

*zoe*

# Live *healthier*

Top 10 Tips From ZOE  
Science & Nutrition

# Hello!

“We’ve spent hundreds of hours hearing from leading scientists to learn how we can improve our health and feel our best. And we had a great idea: Let’s take our favorite advice from all of our podcast episodes and give you 10 simple tips to apply to your daily routine. Print out the final summary page and stick it on your fridge. Or share these with a friend or family member you think will benefit. And do let us know which of these tips work best for you.”

**Jonathan, co-founder & CEO of ZOE and host of ZOE Science & Nutrition**

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## 1. Start with *healthy snacks* to improve your diet.

- Snacks are the [simplest way](#) to make your diet more healthy, as they’re easier to change.
- Meals can be more involved, and you’re more likely to share them with others.
- Choosing [high-quality snacks](#) like nuts and seeds or fruit and veg over processed snacks will fill you up for longer.

## 2. Use *ingredient lists* to identify UPFs.

- If a food contains at least one ingredient you wouldn’t typically recognize or find in a kitchen, it’s likely to be an [ultra-processed food \(UPF\)](#).
- Diets high in UPFs are linked with increased risks of heart disease, weight gain, and cancer among other conditions.
- To cut down the amount of UPFs you eat, try starting with your breakfast (if you eat one).

## 3. If you buy oats, buy *organic*.

- If you regularly eat oat-based foods like oatmeal, consider [choosing organic oats](#) if you can.
- Oats are more likely than most foods to contain high levels of pesticides because they grow in damp climates that encourage absorption of these chemicals.
- Organic foods also contain more polyphenols, which are beneficial for your health.



**Jonathan’s tip:** Pairing oats with nutritious foods like nuts, seeds, cinnamon, nutmeg, nut butters, and chopped fruits or berries can help minimize blood sugar spikes. I like to change my breakfast and opt for things like avocado on real rye bread with plenty of extra virgin olive oil.

## 4. Try *fermented* foods.

- Experiment with [fermented foods](#) like sauerkraut and kefir by adding them to salads or consuming them alongside a meal.
- These foods are great for your gut and rich in nutrients. Upping your intake could [increase the diversity](#) of microbes in your gut and reduce the negative effects of inflammation.
- When shopping, look for refrigerated foods with labels that say they contain live microbes.

## 5. When it comes to protein, go big on *beans*.

- [Beans are an ideal source of protein](#) and contain fiber, antioxidants, and other nutrients that other protein sources lack.
- They're also cheap and available in cans, which preserves nutrients at the point of picking.
- If you're eating a healthy diet that gives you energy for the day, you're likely getting enough protein.

## 6. Cook with *extra virgin olive oil*.

- [Extra virgin olive oil](#) is minimally processed and contains lots of healthy compounds like polyphenols.
- These could help lower your risk of heart disease, reduce inflammation, and boost your gut health.

## 7. Eat a *diverse range* of plants every week.

- Eating a diverse range of whole plants can improve your gut health.
- A total of [30 different plants](#) each week is a good target.
- As a guide, aim for handfuls of fruits, veg, whole grains, and beans, and teaspoons of nuts, seeds, spices, and herbs.



**Tim's tip:** Start buying mixed plants. Supermarkets often sell mixed nuts, frozen berries and vegetables, and mixed salad bags. I also like to make my own jar of different plants including seeds, nuts, herbs, and spices, which I sprinkle on salads and soups: My very own diversity jar!

## 8. *Move after eating* to help manage your blood sugar.

- Moving around once you've finished eating can help to [lower your blood sugar response](#) considerably compared with resting.
- Even low-intensity exercise, such as a short walk or household chores, can make a difference. The more muscles you involve in your exercise, the bigger this effect might be.

## 9. Give your *gut* a rest.

- [Periods when we don't eat anything](#) allow microbes in our gut to repair its lining and keep it healthy. Around [12 hours](#), which can include sleeping, is ideal.
- Research shows that snacking late in the day is associated with unfavorable changes in your blood sugar, blood fat, and body weight.
- You can still drink black coffee, green tea, and water without breaking your fast, but it's best to avoid caffeine in the evening.



**Will's tip:** Coffee is strongly connected to specific microbes, and green tea has similarly been shown to have beneficial effects on the microbiome. Whether you prefer coffee or tea, make sure to drink it as it is without milk or sweeteners.

## 10. *Visualize* taking a walk to get to sleep.

- If you're struggling to get to sleep, imagine going on a familiar walk. Try to visualize taking that walk in as much detail as you can. It could help you [fall asleep more quickly](#).
- On the other hand, counting sheep can make it take longer to get to sleep.
- Getting enough sleep is vital for your health and improves how your body responds to food the next day.



**Sarah's tip:** After a poor night's sleep, you may crave less healthy food and also have a higher blood sugar response to carbs than if you'd slept well. Try and opt for a breakfast with good quality fats and proteins that's low in refined carbs.

1. [How Snacking Impacts Your Health](#) with Sarah Berry and Tim Spector 2. [Are Ultra-Processed Foods In Your Fridge?](#) with Chris van Tulleken and Tim Spector 3. [The Truth About Organic Food](#) with Tim Spector 4. [Will Fermented Foods Improve My Gut Health](#) with Sandor Katz and Tim Spector 5. [Should I Eat More Protein?](#) with Christopher Gardner 6. [Fats and Oils – What's the Real Story?](#) with Sarah Berry 7. [What Can Microbiome Testing Reveal?](#) with Nicola Segata and Tim Spector 8. [Improving Blood Sugar Control with Exercise](#) with Javier Gonzalez and Sarah Berry 9. [What Science Says About Intermittent Fasting](#) with Gin Stephens and Tim Spector 10. [The Secrets of Good Sleep](#) with Matt Walker

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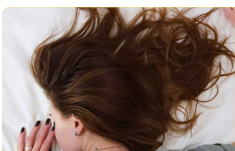
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