

# Notes from Melinda Overall's Diet, Immunity and Inflammation Session

## FATTY ACIDS

Anti-inflammatory

Inflammatory (Except Evening Primrose Oil)

Omega 3

Omega 6

1 Serve Daily -

2 Serves Daily Recommended

1 Serve Daily -

8 Serves Daily Australian Average

1 Serve Daily -

16 Serves Daily Possible Australian reality / USA

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Recommended Water Intake

30ml per kg of weight

E.g. 80kg person = 2.4 litres of water per day

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Recommended Daily Food Intake

5 serves of vegetables

2 serves of fruit

1 serve of vegetables = ½ cup of cooked or 1 cup of salad vegetables

1 serve of fruit = fist sized

## Protein

Meat, Poultry, Fish, Eggs, Dairy, Legumes, Nuts, Seeds

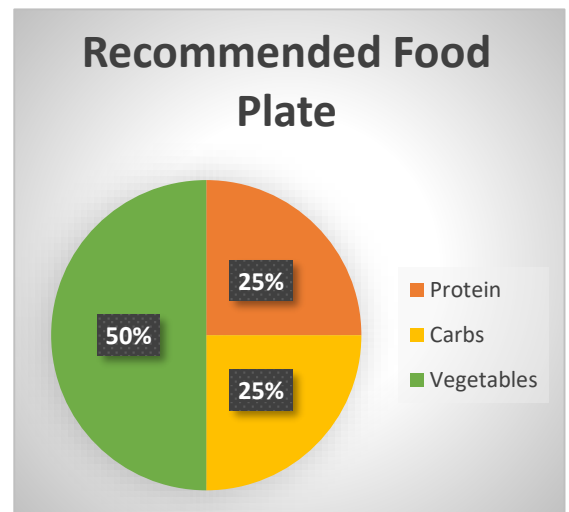
Tofu, Tempeh

## Carbs

Potato, Sweet Potato, Pumpkin, Rice, Pasta, Grains, Bread

## Vegetables

All other vegetables



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Protein Intake for a Polio Body

2gms Protein per KG of bodyweight

E.g. 80kg person intake 160gms protein