



Good Food, Good Life

BALANCE YOUR LIFE AND MAKE

Tastier, healthier choices



Wellness centres on improving the quality of your life and enjoying a better lifestyle through informed dietary choices, increased activity, and a positive mental attitude. In essence, it means choosing to live well!

Healthy food choices provide us with the nutrients we need to stay healthy. Not one food, on its own, provides all the nutrients we eat, so it is critical to eat and drink a wide variety for a balanced diet.



Eat LESS of:

Eat MORE of:

SODIUM (SALT):



While some salt is necessary for normal body processes, too much can cause high blood pressure.

Limit your salt intake to no more than 1 teaspoon per day by using fresh herbs and spices in your cooking. Compare sodium or salt levels on the food labels of products like frozen meals, soups and sauces and opt for those with the least amount.

SATURATED FAT:



Saturated fat (mainly solid fats) can have a negative influence on health.

Trim the fat from your meat and remove the skin from chicken to help keep your saturated fat intake low. Swap to fats from plant sources instead of animal sources.

TRANS FATTY ACIDS:



Trans fatty acids are the culprits that can raise your bad cholesterol, but also lower the 'good' cholesterol.

Almost all processed food could contain trans fats, so read labels to make sure your product contains no partially hydrogenated fats.

REFINED GRAINS:



Refined grains, where the bran and germ have been milled out, resulting in a loss of important nutrients.

Avoid products that contain processed white flour especially those that also contain solid fats, added sugars, and sodium.

ALCOHOL:



Remember that the body processes alcohol like it processes fat. It is often referred to as an "empty energy" or "empty calorie" drink because it only provides the body with extra energy but has no or very few other nutrients.

Drink alcohol in moderation – 1 drink per day for women, and 2 drinks for men.

CHOLESTEROL:



There are two types of cholesterol in the blood- HDL or 'good' cholesterol and LDL or 'bad' cholesterol. High levels of LDL in the blood can increase the risk of cardiovascular disease.

Get tested to know your numbers and keep LDL to less than 3mmol/L (add the remainder from original)

FISH:

Eat fish with fatty flesh (pilchards, sardines, mackerel, salmon and tuna) at least twice a week.

Not only are they lean sources of protein, but they provide omega 3 fatty acids, a nutrient that can contribute to overall health.



VEGETABLES AND FRUIT:

People who eat more vegetables and fruit as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases.

Enjoy a variety as they provide important vitamins and minerals and fibre. Choose a dark green and an orange vegetable at most meals.



FIBRE:

Fibres pass through our guts undigested. Soluble fiber delays the emptying of your stomach and makes you feel full, which helps control weight and can also help reduce the 'bad' cholesterol.

You can find soluble fibre in oats, lentils and apples. Insoluble fibre has a laxative effect is effective in the digestive process. You can find insoluble fibre in whole grains, wheat bran, seeds, nuts, and vegetables. (add remainder from original)



OILS AND FATS:

Opt for olive oil and flaxseed oil to replace hard fats where possible.



WHOLE GRAIN:

Made up of 3 parts of the grain – the bran, endosperm and the germ – are a package of fibre, vitamins and minerals, and antioxidants.

Try to get 3 servings of whole grains per day to enjoy the benefits.



MILK:

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens and are equally important for adults as they age.

Try to have 3 servings daily by choosing milk, maas or yoghurt



OMEGA 3 FATTY ACIDS:

Not all fats are created equal. Omega-3 fatty acids are good fats and may have far-reaching health benefits. They can lower the risk of heart disease, the nation's top killer, and may also protect against depression, dementia, cancer, and arthritis.

Omega-3s have to be consumed through the diet as the body cannot produce them. Flesh of fatty fish, walnuts, and flaxseed, are good sources.



Get active!

Increase your physical activity to accumulate 150 min of exercise per week. Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

Guidelines

Prevent and/or reduce overweight and obesity by following South Africa's Food- based Dietary guidelines