

February 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.