

HEALTHY EATING PLAN

Tel 0861 275 337 (ALL APPTS)

FAX 0866630949

EMAIL: drk@drk-ent.com

Cell 082 786 5333

Snoring / Acid Reflux / Post Nasal Drip Prevention

1. Last 2 hours before sleeping : water only – usually AFTER 8 PM
2. Use Gaviscon Advance - 10ml after any late night nibble
3. Drink > 1.5 litres of water a day
4. Limit tea (incl green tea)/coffee intake before 3pm only (sleep disturbance, diuretic effect, weakens stomach valve)

Diet Recommendations

1. Eating 3 meals a day important
2. Whole wheat Pronutro/ original Jungle Oats / Weetbix / Eggs for breakfast
3. Chicken/ tuna Salad, low GI bread 2 slice sandwich for Lunch
4. With eggs for breakfast can skip lunch for intermittent fasting
5. Dinner – 3 quarter of plate SALAD/ VEGETABLES + fish/chicken/meat
6. Add eggs to meal to increase satiety:
Suggestion: blend 2 eggs, 1 tablespoon pea flour, 25ml water, 25ml milk.
Fry in olive oil like a thick pancake as alternate to bread/rice/roti
7. Dessert (optional) - fruit salad +- plain full cream yoghurt
8. AVOID GAS/fizzy drinks = 8 spoons of sugar per can !!!
9. Thick Juices not much better (mango /orange) – rather 100% apple juice/ cranberry
10. Avoid sweets, biscuits, chocolates and especially pies, rotis, rice (incl brown and basmati), pap, pasta and potatoes (incl Chips)

Exercise

SWEAT producing exercise 30 min 3 x per week, increasing to 5x/ week later

