

GHA Cystitis Natural Support Plan

SUPPORT TOOL

Resource 4



Shopping List





"Your health is the greatest wealth you possess, invest in it wisely"



Welcome to your 6-day shopping list.

Please use this resource to help you shop for the food and drinks needed for your natural prescription. There are 3 lists included, these are:

- **The essentials** - all the foods you need to buy to support your 6-day schedule
- **Iron rich foods** - buy your favourites to add to your meals each day
- **Vitamin C rich foods** - alternative vitamin C rich foods to replace the options suggested in your natural prescription.



"I know that some of the food and drinks in your 6-day natural prescription can be costly.

To help keep costs down, and stay within your budget, I have compiled a list of helpful shopping tips for you "



Tips

- Prioritise buying the essentials before choosing extra foods from the additional lists.
- Choose 'value' or 'essential' ranges on fruits and vegetables
- Look for offers and discounts but don't buy more than you need.
- Consider buying fruits individually to avoid waste.
- Weigh foods such as fresh ginger to ensure you don't buy more than you need.
- Share the cost with friends or family. Buy in bulk, such as a box of tea, and share the produce between you.
- Buy frozen alternatives which can often be better value such as frozen berries.
- Use the support of a local community grocery or food bank - to find out more please use the links below.



"If your budget is small, start by buying the essentials to enable you to follow your natural prescription and action schedule.

Community grocery



Foodbank finder



The Essentials

- 15 kiwis
- 9 small or 6 large oranges - to be halved
- 3 x 150g pack of berries - blueberries, blackberries, raspberries or mixed berries
- 1 bag of mixed frozen berries (for smoothies or yoghurt topping)
- 6 lemons (to make fresh ginger and lemon tea, buy less if also using bags)
- 100g fresh ginger (use a 1cm amount to make fresh ginger and lemon tea)
- 1 box of ginger and lemon herbal tea (if choosing bags instead of fresh)
- 450g of LIVE yoghurt dairy or non-dairy depending on your preference or any allergies (The pot should state "contains live cultures")
- 2 x box of herbal tea – recommend echinacea and berry, turmeric or green



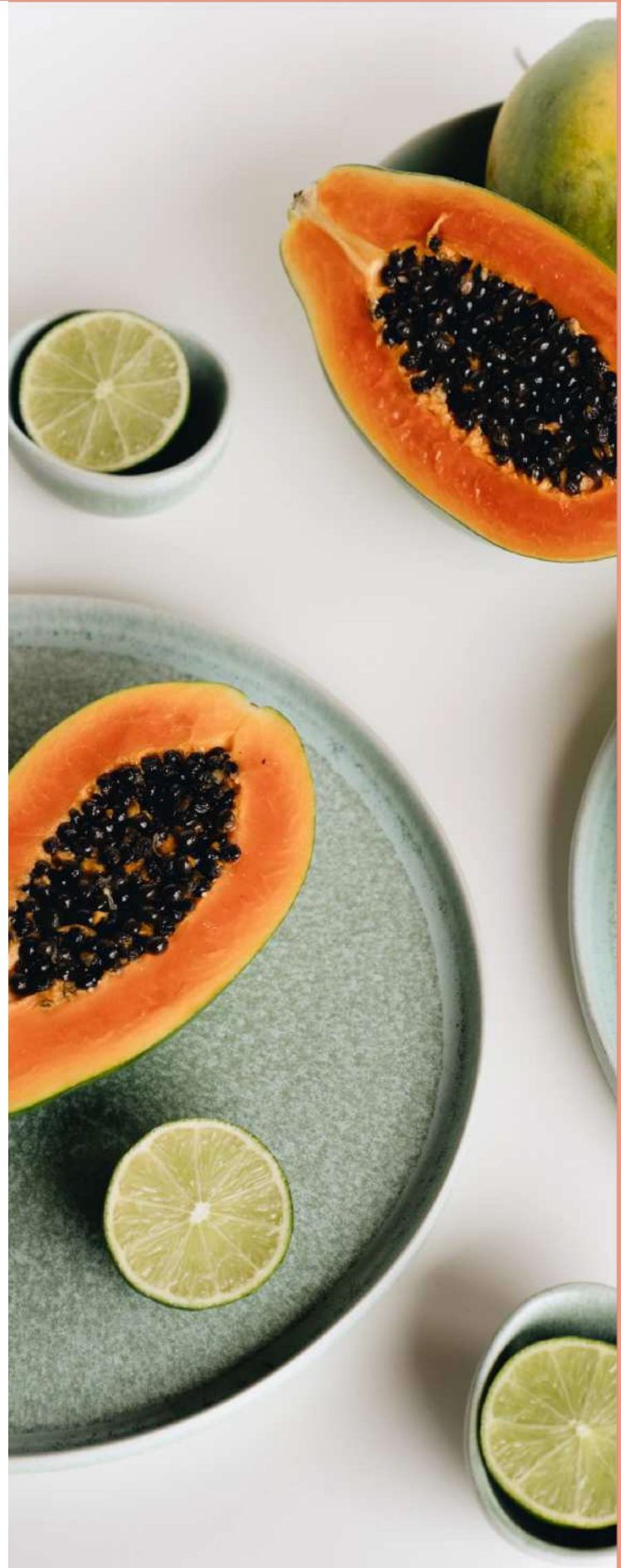


Iron Rich Foods

- Dark green leafy veg e.g. spinach & kale
- Broccoli
- Avocado
- Beetroot
- Peas
- Sweet potato
- Eggs
- Red meat e.g. beef & lamb
- Fish e.g. salmon & mackerel (limit mercury fish such as tuna if pregnant)
- Shellfish e.g. prawns (avoid shellfish if pregnant)
- Legumes e.g kidney beans & chickpeas
- Dried fruits e.g apricots
- Quinoa
- Tofu
- Good quality dark choc >70% cocoa solids (dairy or non-dairy) - keep daily intake low
- Seeds - pumpkin, sunflower, sesame and chia (DO NOT include if you are allergic)

Vitamin C Rich Foods

- Peppers - mixed colours
- Blackcurrants
- Blackberries
- Strawberries
- Cherries
- Cantaloupe melon
- Kale
- Broccoli
- Lychees
- Limes
- Pineapple
- Guava
- Papaya



I hope this resource has taken some of the effort out of shopping for your natural prescription .

Once you have the essentials you are good to get going with your 6-day action schedule.

