extra virgin olive oil (EVOO), can lower the risk of heart disease, reduce inflammation, blood pressure, and cholesterol levels, and protect cells from DNA damage. Despite their higher calorie content, which often deters people from consuming them, healthy fats play a crucial role in enhancing food flavour and texture, making meals more enjoyable.

4. FIBRE [\(see webinar\)](#)

Fibre cannot be digested as it passes through our small intestine and is vital in promoting gut health. The fibre content of some foods will be shown below, but good sources of fibre include fruit, vegetables, oats, legumes, brown rice and nuts. Aim for 30-45g /day.

5. COOKING OILS

Cooking oils have a wide range of temperatures at which they are no longer stable – this is known as their “smoke point”. Above this temperature, the cooking oil breaks down, producing free radicals and sometimes unhealthy fats which can have negative health impacts. Refined oils tend to have higher smoke points than unrefined oils making them more stable but can lose some of their other special properties during the refining process.

Whilst all oils have pros and cons we would recommend:

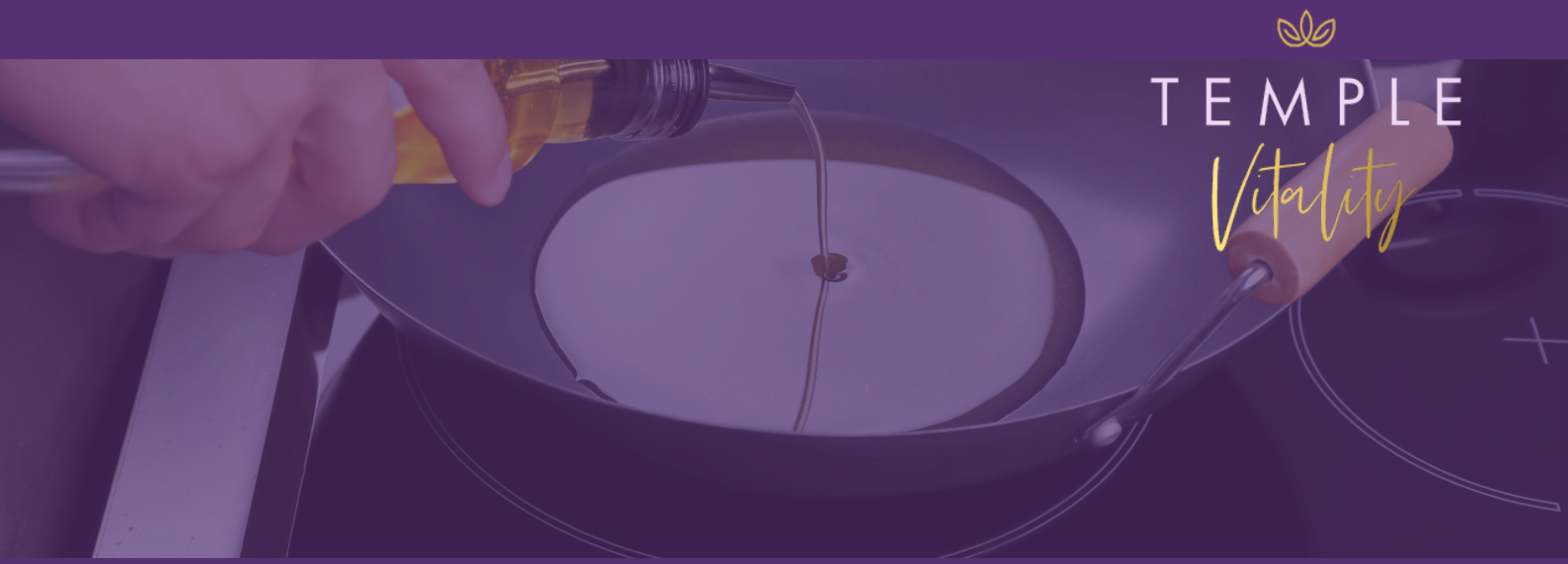
OLIVE OIL – this has quite a high smoke point but the best quality.

EXTRA VIRGIN OLIVE OIL has a relatively low smoke point but is rich in anti-oxidants and thus is ideal for using when drizzled on food or used in salad dressings.

AVOCADO OIL has a very high smoke point and is also rich in healthy fats and antioxidants.

Rapeseed, sunflower, coconut and “vegetable oils” are less healthy choices.

COCONUT OIL deserves a special mention having been lauded for years as a ‘miracle oil’ following the reporting of research extolling its benefits. The research was hugely misrepresented with conclusions from 6 week trials on rats being interpreted as having far reaching benefits on humans.



LENTILS, WHOLE GRAINS, POTATOES : nutritional values (cooked)

	PROTEIN/100G	CARBS/100G	FIBRE/100G	HEALTHY FATS
LENTILS *	9g	20g	8g	Yes-low
QUINOA	5g	27g	2.3g	Yes 2g
BULGAR WHEAT	3g	19g	4.5g	Yes-low
BROWN RICE	3g	23g	2g	Yes 1g
WHITE RICE **	2.5g	28g	0.4g	Yes low
BUCKWHEAT	3g	20g	3g	Yes low
OATMEAL	3g	11g	2g	Yes 1g
BOILED POTATOES***	2g	20g	2g	Yes 2g
ROAST POTATOES***	2g	20g	2g	Yes about 7g

*Of the various types, puy lentils have marginally the most protein.

** basmati rice is little better than white rice – having slightly more protein but even less fibre.

*** potatoes – when roasting, this should be done in olive or avocado oil (see previous page)



Sweet potatoes are often deemed “healthier” than white potatoes, but protein and carbohydrate content are very similar. Sweet potatoes are somewhat higher in fibre (3g/100g cooked) and are also high in vitamin A.

Don't peel potatoes as most of the fibre is in the skin

Summary

Compared with whole grains, lentils are even better in terms of protein and fibre content.

Of the whole grains, quinoa is richest in protein, whilst bulgar wheat has the most fibre.

Oatmeal is especially low in carbohydrates. Potatoes have nutritional values which are very similar to those of whole grains and should be included in a healthy diet (although too many will generate a high glycaemic load). The high carbohydrate and low fibre content in white and basmati rice suggest these are foods which should be minimised or avoided.

PULSES ; (lentils/ legumes/beans etc) : their nutritional values

	PROTEIN/100g	CARBS/100g	FIBRE/100g	FATS
LENTILS	9g	20g	8g	Healthy
BEANS *	9g	24g	9g	Healthy
GARDEN PEAS	5g	16g	6g	Healthy
EDAMAME BEANS	12g	9g	5g	Healthy

*this includes black beans, kidney beans, borlotti beans, cannellini beans, butter beans, chick peas and black eyed peas. There are minor differences in nutritional content, but these differences are of little consequence.

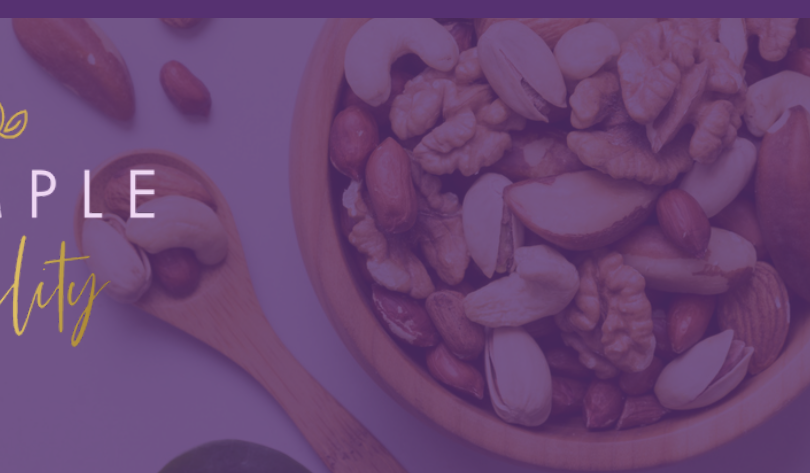
EDAMAME beans are an immature soy bean but can be considered a pulse.

NUTS : a handful of nuts (28g) contains

	CALORIES	FAT	PROTEIN	CARBS	FIBRE	COMMENT
ALMOND	161	14g	6g	6g	3.5g	High vit E/ magnesium
PISTACHIO	156	12.5g	6g	8g	3.0g	
WALNUT	182	18g	4g	4g	2g	
CASHEW	155	12g	5g	9g	1g	High magnesium
PECAN	193	20g	3g	4g	2.5g	
MACADAMIA	200	21g	2g	4g	2.5g	
BRAZIL	182	18g	4g	3g	2g	High magnesium/selenium
HAZELNUT	176	9g	6g	6g	3.5g	High vit E/ magnesium
PEANUT	176	17g	4g	5g	3g	High vit E
MIXED NUTS	173	16g	5g	6g	3g	

Nuts are generally good sources of the trace elements phosphorus, copper and selenium. The take home message is that nuts are good for us.

They are rich in plant protein and fibre, whilst being low in carbohydrate content. In addition to their “healthy profile” they have been found to reduce blood pressure and measures of inflammation whilst being linked to lower cholesterol levels and lower rates of heart disease.



FRUIT

In general, eating whole fruit is a healthy option since, regardless of sugar/carbohydrate content, you will be getting a good dose of fibre.

Whole fruit is much better for health than fruit juice or smoothies ; the change caused by juicing or pulverising the fruit does not affect the nutrients, vitamins and polyphenols contained – but in changing the food matrix by either removing the fibre (juicing) or liquidising the fibre means that the fruit sugars are more rapidly absorbed and so causes a higher rapid spike in blood sugar (thus fruit juice has a much higher glycaemic index than the whole fruit).

The sugar and fibre contents of some common fruits are shown below.

FRUIT	SUGAR/100g	FIBRE/100g
Lemon/lime	2g	1g
Strawberries	5g	2g
Blackberries	5g	4g
Grapefruit	5g	2g
Raspberries	7g	4g
Water melon	7g	0.5g
Cantaloupe melon	8g	1g
Oranges	8g	2g
Tangerines	8g	2g
Plums	8g	1g
Peaches	9g	2g
Apricots	9g	2g
Blueberries	9g	2g
Pears	10g	3g
Kiwi	11g	3g
Green apple	11g	2g
Pineapple	11g	1g
Figs	12g	4g
Red apple	13g	2g
Cherries	13g	2g
Pomegranate	13g	4g
Mango	14g	2g
Grapes	16g	1g

In general, people following the Temple Vitality programme will not (and should not) worry too much about the sugar content of fruit. The only general exception is dried fruit – like dates – these tend to have a higher sugar content (above 50g/100g).

If you do want to watch the sugar content, then fruits near the bottom of the table (such as mangos, grapes and bananas) might be limited. In terms of the “best” fruits, which have low sugar and good fibre content, it is hard to go wrong with berries and citrus fruits.



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VEGETABLES

Basically, you can eat as many vegetables as you like. They are high in fibre and low in sugar content – even sweet potatoes and sweetcorn have close to half the sugar content of a red apple, which most of us would regard as a healthy low sugar snack.

For interest, vegetables are categorised below grouped by sugar content and fibre content.

ABOVE 4g OF SUGAR/100g	FIBRE CONTENT/100G
Potatoes	2g
Sweet potato	3g
Sweetcorn	2g
Green peas	6g
Parsnips	5g
Carrots	3g
Onions	2g
Red peppers	1g
BETWEEN 3-4g SUGAR/100g	
Leeks	2g
Fennel	2g
Turnips	2g
Red Cabbage	2g
Aubergine	3g
LESS THAN 3g SUGAR/100g	
Butternut squash	3g
Cabbage	3g
Tomatoes	1g
Courgettes	1g
Brussel sprouts	3g
Green beans	2g
Celeriac	2g
Asparagus	2g
Cauliflower	2g
Broccoli	3g

Given the low sugar content, you may wish to select high fibre vegetables if you are at all concerned that your fibre intake is low.



SEEDS

Not that most of us will eat a lot of seeds in terms of volume, they are an excellent source of protein and fibre, whilst being low in carbohydrates. A 10g serving might be a good average portion so the values below can be divided by 10 to give an estimate of protein and fibre per serving.

Protein and fibre content of some seeds/ 100g

<u>SEED</u>	<u>PROTEIN/100g</u>	<u>FIBRE/100g</u>
<u>Pumpkin</u>	<u>25g</u>	<u>18g</u>
<u>Sesame</u>	<u>20g</u>	<u>9g</u>
<u>Flax</u>	<u>19g</u>	<u>27g</u>
<u>Sunflower</u>	<u>19g</u>	<u>7g</u>
<u>Chia</u>	<u>17g</u>	<u>34g</u>



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BREAD

All breads have relatively high glycaemic loads and should be eaten in moderation. Unhealthy fat content is generally low, and the important differences between the various types of bread lie in the protein and fibre content. For illustrative purposes, here are some of the nutritional data on four different Tesco loaves.

A slice of bread is generally around 50g so would contain half of the values below.

	Carbohydrates/100g	Protein/100g	Fibre/100g
White loaf	45.0g	8.1g	2.3g
Wholemeal brown	40.3g	11.9g	6.6g
Hi-fibre seed loaf	36.2g	13.4g	7.6g
Rye and mixed seed sourdough	40.3g	9.1g	5.0g

The difference between a white Tesco loaves and their Hi-fibre seed loaf are quite striking – the latter has less carbohydrate content, more than 60% higher protein content and over three times more fibre. Wholemeal brown lies between them, but is a whole lot healthier than the white loaf. We show the sourdough for comparison – less good for protein and fibre but since it is fermented, it will nurture your microbiome.

The take home message is to read the labels on bread, selecting for protein and fibre content (as well as personal taste) and only eat white bread if you absolutely have to..