

BUMP-UP FIBRE AND STARCHY CARBOHYDRATES



Fibre helps to maintain digestive health and helps you feel full for longer.

It helps to control blood sugar and lower cholesterol levels.

Good sources of fibre include fresh fruits and vegetables, whole grains, legumes, nuts and seeds.

Starchy carbohydrates should make up over a third of the food you eat.

Starchy carbohydrates include rice, potatoes, bread, pasta and cereals.

Try to include at least 1 starchy food with each main meal.



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INCREASE CALCIUM AND VITAMIN D



Calcium and vitamin D help to promote optimal bone health.

Our bodies can make vitamin D from sunshine, but some people may have difficulty producing enough vitamin D.

Ways to increase calcium and vitamin D:
drinking fortified dairy beverages.

Include salmon, sardines, spinach, collard greens, bok choy, mushrooms and taro root in your diet.

Look for foods that are fortified with calcium and vitamin D, such as soy products, orange juice and some whole grain cereals.



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**ADD
MORE
POTASSIUM**



Potassium helps the kidneys, heart, nerves and muscles function properly.

Ways to add more potassium:
include beetroot tops,
butter beans and Swiss chard.

Include beverages like 100% prune,
pomegranate and orange juice.

Having bananas as snacks.



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LIMIT ADDED SUGARS



Too much added sugars can contribute to weight gain, obesity, type 2 diabetes and heart disease.

Added sugars include cane juice, corn syrup, table sugar, maple syrup and honey.

Ways to limit added sugars:
drinking water instead of sugary drinks, add fruit to cereal or yoghurt for sweetness, skipping flavoured syrups and whipped cream while ordering at coffee shops.

Reading nutrition labels and choosing foods with low or no added sugars.



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CUT DOWN ON SATURATED FATS



We need some fat in our diet, but it is important to pay attention to the type and amount of fat.

Too much saturated fat can increase blood cholesterol levels as well as the risk of developing heart disease.

Saturated fat is found in foods like fatty cuts of meat, sausages, butter, hard cheese, cream, cakes.

Try to choose foods that contain unsaturated fat instead of vegetable oils and spreads, such as oily fish and avocados.

Choose lean cut meats.

Use a small amount of vegetable/olive oil or reduced fat spread instead of butter or lard.



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CUT BACK ON SODIUM



Eating too much salt can raise the risk of high blood pressure, heart attack and stroke.

Ways to cut back on sodium:
add flavour to your food with lemon juice, no-salt spice blends and fresh herbs.

Eating high sodium and processed/prepackaged food less frequently. This includes breads, pizza, deli meat.

Read nutrition labels on products to choose low sodium products at the grocery store.

Buying unprocessed food like fresh/frozen fruits and vegetables to prepare at home with less/no salt



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A circular collage of various fresh fruits and vegetables, including tomatoes, cucumbers, kiwis, bell peppers, and leafy greens, set against a blue background.

Fruits, vegetables and fresh herbs are loaded with vitamins, fibre and minerals.

Try this:

Sprinkle fresh herbs over your meal, use fresh vegetables to make sauces, for example, using red peppers and tomatoes to make a delicious red sauce.

Add diced vegetables to stews and omelettes to give a boost of colour and nutrients.

Topping yoghurt, oatmeal or cereal with fruits such as berries or bananas.



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EAT MORE FISH



Fish is a good source of protein,
vitamins and minerals.

Aim to eat at least 2 portions of fish per week.

Oily fish are high in omega-3 fats
which may help to prevent heart disease.

Examples are:

Salmon

Trout

Herring

Sardines

Mackerel

Examples of non-oily fish:

Haddock

Cod

Tuna

Hake



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**DO NOT
GET
THIRSTY**



We need to drink plenty of fluids to prevent dehydration- 6-8 glasses every day is the recommendation.

All non-alcoholic drinks count, but healthier choices include: water, low fat milk, low sugar drinks like tea and coffee.

Sugary soft drinks and fizzy drinks should be avoided as they are high in calories.

Remember to drink more fluids during hot weather or while exercising.



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WATCH YOUR WEIGHT



Being overweight can lead to health conditions like type 2 diabetes, heart disease and stroke.

Being underweight can have effects like reduced fertility, irritability, health conditions like osteoporosis.

BMI weight calculator can be used to check if you're at a healthy weight.

Eating a healthy, balanced diet containing the required calories, along with staying active is important for overall health and well-being.



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**DO NOT
SKIP
BREAKFAST**



Eating breakfast is essential for maintaining a healthy weight and getting vital nutrients needed for good health.

Breakfast jumpstarts your metabolism, thus skipping it could slow down metabolism and impact energy levels.

Eating breakfast helps to keep blood sugar and blood pressure levels steady.

Eating breakfast improves memory, concentration and attention span.

Skipping breakfast can increase the risk of headaches, migraines and stomach issues like acidity.



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5 A DAY FRUIT PORTIONS



Everyone should have at least
5 portions of a variety of
fruits everyday.

A portion is:

2 or more small fresh fruits
e.g. 2 plums, 5 cherries.
1 medium fresh fruit e.g. 1 apple.

Part of a large fresh fruit
e.g. half a grapefruit, 1 slice of melon
or 30g of dried fruit
e.g. 1 tablespoon of raisins, 2 figs.



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5 A DAY VEGETABLE PORTIONS



Everyone should have at least 5 portions
of a variety of vegetables everyday.

A portion is:

Green vegetables - 2 broccoli spears,
2 tablespoons of cooked spinach,
cooked vegetables

Example

3 tablespoons of carrots, peas,
corn pulses and beans -
3 tablespoons of beans, chickpeas.

Potatoes don't count towards your 5 a day.



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BENEFITS OF A HEALTHY DIET



A healthy diet is essential for good health and nutrition.

It protects against chronic, noncommunicable diseases like heart disease and diabetes.

A well balanced diet provides energy to keep you active throughout the day.

It provides nutrients needed for growth and repair.

It helps you to stay strong and healthy and to maintain a healthy weight.



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