

# HEALTHY EATING GUIDELINES



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## HERE ARE SOME TIPS THAT YOU CAN APPLY FROM THE GET-GO.

1. It is important to incorporate all three food groups in your diet (carbohydrates, protein, and fats) as this provides the essential nutrients needed for a healthy body.
2. Healthy preparation methods like steaming, grilling, or roasting ensure that nutrients are retained without adding excessive fats to meals.
3. Eat slowly and mindfully.
4. Do not skip meals.
5. Limit sugar and artificial sweeteners.
6. Always remember that healthy eating habits should enhance your life, not limit it!
- 7. Balance is key!**



# 3 MAIN FOOD GROUPS

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## CARBOHYDRATES

Carbohydrates/carbs are found in a variety of foods and play an important part in helping the body to function optimally. Carbs play an important role and bring different aspects into your diet.

### Why Carbs?

#### 1. Carbs provide you with energy!

Your muscles, organs, and brain have cells that need energy to function properly.

#### 2. Fibre

Fibre plays a vital role in healthy digestion and assists with lowering cholesterol.

#### 3. Vitamins, minerals, and antioxidants

Fruits and vegetables contain carbohydrates, fibre, vitamins, minerals, and antioxidants.

**Tip:** The brighter and more colourful the fruits and vegetables are, the higher they are in vitamins, minerals, and antioxidants.

#### 4. Calcium and probiotics

Milk and milk-based products contain carbohydrates in the form of lactose. **Calcium** is important for bone health and **probiotics** improve gut health.

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# PROTEIN

Protein is the building blocks of the body. It is important for growth, building muscle and recovering from illness or injury. Protein can be obtained from both animal and plant sources. Plant sources include legumes (beans, lentils, and soy) as well as nuts.

Animal protein include fish, chicken (without the skin), lean meat (steak or lean mince), and eggs. Lamb and beef are generally high in fat and should be limited.

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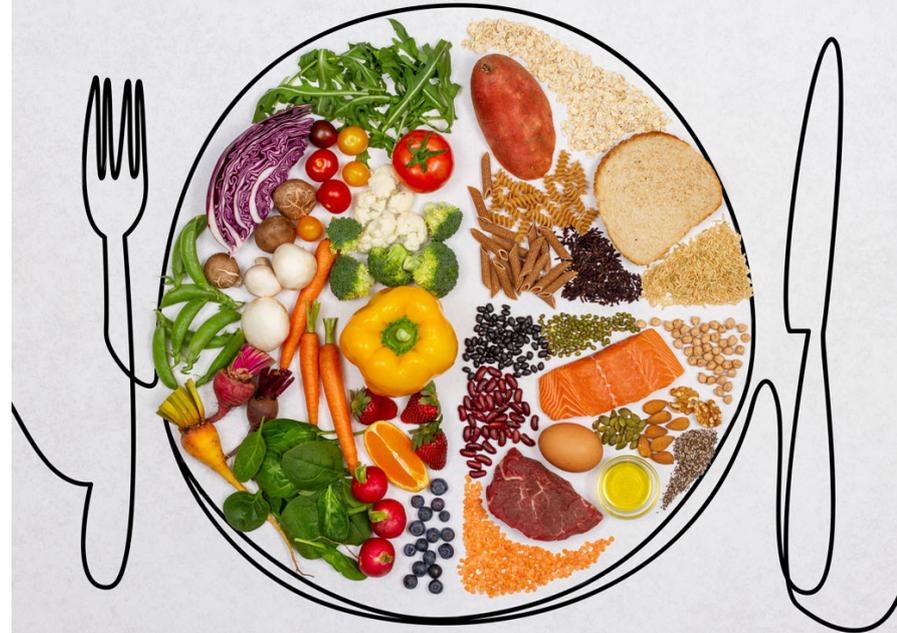


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# PORTIONS SIZES

## How to build a healthy plate.

A good example of a balanced plate is to fill half of your plate with salad and vegetables, a quarter plate of wholegrain carbohydrates, and a quarter plate with lean protein.



## A portion controlled plate includes:

**1/2** Vegetables  
& salad

**1/4** Good  
quality protein

**1/4** Complex  
carbohydrates

- Plus a small serving of healthy fats -

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## FIBRE HAS MORE BENEFITS THAN YOU THINK!

Fibre is found in carbohydrates and assists with healthy digestion.

The recommended daily amount of fibre is 25 g. If your diet is generally low in fibre, it is important to slowly increase your fibre portions to reach your new goal instead of adding too much fibre at once as this may lead to constipation and bloating.

Gradually increase your intake over time.

Fibre plays an essential role in a healthy, balanced diet and

- ✔ promotes healthy digestion,
- ✔ plays a role in serotonin production,
- ✔ assists in lowering cholesterol, and
- ✔ lowers the risk of heart disease, heart attacks and stroke.

Opt for wholegrain carbohydrates rather than refined carbohydrates!

Include fruits and vegetables daily.

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# HYDRATION

The recommended daily water intake is 8 to 10 glasses.

Limit drinks that contain sugar and caffeine.

Sugar can easily lead to over consumption of energy.

Caffein can increase your blood pressure.



## Did you know?

Dehydration may sometimes feel similar to hunger and can cause headaches.



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## THERE IS NO ONE-SIZE-FITS-ALL APPROACH TO DIET.

Everyone has unique needs when it comes to their diet. There is no standard diet that would be suitable for everybody.

It is important to have a session with a registered dietitian who will consider your medical history and eating patterns when providing you with guidance and personalized advice. This is especially important if you have any food allergies or intolerances, or any chronic conditions.

### Take home message

Your diet plays a vital role in assisting your body and mind to function optimally.

Always remember that **balance** and **variety** are key!



## DISCLAIMER

The content in this Healthy Eating Guide is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease. Please consult with your healthcare provider on any questions or concerns you may have regarding your condition.

## REFERENCES

Raymond, J. Morrow, K 2020 *Krause and Mahan's Food & the Nutrition Care Process*, 15th ed, Saunders.

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