

April 2019

## HEALTHY EATING FOR HEALTHY LIVING

### HEALTHY BODY

- Eating the right foods helps you to manage your weight better.
- Have a healthy diet which includes lots of fruit and vegetables, and a moderate amount of unsaturated fats.
- Choose foods that have a gentler effect on blood sugar like steel-cut oats, whole-grain breads, beans and berries.
- **AVOID** junk food which plays a major role in obesity in South Africa. Junk food contains fat, processed sugar and carbohydrates which contribute to an unhealthy body mass index, and can lead to nutritional deficiencies.

### HEALTHY HEART

- A balanced diet with lots of high – fibre foods such as nuts, legumes, whole grains and fruit and vegetables helps your heart to work at optimal efficiency.
- Good fruit and vegetables include peaches, spinach, berries, beans, carrots and tomatoes.
- Eat oily fish if you can at least twice a week. Oily fish contains omega-3 fatty acids that are good for your heart. Tuna and sardines are good fish to eat.
- Drink green tea.
- **AVOID** junk food as it is high in sodium which can contribute to high blood pressure and heart disease.

## HEALTHY SUGAR LEVELS

- Eating a diet rich in monounsaturated and polyunsaturated fats can help to reduce your risk of developing diabetes. Good foods are olive oil, nuts, avocados and whole grain foods.
- Eat green leafy vegetables, eat non-starchy vegetables like mushrooms, peppers and garlic.
- Beans, lentils and other legumes are the ideal carbohydrate source.
- Eat 3 fruits a day preferably those with a low sugar level like oranges, melon and kiwi.
- **AVOID** junk food as they contain processed sugars and contain no nutrient and fibre necessary to properly metabolize carbohydrates. Consistent eating of junk food can cause raised insulin levels.

## HEALTHY BRAIN

- Good nutrition and healthy eating habits improve your day-to-day mental health and well-being.
- Eat food rich in vitamin – B to assist with the possible reduction of dementia.
- Good brain food includes fatty fish, blueberries, broccoli, nuts, oranges and eggs.
- Good news for coffee fiends is that coffee is thought to boost alertness and could offer some protection against Alzheimer's disease.
- Bad diets can be linked to dementia due to high blood pressure and high cholesterol disrupting the blood supply to the brain.
- **AVOID** junk food which studies are showing can be linked to depression, and mood swings.