

EAT WELL

General guide to healthy eating

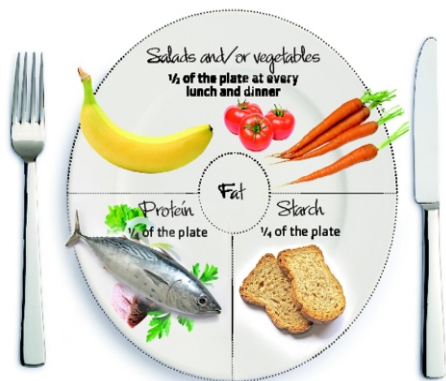
Living healthily, including regular exercise and a balanced diet, go a long way to reducing the risk of diseases of the lifestyle such as obesity, diabetes, hypertension, high cholesterol and cardiovascular disease.

The Heart and Stroke Foundation South Africa recommends:

- Eating a healthy, balanced diet including a variety of foods
- Eating smaller, more regular meals
- Making starchy foods, especially those rich in fibre, the basis of most meals
- Including at least 5 servings of fruits and vegetables every day
- Trying to include fatty fish as part of your diet at least twice a week
- Limit the intake of red meat to 2-3 times per week. Try to regularly include legumes (beans, peas, lentils) as alternatives to meat
- Eating fats sparingly, limiting 'bad' fats and including more 'good' fats in your diet
- Limiting your daily intake of foods high in cholesterol such as egg yolks, organ meats, calamari, shrimps and prawns
- Limiting the intake of refined and sugary foods
- Having at least two servings of low fat milk/dairy products every day
- Using salt sparingly. Intake should be limited to 1 teaspoon a day (6g), remembering that processed foods also contain a lot of hidden salts
- That if you drink alcohol, to do so in moderation. Limit to 1 drink/day in women and 2 drinks/day in men
- Controlling your weight through regular physical activity (aim for 30 minutes 5 times a week) and a controlled energy intake

The healthy plate model

This model gives a great indication as to how you can portion your meals so that you are eating from every food group in a balanced manner. Ideally, you should base your diet on grains, vegetables and fruit; add moderate quantities of lean meat and low fat dairy products and limit the intake of fats and sweets.



Food selection

Choose a variety of foods from the following five food groups each day to ensure that your diet provides the protein, carbohydrates, fats,

Food group	No. Daily servings	Serving Size	Provides mainly
Milk and milk products	2	1 serving= ● 1 cup (250 ml) low fat/fat-free milk/maas ● 175ml low fat/fat free yoghurt (plain) ● 30g low fat cheese ● 1/4 cup low fat/fat-free cottage cheese	Protein Calcium Vitamin B
Meat and meat substitutes	4	1 serving= ● 30g (matchbox size) lean meat/ chicken (skinless)/ turkey/fish/ostrich/pork ● 1 heaped tablespoon cooked lean mince ● 1/2 cup (125 ml) cooked beans, peas or lentils ● 1 cooked eggs Fish should be eaten at least twice a week	Protein Vitamin B Iron Zinc
Vegetables & fruits	5 but preferably more	1 serving= ● 1/2 cup cooked vegetables ● 1 cup raw vegetables ● 1 whole medium/tennis ball sized fruit ● 1/2 cup fruit salad ● 1/2 Cup cubed fresh fruit ● 1 small banana ● 1/2 cup grapes ● 2 small plums ● 2 kiwi fruit ● 3 dates ● 12 cherries ● 2-4 pieces dried fruit ● 2 tablespoons raisins ● 1/2 Cup (125 ml) 100% fruit/vegetable juice	Vitamin A Vitamin C Minerals
Bread and cereals	6-11	1 serving= ● 1 slice bread (preferably whole wheat) ● 1/2 bread roll ● 1/2 cup cooked porridge/pasta/samp/mashed potatoes/rice ● 1 medium potato or 2 baby potatoes ● 1/2 cup ready-to-eat cereal ● 3 Provita crackers ● 2 Ryvita crackers/rice cakes ● 1 small roti (tortilla)	Vitamin B Carbohydrates Fibre Minerals
Fats and oils	Eat sparingly	Use polyunsaturated or mono-unsaturated oils and spreads 1 serving= ● 1 teaspoon 'regular' tub margarine ● 2 teaspoons 'light' tub margarine ● 1 tablespoon reduced fat mayonnaise ● 2 tablespoons peanut butter ● 1 teaspoon oil e.g. sunflower or canola ● 1/4 small avocado pear ● 2 tablespoons reduced fat dressing ● 8 olives ● 1 tablespoon seeds e.g. sunflower/ sesame ● 5 almonds/ 10 peanuts/ 2 pecan nuts	Fat soluble vitamins A, D & E and essential fatty acids omega-3 and 6 (cannot be manufactured in the body)

The following are guidelines of the number of portions individuals should consume per food group according to their specific energy needs. Remember, individual requirements differ according to namely your age, body mass index (BMI), activity level and medical health.

Food Group	5 000kJ Inactive female or female for weight reduction	6 200kJ Inactive female	7 600kJ Male for weight reduction	8 400kJ Active female or Inactive male	10 000-12500kJ Active male
Milk & milk products	2	2	2	2	2
Meat & meat alternatives	4	4	5	5	6
Fruit	2	3	3	3	3
Vegetables	3	3	3	3	3
Breads & cereals	6	8	10	12	14
Fats & oils	4	5	6	8	10

*To convert kJ to calories, divide the number of kJ by 4.18

Guide to eating out

- Eat at restaurants on the Heart Mark Restaurant Programme. Some of their menu items bare the Heart Mark logo, indicating that they are a healthier option
- Be aware of unhealthy hidden ingredients in meals which are not always written on the menu
- Opt for grilled, stir fried, steamed or boiled options. Avoid terms such as fried, basted, battered, creamy or crispy
- Chicken should be skinless without batter and the fat should be removed from meat.
- Opt for a baked potato, rice or salad rather than fries
- Ask for gravy/sauce on the side and for no added salt, butter or sugar where applicable.
- If ordering a pizza, ask for a thin base and choose mainly vegetable toppings
- Pastas with a tomato-based sauce are a better option, provided cream has not been added
- For bread baskets, choose wholegrain (brown, whole wheat or rye) breads and veggie o grilled chicken patty with limited cheese, mayonnaise, sour creamask for soft margarine instead of butter as a spread
- Burgers should be as simple as possible with a regular single meat, and special sauces. Opt for a salad (with reduced oil dressing) instead of fries to go with it
- Poached eggs or eggs scrambled in very little fat are great choices for breakfast served on wholegrain toast with tomato slices. Avoid fried, fatty bacon and sausages
- 100% fruit juice or diet cold drinks are better choices than regular cold drinks that are high in sugar
- Avoid cappuccinos, lattés and any other milk-based drinks if the restaurant does not have low fat or fat-free milk
- If you are tempted by dessert, the better choices include fruit salad, low fat baked cheese cake, a cappuccino with low fat milk and froth, sorbet, low fat ice-cream or frozen yoghurt. Otherwise grab a piece of sugar-free gum or a mint and try to avoid the temptation!

Guide to eating in

Fighting 'bad' fats

- Rather eat more poultry (skinless) and fish than red meat
- Buy lean meats and trim off any visible fat before cooking
- Cut down on full cream dairy products, use low fat or fat-free products instead
- Replace butter and hard, brick margarines with soft, tub margarines
- Switch from 2% milk to skim milk
- Use low fat/fat-free cottage cheese instead of the likes of cheddar cheese
- Use non-stick pans and cooking sprays for grilling or stir frying
- Grill, steam or poach foods rather than frying them

Heart healthy snacks

- Raw vegetables (e.g. cucumber, carrots, celery, broccoli and mushrooms) dipped in tzatziki, plain yoghurt, low fat/fat-free cottage cheese or low fat hummus
- Air-popped popcorn with no added salt or butter
- Wholegrain crackers such as Provita or Ryvita with thinly spread peanut butter, low fat/fat-free cottage cheese, avocado or low fat hummus
- Low fat/fat-free yogurt sprinkled with crushed nuts or seeds with/without sliced fruit
- Raw or baked fruit slices sprinkled with cinnamon

This is one in a series of brochures. For the full series and more heart smart information call the Heart Mark Diet Line on 0860 223 222 or visit www.heartfoundation.co.za