

HEALTHY LIFE



Health is a life lived well and fully, a life involved with other people, and with self-exploration of the emotions, the mind, the body and the spirit.



"Take care of your body. It's the only place you have to live."

~ Jim Rohn

The Department of Health has produced the following practical tips to help you make healthier choices. They are:

- 1) Base your meals on starchy foods
- 2) Eat lots of fruit and veg
- 3) Eat more fish
- 4) Cut down on saturated fat and sugar
- 5) Eat less salt
- 6) Get active and be a healthy weight
- 7) Don't get thirsty
- 8) Don't skip breakfast

Starchy foods provide energy (calories), as well as dietary fibre, calcium, iron and B vitamins.

Can you think of some ideas?

Breakfast – porridge or wholegrain cereals.

Lunch – sandwich made with wholemeal bread, jacket potato or wholegrain rice salad.

Dinner – pasta, potatoes or rice with your evening meal.



Base 1. Base your meals on starchy foods

We should eat plenty of starchy foods. These should make up a third of our diet.

Why should we choose wholegrain varieties whenever possible?

They contain more fibre and make you feel fuller for longer. Most people need to eat more of these types of foods, so try to include an item from this group in each of your main meals.

2. Eats lots of fruit and veg



Try to eat at least 5 portions of a variety of fruit and vegetables every day (5 A DAY).

Fruit and vegetables provide a range of nutrients, including vitamins and minerals, such as folate, vitamin C, potassium and dietary fibre.

Fresh, frozen, canned, dried and juiced fruit and vegetables all count.



Did you know?

Only one glass of juice counts towards our 5 A DAY, no matter how much we drink.

This is because much of the fibre is lost through juicing.

A smoothie containing all the edible pulped fruit or vegetable may count as more than one 5 A DAY portion.

3. Eat more fish



Fish is a good source of protein and provides many vitamins and minerals.

White fish is low in fat. Oily fish are rich in long chain omega 3 fatty acids which are important for heart health.

Try to eat at least two portions (1 portion =140g) of fish a week, including a portion of oily fish.

* Only fresh tuna counts as an oily fish. When it is canned the amount of long-chain omega 3 fatty acids is reduced to levels similar to those in other fish.

4. Cut down on saturated fat and sugar

We all need some fat in our diet, but it is important to get the right type and amount.



There are two main types of fat: saturated and unsaturated. Eating too much saturated fat can increase blood cholesterol levels and the chance of developing heart disease.

Saturated fat is found in many foods, such as hard cheese, cakes, biscuits, pies, pastry, cream and butter.

Try to cut down on foods high in saturated fat and replace with foods that are high in unsaturated fats, such as vegetable oils, oily fish, avocados, nuts and seeds.

Did you know?

Most of us eat about 20% more than the recommended maximum amount. No more than 11% of dietary energy should come from saturated fat.



GOOD FATS

VS.

BAD FATS



Too many sugar-containing food and drinks consumed between meals is associated with an increased tendency towards tooth decay, especially in those with poor dental hygiene.



Food and drinks high in sugar include sweets, cakes, biscuits and some carbonated drinks.

5. Eat less salt

Maintaining a normal blood pressure is important for health.



Eating too much salt may raise blood pressure and lead to stroke and heart disease.

Approximately three-quarters of the salt in our diet comes from processed foods such as bread, breakfast cereals, Some is also added during cooking, or at the table.

Did you know?

Adults should eat no more than 6g of salt each day, children under 11 years should eat less.

6. Get active and be a healthy weight



To achieve a healthy weight, we need to balance the energy from food and drinks with the energy we use up through activity.

Being active can help maintain a healthy weight by using more energy.



Being overweight or obese can lead to health conditions such as type 2 diabetes, some cancers, heart disease and stroke.

Being underweight could also affect our health.

Young people should do at least 60 minutes of physical activity of moderate to vigorous intensity every day.

Adults should aim to be active daily and achieve at least 150 minutes of physical activity of moderate intensity over a week.

What does being active mean?



Being active means ...

Active living, e.g. brisk walking, gardening, using the stairs.



Active recreation, e.g. playing, dancing, cycling, skateboarding.

Organised sport, e.g. basketball, netball, running, gymnastics.



7. Don't get thirsty

Around two-thirds of the body are made up of water. We lose water throughout the day when we breathe, sweat and use the toilet.

When our bodies do not have enough water, we are said to be dehydrated. We need to drink around 6-8 glasses of fluid every day to stop us getting dehydrated. More when the weather is hot or when we are active.



Did you know?

Common signs of dehydration are:

- thirst;
- dark-coloured urine;
- not passing much urine when you go to the toilet;
- headaches;
- lack of energy;
- feeling lightheaded.



8. Don't skip breakfast



Eating breakfast provides us with energy as well as some important nutrients that we need for good health.

Breakfast can help to increase concentration and alertness during the morning.

For example, a healthy breakfast of wholegrain breakfast cereal or a slice of toast with low fat spread and a glass of fruit juice, will give our bodies the energy and nutrients we need to start the day.

ARE YOU HEALTHY?

(QUIZ)

1. Do you eat more meals with poultry, lean meat, fish and plant (soy) proteins rather than steaks, roasts, and other red meats?

A. Yes

B. No

White meat from chicken or turkey and ocean-caught fish provide less fat and saturated fat than most cuts of red meat or pork. It is important to eat more of these "better-for-you" meats rather than high fat meats such as hot dogs, steaks and roasts and to balance your proteins by eating some plant proteins such as soy every day.

2. Do you eat a variety of colorful fruits and vegetables and do you eat at least 7 servings of these a day?

A. Yes

B. No

It is important to eat at least 7 servings of fruits and vegetables to get the fiber, vitamins and minerals these foods contain. Eat a wide range of different colored fruits and vegetables to get a variety of the thousands of substances only found in plants that help keep you healthy. (And you won't be hungry if you eat that many fruits and veggies!)

3. Do you eat mostly whole grains (100% whole wheat bread and pasta, brown rice) rather than regular pasta, white rice and white bread?

A. Yes

B. No

White bread and pasta are processed and refined. They provide mainly starch & empty calories. It's important to get whole grain foods so you get all the good things from the whole grains, like vitamins, fiber, and protein.

4. Do you eat ocean-caught fish at least 3 times a week?

A. Yes

B. No

Ocean-caught fish have healthy fish oils that can help to reduce the risk of heart disease when eaten as part of a healthy diet. They are also generally lower in fat than other meats and can help you maintain a healthy body weight.

5. Do you avoid fried foods, dressing, cream sauces, gravy, butter and margarine?

A. Yes

B. No

Fried foods, dressing, gravy, sauces, butter and margarine add a lot of calories and saturated fat to your diet even when eaten in small amounts. Since it is difficult to control the portions, it's best to avoid these foods as much as possible.

6. Is your digestive system free of indigestion or irregularity?

A. Yes

B. No

Being regular is important in order to eliminate toxins from your body. Healthy elimination can maintain a normal balance of cholesterol and other blood fats. Indigestion or irregularity can be avoided by eating 25 grams of fiber per day from fruits, vegetables and whole grains, drinking 6 to 8 glasses of water a day and reducing stress through mild exercise or meditation.

7. Do you exercise at least 30 minutes on 3-5 days a week?

A. Yes

B. No

Exercising (& raising your heart rate) at least 3 to 5 times a week for at least 30 minutes will help keep your cardiovascular system healthy, help maintain a healthy body weight and can help reduce stress.

8. Do you maintain a stable and appropriate weight?

A. Yes

B. No

Maintaining a healthy and appropriate weight can be achieved with regular exercise and following a diet based on low-fat proteins, fruits, vegetables and controlled portions of whole grain foods. Many people go through cycles of weight gain followed by quick weight loss, which results in loss of muscle mass and a slower metabolism (AKA yo-yo dieting).

9. Do you usually have time to prepare balanced meals, rather than take out or eating on the run?

A. Yes

B. No

With our busy lives, it is tempting to pick up prepared foods or fast foods, and we often eat while we are doing other activities. Keep your eyes out for many items, such as prewashed salads, frozen vegetables, pre-cut fruits and vegetables, and quick-cooking poultry portions that make healthy meals quick to put together.

10. Do you drink soda and eat typical snack foods (like chips, cookies, candy, etc) throughout the day and after dinner?

A. Yes

B. No

Snacking on healthy fruits and vegetables is one thing, but high-fat, high sugar treats are foods people may turn to out of stress, boredom or habit. Try replacing these foods with healthier snacks, or enjoy a hot cup of tea to help you relieve stress.

11. Do you have water retention and bloating?

A.Yes

B.No

Excess weight can sometimes simply be retained water. Bloating and swollen ring fingers are clues that this may be happening, and it is important to maintain normal water balance. It sounds counter-intuitive, but sometimes drinking more water will help relieve this by flushing out excess sodium (salt).

12. Do you have the energy and focus you need to meet your daily challenges?

A.Yes

B.No

We all want to perform at our best during the day. Regular exercise and stress management can help you sleep better and feel rested and energized for the day.

13. Do you drink at least 8 glasses of water a day?

A.Yes

B.No

If you wait until you are thirsty to drink water, you may already be slightly dehydrated. Your body requires water for many functions, and being well hydrated helps keep your skin and other tissues healthy.

14. Are you getting your recommended daily allowance of Calcium?

Men = 1000mg

Women under 50 = 1200mg

Women over 50 = 1500mg

A.Yes

B.No

Calcium is important for bone health, and also helps to keep blood pressure in check. The best dietary sources are non-fat dairy products and calcium-fortified foods. Since most people don't eat enough servings of dairy products daily, a combination of foods and supplements is often needed.

15. Are your blood pressure, triglycerides and bad cholesterol levels in the normal range?

A.Yes

B.No

Elevated blood pressure, triglycerides and cholesterol can put you at risk for cardiovascular disease. Regular exercise and a low-fat diet rich in plant foods, fiber and healthy fats from fish can help control these factors.

Your results: 1-5 yes-You are not so healthy as you want. (Look at your NO answers and try to improve them)

5-10 yes- You have a good health ,but you can be healthier than now.

More than 10 yes-You are a very healthy person.