

February 2020

# EAT WELL TO STAY WELL

## EAT HEALTHY, LOOK HEALTHY, FEEL HEALTHY

1. Eat a variety of foods each day like
  - Whole grains
  - Fresh Vegetables
  - Fruit for dessert
  - Mix up the proteins using red beans, chicken, lentils, fish and less meat



AN AUTHORISED FINANCIAL SERVICES PROVIDER FSP LICENCE NO.12239

## 2. Eat less fat

Don't fry your food. Try steaming or baking

Cut the fat off meat

Take the skin off the chicken

Cut out the high fat cheeses and sauces

Say NO to the junk



## 3. Cut down on salt



Take the salt off the table

Use spices and herbs to  
flavour food

Eat fewer canned foods

#### 4. Eat more fibre

Fresh fruit and vegetables are good snacks

Eat garden salads, and cut back on the salad dressing

Eat whole-wheat bread, oranges, pears, carrots and lentils



**Your diet is like a bank account.  
Good food choices are a good investment in yourself and your  
health.**