

Fruit

- We need to eat 2 fruits a day.
- Fruits are high in sugar. They are great snacks to replace sweets, chips or chocolates.
- Buy fruits in season then it is cheaper. For example, apples and bananas are very good for you.
- Eat the fruit as the fiber is removed in fruit juice.

Dairy

- Include 2 dairy servings in a day.
- Remember to count the milk you put into your tea, coffee and porridge. Five cups of tea and coffee with milk is already one dairy serving.
- Dairy products provide calcium, vitamin D and other essential nutrients. However, they're also major sources of fat, so it may be best to choose small portions. Soya is a good and cheap source of calcium instead of dairy.
- Choose low fat or fat free products. Don't use coffee creamers.

Protein

- We need only 2 protein servings a day. Both animals and plants provide us with protein.
- Animal protein is fish, eggs, chicken and meat. Animal protein contains cholesterol fats.
- Plant protein is soya, kidney beans, white beans, lentils, split peas and chickpeas. Plant protein has no bad fats and is also very high in fiber.
- Choose lean meat (meat trimmed of fat and chicken without skin).
- Avoid processed meat, like polony, russians, tinned beef or viennas. It is high in salt, fat and other unhealthy products.

Grains

- All grains are starchy. Avoid too much starch. Starches are changed into sugar and sugar into fat. Too much starch can make you feel tired.
- Grains are wheat, corn, rice, oats, barley, quinoa, sorghum, spelt or rye.
- Avoid alcohol. Beer is a starch. It is sugar water with alcohol.
- Eat whole grains and you will eat less. Fiber in whole grains keep you feeling full longer. Whole grains are grains eaten as when they are growing in the fields. Choose brown or wild rice, whole-wheat or brown bread and wholegrain pasta instead of white.

A Humor Diagnostica Community Service Initiative

**Take care of
your health,
make the
right choices
today.**

Healthy Eating

The food we eat impacts our health:

- ✓ **We need to look at what we eat.**
- ✓ **How much of it we eat.**
- ✓ **How we prepare it.**
- ✓ **When we eat it.**

An unhealthy diet causes:

- ✗ Overweight.
- ✗ Tooth decay.
- ✗ High blood pressure.
- ✗ High cholesterol.
- ✗ Heart disease and stroke.
- ✗ Type-2 diabetes.
- ✗ Some cancers.
- ✗ Depression.
- ✗ Eye, bone and kidney problems.
- ✗ Low energy levels.
- ✗ Skin problems.

How we prepare food

- Raw vegetables are better than cooked.
- When you cook use little salt, sugar and oil or fat. Too much salt increases blood pressure, because it holds extra fluid in the body, and that creates an added burden on the heart. The body stores unused energy from sugar as fat.
- Boil, steam, grill, oven bake and roast are healthier than frying with oil. Deep fried is very unhealthy.
- Read the labels on products. It's important to know what's in your food.
- Salad dressings and bottled sauces (let's say tomato sauce), contains oil, salt, sugar and other unhealthy products. Use vinegar or lemon juice as a dressing.
- Mixed spices have a lot of salt. Use herbs, chilli, curry or ginger in place of these spices.

LESS SALT

**NO SUGAR
ADDED**

LOW FAT

When and how to eat

- ✓ Eat breakfast. Breakfast jumpstarts your body.
- ✓ Eat smaller meals throughout the day. Eat 3 small meals and 2 snacks a day to keep your energy levels up. It also helps your blood sugar to stay steady.
- ✓ Take your time eating. Slow down when you eat. It takes a few minutes for your brain to tell your body that it has had enough food.
- ✓ Eat with others whenever possible. Eating alone, or in front of the TV, often leads to eating without thinking. It is easy to overeat. Relax and enjoy your meals.
- ✗ Avoid eating late at night. During the day you are more active and your body uses the food as energy. Late at night the body converts the extra energy into fat.
- ✗ We don't always eat when we are hungry. Many people turn to food to lessen stress or cope with unpleasant emotions such as sadness, loneliness or boredom. Don't eat then.

What to eat

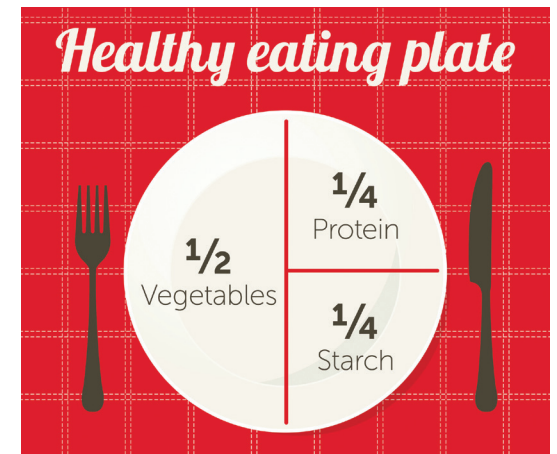
A healthy diet is one that gives your body all it needs to function correctly. Healthy eating is all about balance. We need to drink water and eat grains, fruit, vegetables, protein and dairy each day.

- Water helps to wash waste products from our bodies. It makes our tummies feel full, so we eat less.
- Grains are the body's main source of energy.
- Grains, fruit, vegetables and dried pulses are high in vitamins, minerals and fiber. Fiber helps your body to stay regular and lowers your risk for heart disease, stroke and diabetes. It improves your skin and helps you to lose weight.
- Protein provides energy. It supports brain and other body functions.
- Dairy gives us calcium, fat and vitamins. Calcium is important for bone health. It helps with worry, depression and sleep difficulties.
- Not all fat is the same. Good fats protect your brain and heart. Foods high in good fats are vegetable oils (such as avocado, canola, olive and soya), nuts (for example peanuts), seeds and fish (like tuna and sardines). Food with bad fats are deep fried and fast food.

How much to eat

The size of food portions is important:

- Your portion of meat, fish or chicken should be the size of a pack of cards.
 - Half a cup of mashed potato, rice or pasta is one serving.
 - Your portion of cheese should be a matchbox size.
 - One cup of milk is one serving.
 - One small fruit is one serving.
 - One slice of bread is one serving.
- ✓ Serve your meals on smaller plates or in bowls. You trick your brain into thinking it's a bigger portion.
 - ✓ If you are not full at the end of a meal, drink water to fill-up your stomach. You can also eat more leafy greens or vegetables. You can eat as much as you like of green leaf vegetables, tomatoes, cucumbers, broccoli, cauliflower, cabbage, green beans, onions and carrots.
 - ✓ Put all your food on one plate. This helps you control how much you eat.



Vegetables

- We need to eat 5 to 7 servings of vegetables a day. Include vegetables in each meal. Add more vegetables to your diet. It contains lots of vitamins, minerals and fiber.
- Variety is important. Think colour when you plan vegetables to eat. Green: beans, peas, spinach or broccoli. Orange: carrots or pumpkin. Red: beets or tomatoes. White: cabbage or cauliflower. Yellow: squash or sweet potato.
- Use vegetables to please your sweet tooth. Naturally sweet vegetables are carrots, beets, sweet potatoes, onions, peas and squash.
- Buy when in season, it is cheaper. Vegetables can be fresh, canned, dried or frozen. For example, canned tomatoes are very useful and low in cost.
- Dark, leafy greens are very important for a healthy diet.

What are dried pulses?
Dried pulses are plants that provide protein and fiber. It includes dried beans (kidney beans, red beans, white beans, etc.), lentils, chickpeas, split peas and soya.