

## Look after yourself - be healthy

Healthy eating can reduce your risk of developing Heart Disease or Diabetes. It is essential for maintaining a healthy body weight, healthy cholesterol and blood pressure levels as well as enhancing your overall general well-being.

- ✓ Exercise - Aim for a minimum of 150 minutes of moderate intensity aerobic activity per week. One way of achieving this is a 30 minute brisk walk 5 days per week.
- ✓ Alcohol - You should spread your alcohol intake over the week, keep some days alcohol free and do not drink more than the recommended upper limits: for men 17 standard drinks a week. For women 11 standard drinks a week.

## Healthy Eating is necessary for good health

Shopping is the first step to Healthy Eating. Here are some golden rules to follow:

- ✓ Always shop after you have eaten.
- ✓ If shop when hungry you are more likely to buy the wrong foods.
- ✓ Avoid shopping on impulse – plan your meals and snacks for the week.
- ✓ Buy lots of fresh fruit and vegetables in a variety of colours.
- ✓ Frozen vegetables are a useful and nutritious alternative to fresh vegetables.
- ✓ Read the food labels carefully and buy low-fat or low-sugar varieties where possible.
- ✓ Use herbs and spices to add taste to meals instead of too much salt.
- ✓ Make a shopping list and keep to it.

## How you eat is important:

- ✓ Eat regularly, three main meals with one or two small snacks daily.
- ✓ Watch your portion sizes.
- ✓ If eating out, choose either a starter or a dessert with a main meal, not both.
- ✓ Eat slowly, chew your food and swallow each bite before taking another. Pause and put down your knife and fork in the middle of a meal.
- ✓ Always sit down when eating.
- ✓ Avoid eating when watching T.V., reading or listening to the radio.

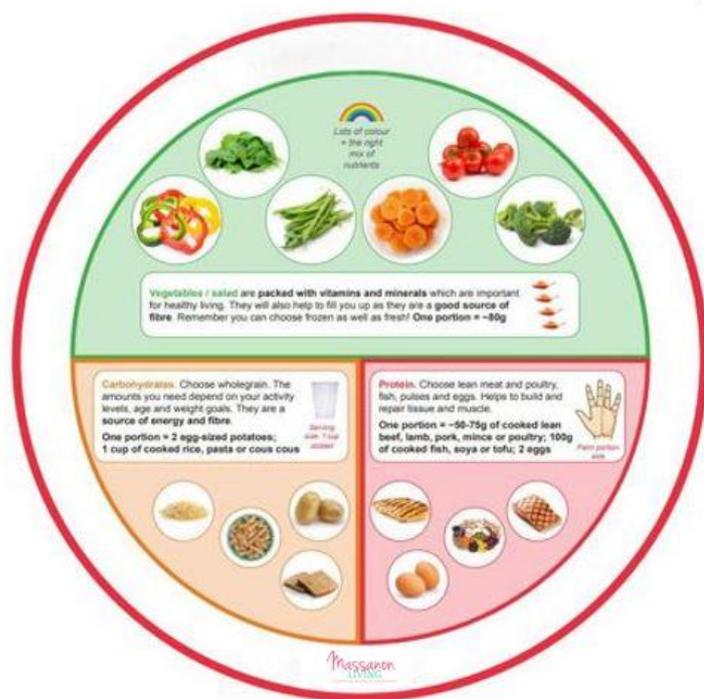
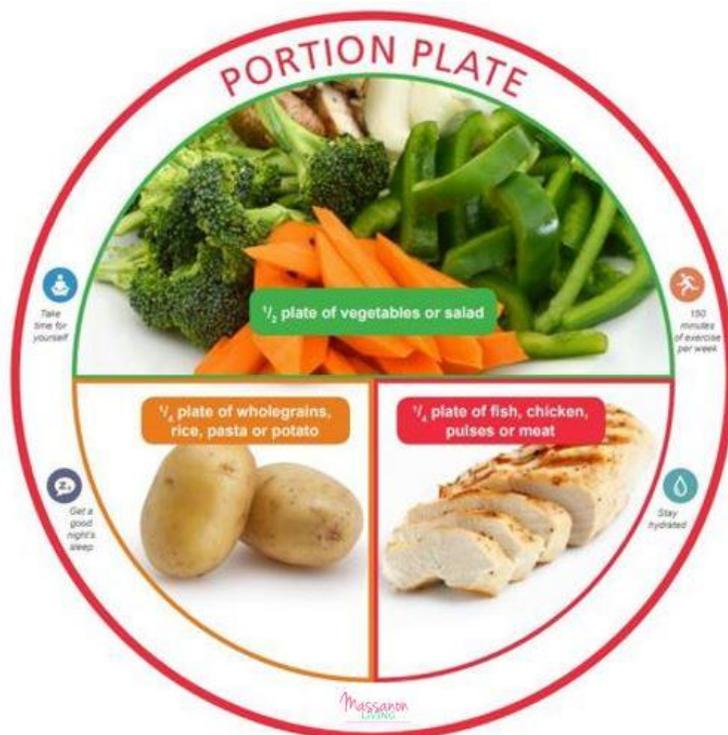
# Healthy Eating

## How you cook is important:

- ✓ Oven-bake, grill, boil, poach, stir-fry or microwave food instead of frying.
- ✓ Boil, steam, dry-roast or bake potatoes.
- ✓ Try a light cooking spray instead of cooking oil.
- ✓ Use a perforated tray or wire rack for roasting.
- ✓ Choose lean cuts of meat and chicken.
- ✓ Drain fat off meat and sauces when they are cooked.
- ✓ Choose tomato-based sauces instead of creamy sauces for pasta and rice dishes.
- ✓ Bulk-up stews and soups with lentils.
- ✓ Use oils such as olive oil or rapeseed oil instead of lard, dripping or butter.
- ✓ Health grills or ridge pans can be useful for draining off fat when cooking.

## The HEALTHY EATING WAY is the best way to be a healthy weight.

- ✓ Focus on what you can eat rather than on what you can't eat.
- ✓ Eat regularly. Research shows that people who eat breakfast regularly are more likely to keep their weight down.
- ✓ Look carefully at the size of your food portions.
- ✓ Chew your food slowly and put your knife and fork down between bites.
- ✓ Always sit down to eat.
- ✓ Exercise: aim for 30-60 minutes most days of the week.



# Healthy Eating

## Some healthy meal suggestions.

Enjoy three main meals a day with healthy snacks in between when you feel hungry.

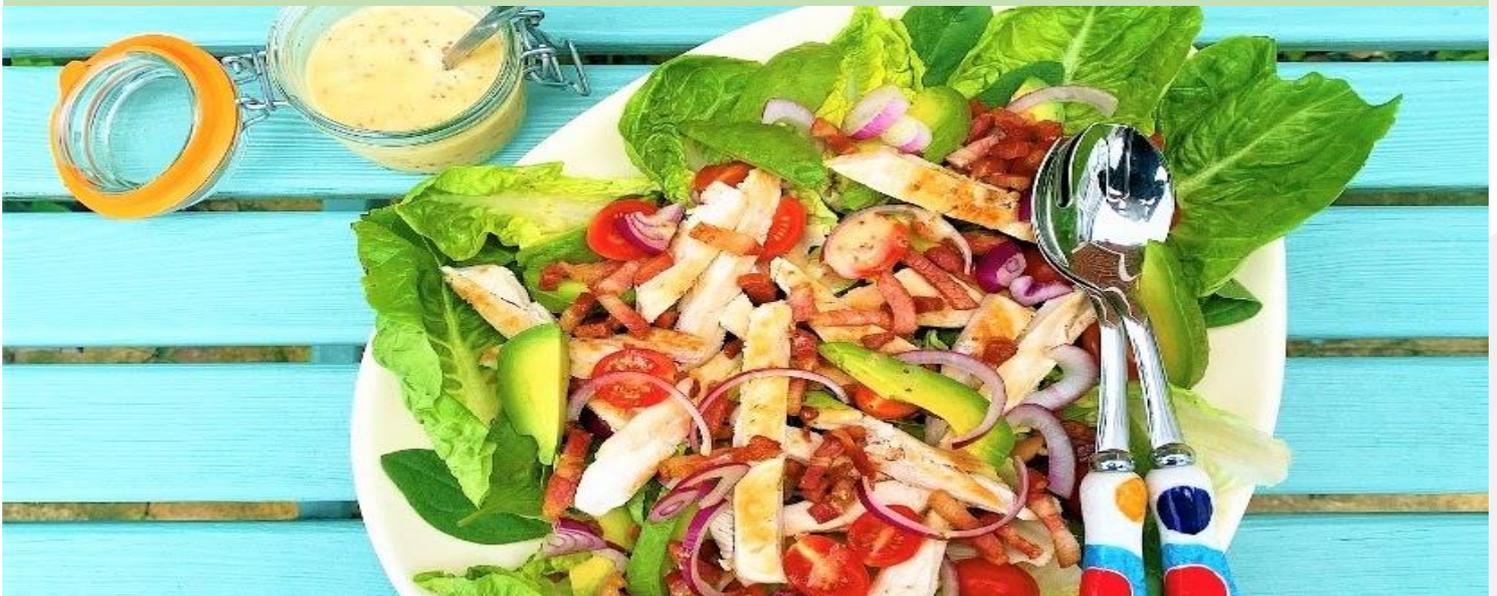
### Suggestions for Breakfast

- ✓ Fresh fruit-salad and natural yoghurt topped with seed mix or nuts.
- ✓ Pronutro /oats / Wheat-bix / All Bran with low fat milk and banana.
- ✓ Wholegrain toast with avo and a boiled egg.



### Suggestions for Lunch

- ✓ Broccoli Salad: 1 cup broccoli (raw), 1 cup corn kernels, ½ cup bacon bits (cooked), spring onion, ½ cup mushrooms.
- ✓ Mixed Salad: 1 English cucumber, 1 tomato, fresh lettuce, 1 cup corn kernels, ½ cup raw green beans, ½ cup podded peas/ sugar peas, lemon juice, spring onion, 1 avo.
- ✓ Salad of: ½ avocado sliced; 60g cooked chicken chopped; 1 cup shredded lettuce, 6 cherry tomatoes; ½ cup sliced red pepper; ½ cup thinly sliced onion; 1 tbsp. low-fat dressing. Pile salad ingredients on a plate and top with chicken and avocado.



# Healthy Eating

## Some healthy meal suggestions

### Suggestions for Dinner

- ✓ Grilled meat (pork, lamb, chicken, salmon)
- ✓ 1 cup of two of the next – broccoli, carrots, cauliflower, gem squash, green beans etc.



### Suggestions for Snacks

- ✓ 1 piece of fresh fruit
- ✓ ¼ cup real nuts (walnuts, almonds)
- ✓ 1 cup sugarless jelly
- ✓ 1 cup plain popcorn

Drink 2 liters of  
water per day



# Healthy Eating

## FOOD LABELS - An Example in colours

All measures per 100g	<b>LOW</b> A healthier choice	<b>MED</b> OK most of the time	<b>HIGH</b> Just occasionally
<b>Fat</b>	3g or less	3.1g - 17.5g	More than 17.5g
<b>Saturates</b>	1.5g or less	1.6g - 5g	More than 5g
<b>Sugars</b>	5g or less	5.1g - 22.5g	More than 22.5g
<b>Salt</b>	0.3g or less	0.31g - 1.5g	More than 1.5g

High Fibre = **6g** or more fibre per 100g

If you want to have a healthy diet, one of the key things you should do is try to cut down on fat, especially saturated fat, salt and added sugars.

Saturated fat is a 'bad' fat, and you should try to reduce your intake wherever possible. To achieve a healthy diet, limit your salt intake.

- ✓ **The Red colour** indicates the food is high in something we should limit.
- ✓ **The Amber colour** means that it is an acceptable food item to eat quite regularly.
- ✓ **The Green colour** indicates that the food is low in fat, sugar or salt. If you want to make the healthy choice when you are shopping, go for more greens and ambers, and fewer reds.

