DOMANI food

Leading the Way, Naturally.

The Swiss Mediterranean Snack Food Group

Nutrition Guidelines 2019

The following outlines our 4 key "Eat Right" principles, the fundamentals of what we believe in and where we position ourselves within the market. With the help of registered Nutritional Therapist, Alice Mackintosh (www.alicemackintosh.com) FoodYoung Ltd, partner company of Domani Food SA, formulated these guidelines to ensure the standards of all our ventures adhere to the latest evidence and deliver safe, effective and high-quality products that have no hidden secrets.

1. Eliminations and not encouraged ingredients

Ingredients to be avoided:

- Artificial Sweeteners - aspartame, phenylalanine, acesulfame-K, sachcarin
- Chemicals – MSG, sodium sulphite, sodium nitrate, sulphites
- Oils - vegetable oils, palm oil, hydrogenated oils/trans fats, margarine
- Plastics should be BPA free
- All artificial colours and flavourings
- Common additives: soy lecithin, enriched wheat
- Processed white flours, even those 'enriched'
- Polydextrose

Ingredients not encouraged but tolerated:

- Guar gum
- Xylitol
- Tofu
- Inulin/Chicory fibre
- Tapioca starch
- Sunflower lecithin
- Whey protein powder
- Soy protein powder

2. Positive ingredients

Good foods

- Wholegrain flours - wholewheat, rye, oats, oatmeal, barley, brown rice, puffed brown rice, spelt, gram flour. Long-term benefits of wholegrains on diet are numerous.
- Omega 3 rich foods – hemp, oily fish, krill, crab, flaxseed, walnuts.
- Products containing beans, broad beans, chickpeas, lentils and other legumes.
- Fermented foods - kombucha, kefir, sauerkraut, kimchee, natural yoghurt/Greek yoghurt-based products.
- Naturally high protein products – Greek yoghurt, beef jerky (low salt, no additives).
- Nut and seed-based products.
- Protein bars made with vegan ingredients such as hemp, nuts, seeds.

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- Use of vegan protein powders, unprocessed and wholegrain where possible – hemp, brown rice, pea, sunflower seed protein (limit soy and whey protein).
- Insect flours, which contains high levels of protein and essential nutrients such as B12, B6 and calcium.
- Coconut based products – oil/butter, chips, fibre, milk, yoghurt, fresh coconut flesh.
- Products using herbs and spices such as turmeric, ginger, cayenne pepper
- Herbal teas containing unique formulations using medicinal herbs such as milk thistle, cordyceps, Echinacea, elderberry.
- Naturally flavoured fruit drinks without sugar.
- Coconut water, barley water, birch water.
- Anything that adds to the vegetable or fruit consumption for a person.
- Extra virgin olive oil.

Superfoods

In this case we refer to more medicinal "superfoods" (or extracts of them – powders for example) that are so named on account of their exceptionally high nutrient content.

The following are encouraged:

- Hemp seed
- Goji berries
- Baobab
- Algae's (spirulina, chlorella, blue green algae)
- Maca
- Chia seeds
- Acai
- Lucuma
- Wheatgrass
- Cacao
- Flaxseeds/Flax oil
- Medicinal Mushrooms
- Medicinal Herbs – echinacea, ashwagandha, schisandra, Siberian ginseng, gingko, biloba and milk thistle.
- Bee Products – Such as manuka honey, propalis and bee pollen.

3. Dietary related principles

Nutritional information labelling

Carbs, protein and fat

Nutritionals vary significantly depending on the product and its intended use; however, nutritionals should be roughly in line with the following:

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Per 100g

Fibre	>5g
Carbohydrates	<15-45g
Which Sugar	<20g
Total Fat	20-40g
Saturated Fat	<5g
Protein	10g-30g
Salt	<0.7g

(No more than 2.4g of sodium per day, which is equal to 6g of salt)

Sugar

Types to avoid:

Sugar, sorbitol, sucrose, glucose, fructose, high fructose corn syrup, agave, nectar, brown rice syrup, grape sugar, beet sugar, cane sugar, cane juice, barley malt syrup, dextrin, fruit juice concentrate, xylose, palm sugar, treacle.

Sugar replacements:

Palyra jaggery, fruit puree (banana, apple, mango etc.) coconut, sugar/blossom nectar, dates, date syrup, genuine maple syrup (not maple, flavoured sweetener), black strap molasses, xylitol (look for non-corn based, or certified organic alternatives if you can), stevia, pure honey.

Average portion size

- A snack bar should be no more than 40g.
- Savoury snacks should be no more than 80g per serving (lighter ingredients like kale chips, vegetable crisps are normally around 100g per serving).
- Dried fruit should weight no more than 30g/portion.
- Protein should be consumed throughout the day – between 10-30g per meal, and 5-10g per snack.
- Fibre should be around 30g/day.
- Daily intake of added sugars should be less than 5% of our total energy intake. Children over 11 and adults should consume 30g/day, with those aged between 4-6 having 19-24g/day.
- More carbohydrate rich meals and snacks can be consumed earlier the day, and these should reduce towards the late afternoon/evening.

Meal timing

- Foods with sugar content >20g/100g should be consumed in moderation – no more than once per day. Those over 40g/100g should be consumed as a treat only – max 1-2 times a week.
- Cakes/desserts over 25g fat/100g should be considered a treat, even if these come from coconut fat.
- All cakes, ice cream (even those made with raw ingredients) generally considered to be a treat – 2/weekly max. for a healthy individual.

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Balancing Carbs Protein and Fats

Rough proportion of what total calorie intake should come from food groups based on a 2000- 2500 calorie diet for the average healthy adult. Sex, age, activity levels may alter this as will those wanting to lose/gain weight. This is a crude percentage, and some food groups (e.g. nuts) will cross all three food groups.

45-55% carbohydrates (4 calories/g)

25-30% proteins (4 calories/g)

25-30% fats (9 calories/g)

Water consumption

- For adults, roughly 2 litres throughout the day depending on activity, gender and weather – comprised of water, herbal tea, soups, smoothies, vegetable juices, barley water.
- More water is needed after exercise, and electrolytes can help aid absorption – coconut water and birch water are ideal. Vegetable juices and smoothies are also great way to rehydrate
- Best way to monitor hydration is colour of urine, which should be pale straw colour
- Drink water throughout the day, rather than all in one go to improve hydration and prevent electrolytes being washed out of the body
- Water should be filtered via reverse osmosis ideally in large urban areas or use charcoal filters to chelate toxins.
- Bottled water is fine, but BPA free or glass bottles. Sparkling water is adequate, though still is preferable.

4. Cooking and processing methods

Consideration should be given to the temperature and cooking method:

- Deep Frying – Unacceptable.
- Frying – Not ideal unless using coconut oil or butter to prevent oxidation and formation of trans fats. Olive oil is acceptable only if heated to 120C.
- Baking/Roasting – Acceptable, ideally using coconut oil if cooked over 150C. Olive oil is acceptable under 120C.
- Popping – Acceptable as long as the product adheres to other specifications, unrefined grains, low sugar/salt etc.
- Sous vide – Encouraged to improve flavour and reduce loss of nutrients.
- Pickling – Encouraged as long as the technique doesn't use sugar. The fermentation process increases healthy bacteria and may improve nutrient content of vitamins.
- Dehydrated – Acceptable, unless a sugar infusion method is used such as with sour dried fruit.
- Activating – Encouraged where possible.
- Pasteurised (UHT) – Tolerated but not encouraged.

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Basic information on special diets

- ***Vegan***: No animal products - meat, fish eggs, dairy products, honey all excluded. High proportion of plant based foods – grains, starches, beans, pulses, lentils, nuts, seeds, vegetables, vegetable oils. Deficiencies in B12, iron, protein, B6, zinc, omega 3/saturated fats, iodine, calcium are common.
- ***Vegetarian***: No meat or fish. Moderate dairy products (milk, cheese, yoghurt, butter, cream) eggs allowed alongside all plant based foods, as per vegan diet. Deficiencies in B6, zinc, omega 3, iron are common.
- ***Pescatarian***: No meat/meat products. Fish, seafood, eggs, dairy products alongs ide all plant based foods, as per vegan diet. Possible risk of iron deficiency in women.
- ***Dairy free***: No dairy from cows, goats, sheep's milk or milk products- cheeses, yoghurt, butter, cream, crème fraîche, cream cheese, sauces. Risk of iodine and calcium deficiency, which is problematic for women as it increases risk of osteoporosis.
- ***Gluten free***: No wheat (including spelt, durum wheat, semolina), barley, rye-based grains. Most oats contaminated with gluten but can get GF oats. Brown/black/red rice, quinoa, teff, amaranth, chia, beans, lentils, pulses, millet, corn, polenta, coconut flour, gram flour, rice flour. Those with poor digestion or IBS may misguidedly assume gluten is their issue, which isn't always the case. However, overconsumption of gluten is inflammatory and bad for digestion, so should be limited to 1/day.
- ***Raw***: Nothing heated above 40C/118F. Mostly made up of raw fruits, vegetables, nuts, seeds, and sprouted grains. Dehydrated foods also eaten. Some eat unpasteurized dairy foods, raw eggs, meat, and fish. Extreme and difficult to adhere to, whilst putting at risk of deficiencies in many nutrients – B vitamins, B12, iron, iodine, zinc.
- ***Paleo***: Excludes all grains, pulses, starches. Meat, fish, seafood, nuts, seeds, vegetables, fruits, dairy, fats from all sources all allowed. Extreme and very low carbohydrate. Also includes high levels of animal protein, which can be inflammatory and unhealthy for intestinal health.
- ***Mediterranean***: Limits red meat, saturated fats from dairy in favour of fish, poultry, seafood in moderation. High in vegetables, whole grains, vegetable oils (olive) and moderate fruit. Hard to label foods as adhering to the Mediterranean diet.
- ***Alkaline***: Similar to vegan but with focus on pH of foods. Risk of deficiency of omega 3, amino acid deficiency and iron.
- ***Organic***: Organic ingredients generally preferable, as they are pesticide free, however it can create a 'rod for your own back' owing to produce being available seasonally and often not at all. Organic doesn't mean healthy, i.e. organic sugar, sweets, white flour largely as unhealthy as non-organic.
- ***GMO***: Foods produced from organisms that have had changes made to their genetic code in order to make them more palatable, appealable, more resilient to disease, pests, or to grow faster or bigger. Domani Food bans all processed foods and should therefore have minimal GMO crops present in any products.

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