



PreKureMe

Mediterranean Eating Guide

KICKSTART YOUR WELLBEING AND PREKURE YOUR HABITS

This 21-day health challenge is all about being focused and disciplined for a short period of time with the goal of giving your wellbeing a boost.



HOW IT WORKS

This is a points-based challenge. The person in your team* with the most points after 21-day wins!

How the points work: There are a **maximum of 5 points** to be gained every day. So for this 21-day challenge your maximum total points available are 105.

THERE ARE 3 WAYS YOU CAN **GAIN POINTS** EACH DAY:

1. You **gain 3 points** per day for *food*.

That means only eating foods from within your plan's guidelines. We have given you a GREEN list below. So if you eat any food that is not on your GREEN list you forfeit your entire 3 points for that day. Tough we know! Take a picture of one of your meals each day and post** on your favourite social media site with the hashtag **#foodismedicine**

2. You **gain 1 point** per day for *fitness*.

Fitness is defined as anything from walking to running to crossfit to yoga for a minimum of 30 minutes continuously. We do have a PreKure Fitness Guide for you to follow but you don't have to follow our guide to get your one point you just need to move for at least 30 minutes. Take a picture of your day's fitness and post on your favourite social media site with the hashtag **#fitnessismedicine**

3. You **gain 1 point** per day for completing your '*10 minutes of learning*'.

Post one sentence or image about the most interesting fact you learned with the hashtag **#preventioniscure**

THERE ARE 2 WAYS YOU CAN **LOSE POINTS** EACH DAY:

1. You **lose 1 point** per day for *drinking alcohol* – yes, *any* type and *any* amount!

2. You **lose 1 point** per day for *snacking* – yes, even if that snacking is food from your *green* list.

Tough, we know, but we are trying to establish good habits here. Now there are a few exceptions – if you are pregnant you can ignore this rule and you will not lose any points; if you are an athlete in hard training or you have a medical reason where you really do need to snack between meals then we will let you off this rule as well.



Each day the PreKure team will select our favourite **#foodismedicine**, **#fitnessismedicine**, and **#preventioniscure** social media post and that person gains 'one day's immunity' from losing 1 point for either drinking alcohol or snacking!

*You can do this challenge as an individual and just keep track of your own points! Remember your goal is to gain at least 90/105 possible points to receive your "I've been PreKured" Certificate.

**All social media posting is an optional extra – not a fan of social media? No problems – you do not have to post to take part in this challenge.

A background image of a tree with green apples, likely a Malus domestica, with a white rectangular box in the center containing text.

THE **PREKURE** FOOD GUIDELINES

Real food for real people,
based on real evidence

1. Enjoy nutritious foods every day that are whole and unprocessed.
 - Choose vegetables, fruit, eggs, meat, seafood, poultry, organ meats, dairy, nuts, seeds and legumes (as tolerated).
 - Favour traditional oils fats and spreads over refined and processed versions.
 - Keep total sugar – especially added sugar – to a minimum in all foods and drinks.
2. Make the majority of your purchases foods that don't come in packages. If you do buy packaged foods, choose items with less than 5 ingredients.
3. Choose mostly locally-grown food.
4. Choose ethically-sourced food where possible.
5. Plan your time to make food and eating important in your life.
6. Prepare, cook and eat minimally processed traditional foods with family, friends and your community.
7. Eat your meals slowly and consciously with no distractions.
8. Enjoy treats on special occasions and without guilt.
9. Keep well hydrated: drink water mainly and other drinks with minimal added sugar.
10. Keep more than half of your week alcohol-free. Don't drink alcohol if you are pregnant or planning to become pregnant.

Mediterranean

WHAT SHOULD I EAT?

- Good-quality whole foods that are minimally processed including all vegetables and fruits.
- Protein from minimally processed meat, fish, chicken, eggs, dairy, nuts, seeds.
- Fat from whole, minimally processed plants and animal sources, including avocado, olive oil, nuts, fatty fish, dairy products, fat/skin on meat, butter, coconut products.
- Good quality grains, preferably whole grains*.

WHAT SHOULDN'T I EAT?

- Refined and processed junk foods and drinks containing sugar.
- Refined, nutrient-poor, packaged carbohydrate-rich foods, including grains such as breads, cereals, pasta, rice, muesli bars and crackers.
- Too much starch.

Each day that you follow the above guidelines, give yourself 3 points. If you are someone who likes to follow the rules to the letter – then we have a specific GREEN list of ‘what’s in’ and a RED list of ‘what’s out’ for you here as well.

***Whole grains** contain the entire **grain** kernel — the bran, germ, and endosperm. Examples of **whole grains** include **whole-wheat** flour, bulgur (cracked **wheat**), oatmeal, **whole** cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ.



What's IN, what's OUT

FOODS THAT ARE IN FOR THE NEXT 21 DAYS

VEGETABLES

YES

- All vegetables, fresh or frozen

NO

- Any vegetable deep fried in highly processed vegetable oils

FRUIT

YES

- All fruit

NO

- Any fruit with sugar coating or deep-fried with highly processed vegetable oils (e.g. toffee apples, deep-fried bananas)
- Fruit, canned in juice, not drained, ½ cup
- Fruit, canned in syrup, drained, ½ cup
- Fruit, canned in syrup, not drained, ½ cup
- Dried fruit, mixed, ½ cup



ANIMAL PROTEIN SOURCES

YES

- Eggs
- Fish: all species
- Good-quality bacon and sausages from any type of meat (no gluten or lactose fillers)
- Organ meats: liver, kidney, heart
- Poultry: any cuts or pieces of the chicken, duck, pheasant, turkey (save the carcass/bones to make a bone broth)
- Red meat: all types, any cuts – beef, lamb, pork, ham, venison, veal, goat
- Seafood: mussels, prawns, crayfish, scallops, paua, marinara mix

YES, but only a little

- Crumbed meats: frozen crumbed fish fillets, fish cakes
- Cured/pickled/smoked meats and fish
- Processed meats: bacon, salami/pepperoni, chorizo, ham, sausages

NO

- Highly processed/deep-fried meats (e.g. nuggets/ canned Spam)



DAIRY

YES

- Butter
- Cheese, any type
- Cream
- Crème fraîche
- Milk, full fat/raw. Please note that if you are pregnant it is generally recommended to avoid unpasteurised (raw) milk.
- Sour cream
- Yoghurt, plain, unsweetened, full fat

YES, but only a little

- Cheese, processed
- Yoghurt, plain, low fat, unsweetened
- Yoghurt, fruit, low fat

NO

- Ice-cream
- Yoghurt, frozen
- Yoghurt, fruit/plain, low fat, sweetened
- Flavoured milk

NON-DAIRY

YES

- Coconut milk
- Coconut cream
- Unsweetened almond milk

YES, but only a little

- Goat's milk
- Rice milk
- Soy milk

NO

- Non-dairy creamer

Note: Non-dairy creamer might be low in carbs, but it is made up of many processed and unhealthy non-food ingredients.



WHOLEGRAINS, RICE AND PASTA

YES

- Rolled oats
- Wholegrain bread*
- Sour dough bread
- Brown rice

YES, but only a little

- Pasta

NO

- White bread
- White rice
- Commercially prepared cereals

**Wholegrain bread contains the entire grain: the bran (outer layer), endosperm (starchy middle layer) and germ (nutrient rich inner part). It's a rich source of carbohydrates, protein, fats, vitamins and minerals, as well as three types of fibre: soluble, insoluble and resistant starch. Wholegrain bread has a dense wholemeal flour base and well as lots of grain and seeds. Look for "whole grain" in the ingredient list.*

NUTS, SEEDS AND LEGUMES

YES

- All nuts, seeds and legumes

NO

- Processed seed-based oils: sunflower, grape-seed, safflower, sesame

FATS AND OILS

YES

- Avocado oil
- Butter
- Coconut oil
- Duck fat
- Lard
- Macadamia/other nut-based oil
- Olive oil
- Sesame oil
- Peanut oil
- Hemp oil

NO

- Highly processed vegetable oils: canola, sunflower, rice-bran, soya-bean, corn, grape-seed, safflower, palm (environmental reasons)
- Margarine



CONDIMENTS, SAUCES AND DRESSINGS

YES

- Aioli, olive oil-based
- Coconut milk/cream
- Curry paste
- Fish sauce
- Lemon/lime juice
- Mayonnaise, olive oil-based
- Mustard
- Oyster sauce
- Pesto
- Salad dressings made from good oils and vinegar
- Soy/tamari sauce
- Tahini
- Vinegars
- Wasabi/horseradish sauce
- Worcestershire sauce
- Hummus
- Salsa



NO

- Honey
- Mint jelly
- Pasta sauce (store-bought)
- Syrup
- Tomato relish
- Tomato sauce, commercially prepared



BEVERAGES

1 serving = 200ml (1 small cup)

YES

- Coffee, brewed
- Tea
- Water, still or sparkling

YES, but only a little

- Diet drinks
- Diet soda

NO

- Cordial, concentrate, syrup
- Energy drinks
- Flavoured milk
- Fruit juice
- Soft drinks

CONFECTIONERY

YES, but only a little

- Dark chocolate: 55% cocoa, 2 squares, 20g
- Dark chocolate: 70% cocoa, 2 squares, 20g
- Dark chocolate: 85% cocoa, 2 squares, 20g
- Dark chocolate: 90% cocoa, 2 squares, 20g

NO

- Chocolate: Dairy milk or other variety
- Sugar-free chewing gum

NO

- Lollies, e.g. jellybeans, jelly snakes, etc

SWEETENERS

YES, but only a little

- Natural sweeteners: stevia, Natvia
- Xylitol

NO

- Artificial sweeteners: Equal, Sucaryl, Sugromax, Splenda

[illegible]