

Dive into Wholefoods

If you've decided to take the plunge and eat more wholefoods, or more natural or organic food – you've come to the right place, not just for the products, but for good advice too. We are always keen to guide customers as to which products to buy, how to use them, and how to get best value for their money. The business started off as a kitchen-table operation for a group of families who couldn't find the right kind of food to feed their families – we want to help other families get it right too! Call us on 02476 541990.

Perhaps the best advice if you're making any changes to your diet is to make them gradually. This allows everyone in the family to come on board steadily, without asking for huge compromises all at once. It also means that if you get disheartened with any step you've taken, you don't feel it's an 'all or nothing' approach – if you really, really cannot get to grips with brown rice, for instance, it doesn't mean you've got to abandon all your healthy eating efforts. Just take a step back and bypass rice for a while!

So, what products can Naturally Good Food offer for those who are – gradually – trying to eat a better diet?

1. Why not start with things that are not essentials – just to give you an idea how fantastically delicious organic wholefoods can be. Try our range of biscuits, for example, or our crispbreads or chocolate. If you replace your usual treats for these, you've straight away made a big difference – environmentally, as well as in health terms – and you've eaten even tastier products than usual.
2. Make a slow change to more 'hard-core' options. One good idea is to buy both brown and white rice, storing these separately. When you cook rice, add a little brown to the usual white mix. Over time, you can increase the amount until you feel comfortable going entirely wholegrain. (Note: as brown and white rices have different cooking times, you may need to cook the brown for slightly longer first – or accept a mixture of soft and al dente textures in the finished product. Personally, I quite like that.)
3. Tell your kids that the brown grains of rice in mixed rice, or the different colours in wild rice, are the 'lucky' ones. They might buy it!
4. Don't expect the whole family to embrace wholewheat pasta all at once. Try it first with a tasty sauce on top. Make enough for the next day and then try some left-overs. What at first seems quite a strong taste, should, even by the next day, seem much more usual to your taste-buds.
5. Using organic, natural or wholefood baking products gives the self-satisfaction of home-baking an even greater glow! We stock a truly incredible range of flours, as well as natural essences for flavour, and of course, our renowned range of dried fruit and nuts.



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If you are already eating good-quality food, you might be surprised to find that organic products cost very little more than you are already spending: in some cases, they actually cost less than commercial brands. For a matter of pennies, you can make a real difference – in taste, in health, and to the environment.

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