

Welcome to the first newsletter of 2017!

A year to change the way you look at food: Food is a way of fuelling your body and not an event. Healthy eating is all about making the right choices for your body every day.

Here are some guidelines for health eating:

Eat a variety of foods. Eating different types of foods gives your body all the nutrients it needs.

Make high-fibre starchy food part of most meals. These foods can help you feel fuller for longer and lower your risk of developing obesity, heart disease and cancer. Examples: brown or whole wheat bread, oats and brown rice.

Try to have low-fat milk or yoghurt every day. Dairy products are an excellent source of calcium. This helps to protect your bones and help prevent high blood pressure, diabetes and heart disease.

Eat dried beans, split peas, lentils at least twice a week. They are a good source of protein, low fat and high in fibre.

Try at least 5 vegetable and fruit every day. Eat vegetable and fruit of different colour groups. The vitamins, minerals and fibre in these food groups help to protect against chronic disease.

Eat less salt and avoid food high in salt. Eating too much salt can raise your blood pressure and increase your risk of stroke, heart attack and cancer. Ideally you should not have more than 1 teaspoon of salt a day from all sources.

Use fat sparingly. Eating too much fat and fried food can make you gain weight and increase your cholesterol. Limit the amount of fatty red meat, butter and cream.

Eat less sugar and avoid food or drinks high in sugar. Too much sugar increases your risk for chronic diseases.

<http://www.heartfoundation.co.za/guidelines-healthy-eatin>

