

THE  
WILLOW



REAL FOOD RESTAURANT & BAR

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*Real Food Really Well Made...*

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FEB 19

# THE KEY TO OUR HEALTHY MENU



## Free from

If you're allergic, intolerant, or just want to avoid gluten (**GF**), grains (**GrF**) or dairy (**DF**), we've got you covered. We're totally gluten-free, mainly dairy-free and have a great selection of grain-free dishes.



## Vegetarian / Vegan

Vegans or vegetarians can struggle to strike a healthy balance with the amount of protein and good fats in their diet. We've taken care of that at The Willow with plenty of purely plant-based and meat-free dishes that are all hearty, healthy and nutritionally balanced.



## Low FODMAP

FODMAPs are a group of sugars and sugar alcohols naturally present in many foods. If you're sensitive, you may struggle to digest them. You can relax at The Willow, knowing our low FODMAP dishes have you in mind.



## Paleo

Our clean, lean paleo dishes exclude grains, legumes, dairy and high sugar. Enjoy a plate of delicious and nutritious food where free-range animal products, healthy fats and vegetables all line up together for a delicious and nutritious dining experience.



## Protein rich

It's one of the most essential food groups to build healthy bodies, yet most of us aren't getting enough quality protein. Rest assured that our 'protein-rich' options pack a punch, with at least 20% of total energy from protein in every dish.



## Low carb

A low carb diet can have many health and weight loss benefits. We've cut out the starchy ones and let protein, healthy fats and veggie-based complex carbs take lead energy roles instead.



## Healthy fats

Oily fish, avocado, coconut and marbled meats are loaded with healthy fats that can help protect the heart, lower cholesterol and even balance hormones and emotions. Tuck in and enjoy good 'mood food' at its best.



## Lower sugar

We've slashed the sugar content to just 10g per serving in these delicious options without compromising one bit on taste. Good news when the average active adult shouldn't be eating more than 30g of free sugars daily.

# KEY FACTS ABOUT FOOD ALLERGY



- People suffering severe reactions need emergency expert help from a trained paramedic, usually with injectable adrenaline.
- In the UK, about ten people die every year from food-induced anaphylaxis.
- There are also about 1,500 asthma deaths, some of which might be triggered by food allergy.
- For those at greatest risk, the tiniest trace of food allergen can trigger severe symptoms and, in some cases, cause fatal or near fatal symptoms.
- Many of those who die or suffer 'near miss' reactions had no idea that they were at risk. Those who are aware of the risk can find the day-to-day unpredictability of living with food allergy risks stressful.
- Teenagers and young adults seem to be at particular risk of severe reactions.
- Many people with a food allergy also have asthma, which can make food reactions more severe if it's not controlled by regular medication.

## WHICH FOODS CAN CAUSE ALLERGY?

In Europe, food allergens are monitored and assessed by clinical and scientific experts through the European Food Safety Authority (EFSA). They advise on which foods need to be labelled on pre-packed foods.

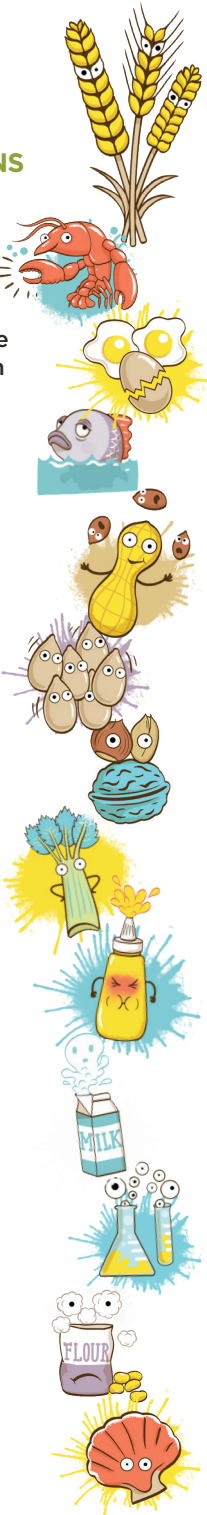
Annex II of the EU Food Information for Consumers Regulation No.1169/2011 lists 14 food allergens that must always be labelled in pre-packed and non-prepacked foods.

## WHAT TO DO IF SOMEONE WERE TO SUFFER AN ANAPHYLACTIC REACTION:

1. Ask the person how severe their reaction usually is.
2. Ask if they have an auto-injector
3. Seek medical attention immediately.
4. Remove the cause if able to do so
5. Monitor them and keep them calm and make them feel safe

## THE 14 FOOD ALLERGENS

- CEREALS CONTAINING GLUTEN, namely: wheat (such as spelt and Khorasan wheat), rye, barley, oats
- CRUSTACEANS for example prawns, crabs, lobster, crayfish
- EGGS
- FISH
- PEANUTS
- SESAME
- NUTS; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts
- CELERY (including celeriac)
- MUSTARD
- MILK
- SULPHUR DIOXIDE/ SULPHITES, where added and at a level above 10mg/kg in the finished product. This can be used as a preservative in dried fruit
- LUPIN which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- MOLLUSCS like clams, mussels, whelks, oysters, snails and squid
- SOYBEANS



# notes

## EAT A RAINBOW

- \* 6 colours - white/tan, blue, purple, yellow, red, green
- \* Phytic acid

## MEAT

- \* Free range + Organic + Good intra muscular fat

## FISH

- \* MSC (Marine Stewardship Council)
- \* Sustainable and from clean oceans
- \* Omega 3 oils

## COCONUT OIL

- \* 177° 86%
- \* Good fats
- \* Lauric acid
- \* Anti-oxidant

## EXTRA VIRGIN OLIVE OIL

- \* Anti-inflammatory
- \*Lowers blood pressure
- \* Improves lining of blood vessels
- \* Vitamin E, Vitamin K (blood clotting)

## COCONUT SUGAR

- \* Sap cut from flower buds and dehydrated
- \*Low GI so no sugar spikes and slower release of energy

## EWES MILK

- \* Twice as much calcium as cows milk
- \* Superior to cows and goats milk
- \* Amino acids that help reduce blood pressure
- \* Higher fat content

## COWS MILK (A2)

- \* A2 milk = cows that produce no A1 protein which is difficult to digest therefore less bloatedness
- \* Casein sensitivity (body reaction)
- \* Puss cells forced extraction
- \* Full fat v skimmed/semi-skimmed

## HIMALAYAN PINK SALT

- \* Pure water, 250 million years ago
- \* Tiny cell particles therefore easier to absorb using less body water and energy

## LECTINS

- \* Plant protects babies naturally to put birds off
- \* 6 hours cooking time
- \* Lectins bind protein and carbs to help cells interact
- \* can damage stomach lining = 'leaky gut' = no absorption

## WHEAT

- \* 20% intolerance (Government)
- \* 100% intolerance/sensitivity/junction interference

## MACRONUTRIENTS = energy

- \* Protein + Carbohydrates + Healthy fats

## **MICRONUTRIENTS = chemical messengers**

- \* Vitamin
- \* Minerals
- \* Nucleotides
- \* Phytonutrients

## **DAIRY**

## **EGGS**

## **YEAST**

## **LEGUMES**

- \* Lentils, chickpea, beans

## **DEADLY NIGHTSHADE**

- \* Potato, aubergine, peppers, tomatoes
- \* Saponins - natural anti-fungi that affects the body

## **SESAME OIL**

- \* Anti-oxidants/ finishing oil

## **SWEET POTATOES**

- \* Vitamin C + bone health, Thianin (B), Potassium (muscle contraction and blood pressure)

## **PEANUTS**

- \* Peanuts are NOT a tree nut
- \* Deadly allergen

## **HEALTHY FATS**

- \* Easier for the body to use and extract goodness

## **CHOCOLATE**

- \* 54.5%
- \* More phenolics than higher antioxidants capacity green tea or red wine
- \* Anti-cancerous
- \* Healthy fats and minerals

## **ACTIVATED NUTS**

- \* Water awakens enzymes to break down and neutralise enzyme.

## **GLUTEN & WHY WE DO NOT USE IT**

- \* An allergen with a high risk of cross-contamination in a commercial kitchen.
- \* The wheat of today is vastly different from the wheat our ancestors grew and ate. This is likely part of the explanation as to why celiac disease and gluten intolerance have risen four-fold since the 1950s.
- \* Some believe the sharp increase is merely a sign of improved diagnosis, but research suggests the rise in prevalence is real, and that dramatic changes in the diet play a distinct role.
- \* The proportion of gluten protein in wheat has increased enormously as a result of hybridization. Until the 19th century, wheat was also usually mixed with other grains, beans and nuts; pure wheat flour has been milled into refined white flour only during the last 200 years.
- \* The resulting high-gluten, refined grain diet most of you have eaten since infancy was simply not part of the diet of previous generations.

## **FOOD AS MEDICINE GUIDING PRINCIPLES**

- \* Eat whole foods and minimally processed foods*
- \* Minimise consumption of refined carbs and keep total sugars less than 5% of total energy intake*
- \* Eat a rainbow of plant foods every day*
- \* Include animal protein from healthy, non-stressed, non-mass medicated, non GMO animal feed animals eg organic, free range, wild*
- \* Include sufficient healthy fats and avoid trans or refined vegetable fats*
- \* Include a wide range of non-irradiated, anti-inflammatory herbs and spices*
- \* Use cooking methods that respect and don't damage food*
- \* Recognise individual food needs*
- \* Put love and care into food choices and preparation*
- \* Avoid foods contaminated with pesticides and other chemicals GMOs*
- \* Avoid artificial chemical sweeteners and colourings*
- \* Choose natural alternatives wherever possible*
- \* Avoid dishes with 'laundry list' of ingredients or lots of added chemicals eg preservatives*
- \* Intolerances and sensitivities - listen to your body!*

## **FOOD IMPACTS HEALTH**

- \* Macronutrients = energy*
- \* Micronutrients = vitamins & minerals, cofactors, chemical messengers*
- \* Food is information that informs our metabolic processes*
- \* Type eg. processed vs non-processed, organic vs non-organic*

## **FUNCTIONAL FOOD**

- \* Food that has a positive effect on health beyond basic energy requirements (Turmeric - anti-inflammatory, Garlic - supports heart health and immune function, Omega 3 - brain development, wound healing, anti-inflammatory)*
- \* Food that promotes health and helps to reduce the risk of disease*
- \* Food that supports a return to optimal health once ill*
- \* Food that is used to convey the right messaging to the body*