

TIPS to Help You Get Your 9 Cups a Day

Purchasing/Acquiring

- Purchase vegetables fresh to maximize nutrition, within a week of consuming
- Try purchasing from Farmers Markets for vegetables and fruits in season
- Grow your own vegetables and fruits in your garden

Ranking for Highest Nutrition

1. Picked from you garden, consume same day
2. Purchased from local/organic Farmers Market
3. Purchased fresh from grocery store

Growing Your Own Garden

For the freshest produce you can grow your own vegetables and fruits using simple techniques such as low-maintenance gardening, container gardens or community gardens.

- Container Gardens: Greens (Spinach, Kale, Collards, Chard & Lettuce), Onions, Garlic, Chives, Tomatoes, Strawberries.
- Low-maintenance Gardens: Berries

Resources: All New Square Foot Gardening- Author: Bartholomew, M.

Preparing

- Wash and prep immediately after purchasing to for easy consumption
- Prepare vegetables and fruits by cutting and removing stems and roots
- Place in ziplock bags and containers and store in fridge
- Freeze excess produce to preserve for later consumption

Consumption

- Eat greens raw or cooked (2 cups raw= 1 cup cooked)
- Choose vegetables and fruits that are richly coloured on the outside and inside
- Choose at least 3 different colours daily
- Mushrooms may cause sensitivities with autoimmune disorders- remove temporarily and reintroduce to diet after 6 months of following the Wahls Diet

Limit Waste

- Chop up and use stale vegetables in soups and stews
- Use leaves of radishes, beets, turnips, broccoli and cauliflower in smoothies and soups