

Oakmeres Good Nutrition Boxes

The Oakmeres Good Nutrition Box contains many of the fruit, vegetables, whole-grains and complex carbohydrates that are recommended as part of a gut- and heart-healthy diet. Each box costs £30 and contains:

Complex carbohydrates, wholegrains and pulses

300g wholewheat pasta

300g brown basmati rice

250g quinoa / pearl barley

250g lentils

100g kidney beans / chickpeas

The above ingredients are high in fibre, protein, minerals and antioxidants

Vegetables and fruit

4 Carrots

1 Sweet potato / Butternut squash / Celeriac

1 Broccoli

1 Red and yellow pepper

1 Leek

1 Kale / Spinach / Chard

4 Tomatoes

250g Chestnut mushrooms

1 inch Root ginger

1 Garlic

1 small bunch Coriander / Parsley

2 kiwis

2 oranges

4 apples

4 satsumas

The above ingredients are high in different vitamins, fibre and antioxidants

Nuts, seeds and dried fruit

150g Walnuts

80g Pumpkin seeds

80g Linseed

100g Dried Cranberries

The above ingredients are high in vitamins, minerals and antioxidants

Rationale behind the nutritional benefits

Current research as part of the American Gut Project points to the benefits of eating 30 different plants a week for improved gastrointestinal and overall health. Plants include not just fruit and vegetables, but also herbs, spices, nuts, seeds, oats, wholewheat pasta, and whole-grains such as quinoa, bulgar wheat, pearl barley, brown rice.

In addition, eating complex whole-grain carbohydrates plays an important part in providing us with vital energy and fibre, managing cholesterol and supporting heart health. Unlike refined carbs, whole-grain carbohydrates provide heart-healthy nutrients like fibre, vitamins, minerals and unsaturated fats. They also help to control blood sugar levels and promote lower cholesterol. Examples include wholemeal bread, whole-grain rice and pasta, oats and whole-grain cereals.

Finally, the fibre contained in plants such as potatoes with their skin left on, beans such as kidney beans and chickpeas, and pulses such as lentils, can be important in managing a healthy body weight, lowering cholesterol, enhancing gut health, and lowering the risk of type 2 diabetes.

For better health, it is important to reduce the consumption of processed and sugary food, and instead consume a large variety of different types of plants including those that contain whole-grain, unrefined carbohydrates. As opposed to 'fad' diets, this approach is a balanced, realistic and sustainable way of eating healthier, and supporting gut and heart health long-term.

Source: <https://www.heartuk.org.uk/>

