



**HEALTHY EATING THROUGH PLANNED DIET**

**BY**

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## ► HEAD

-Represents knowledge gained & how it influences dietary choices



## HEART

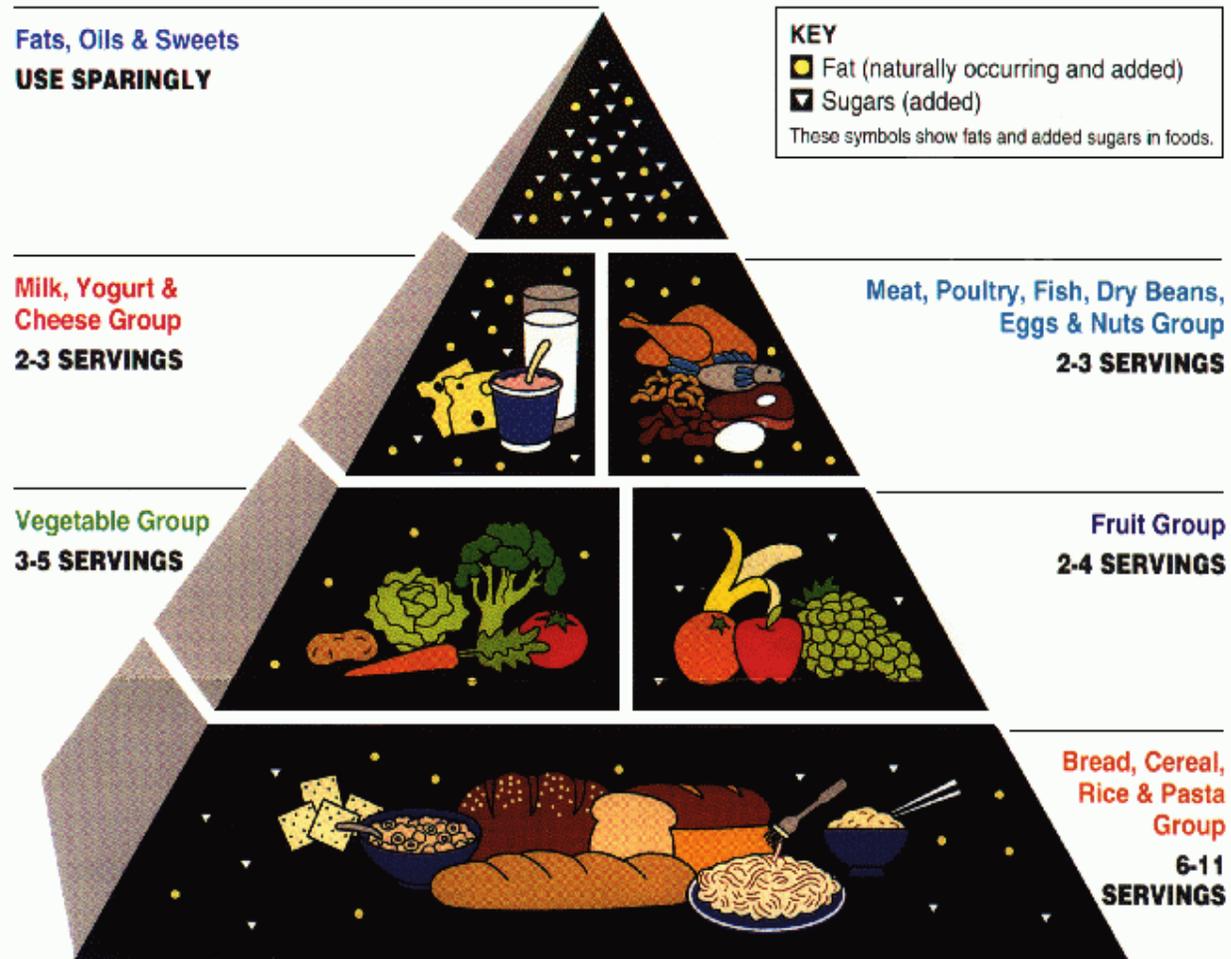
-Represents one's attitudes and perceptions towards food choice & consumption



## HANDS

-Represents knowledge translated into practices

# FOOD PYRAMID GUIDE



# DIETARY MODIFICATIONS

- ▶ Based on Mediterranean diet
  - Low in Saturated fatty acids
  - Low in trans-fats
  - High in soluble fiber
  - High in MUFA & PUFA
  - High in Omega -3- fatty acids
  - Reduced salt intake
  - > 5 servings of fruits and vegetables daily



# HIGH FAT INTAKE



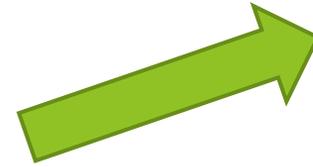
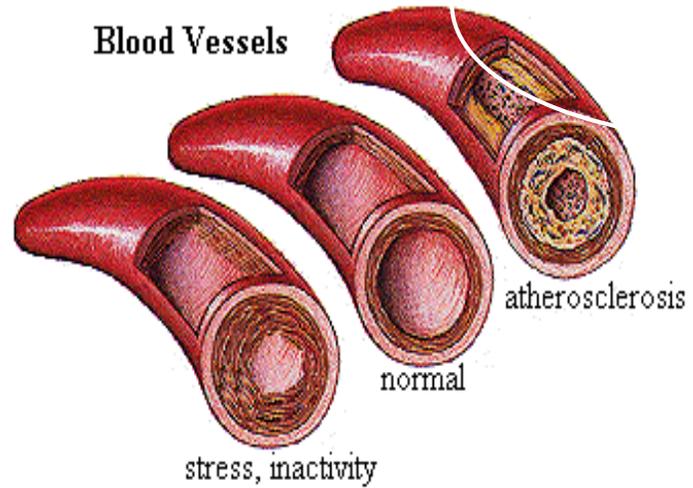
- ▶ “People associate being fat with ‘eating well’ and a sign of wealth, which has led to obesity especially in towns and cities”

Guta, PATH, Previous MOH, Malawi

- ▶ E.g.

- Nyama choma
- Processed meats
- Junk foods
- Soft drinks
- Chips

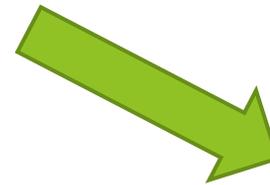
# LINKS.....



HYPERTENSION



CARDIAC PROBLEMS



DIABETES



ARTHRITIS

# CHOOSE A DIET LOW IN FAT

- ▶ Try these ideas to lower the fat in the foods you eat:
- ▶ Use liquid oil / MCT rich oil e.g. coconut oil
- ✓ Drink skim or low fat milk
- ✓ Eat lean meat
- ✓ Cut off chicken and turkey skin/ Trim visible fat
- ✓ Limit intake of high-fat junk foods like cookies, cakes, pastries and chips
- ✓ Eat frozen yoghurt instead of ice-cream

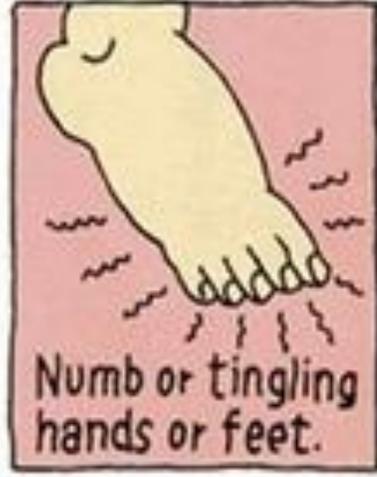
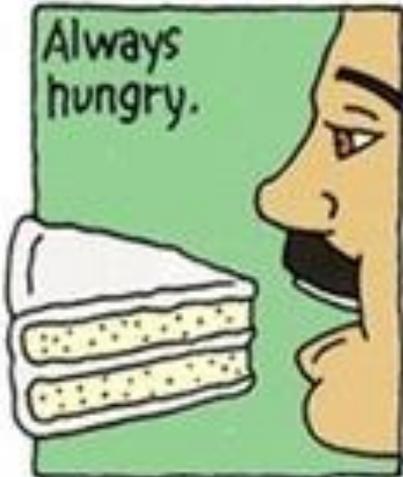
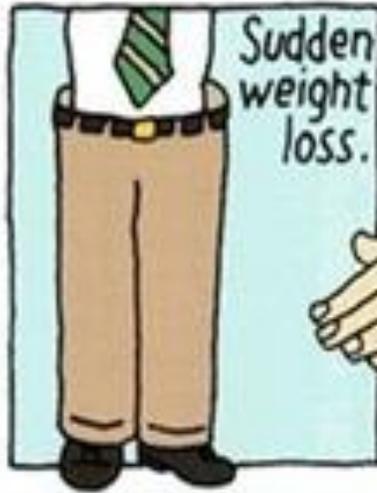
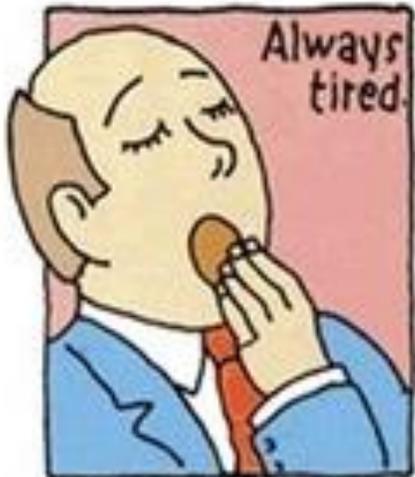
# HIGHLY PROCESSED FOODS

- ▶ Highly refined foods are high in simple sugars which is easily absorbed in the body, however this is not good for the insulin production in the body.
- ▶ E.G
- ▶ Refined foods
- ▶ Soft drinks
- ▶ Junk and processed foods

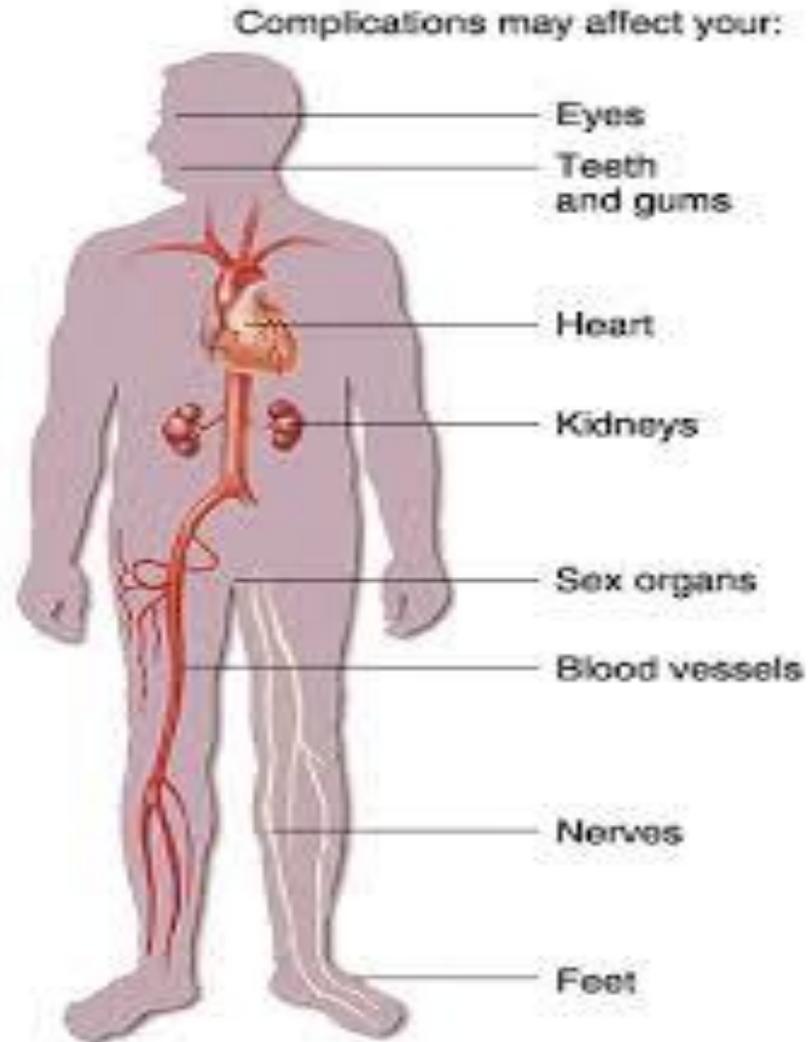


# DIABETES

KNOW THE SYMPTOMS



## COMPLICATIONS OF HIGH BLOOD SUGAR



- ▶ Blindness
- ▶ Heart diseases
- ▶ Kidney diseases
- ▶ Sexual impotence
- ▶ Amputation of limbs
- ▶ Nerves

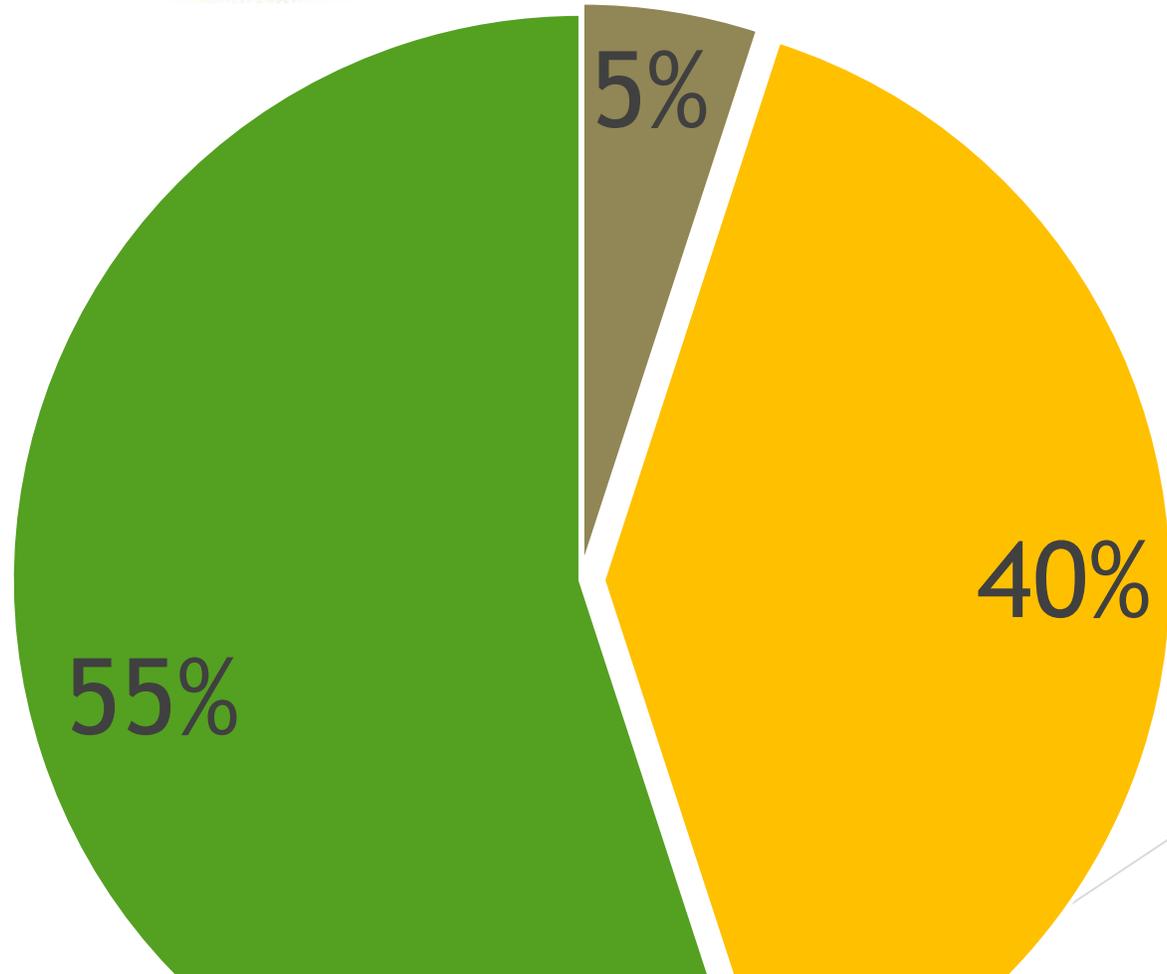
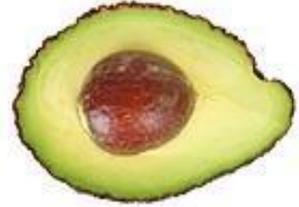
# CHOOSE A DIET LOW IN SUGARS

- ▶ **TRY THESE OUT!!!**
- ▶ Choose low glycemic foods- high fibre foods
- ▶ Eat less sugary cereals for breakfast
- ▶ Try sugar-free gum
- ▶ Use sugar substitutes e.g. honey
- ▶ Drink diet drinks or water
- ▶ Drink freshly blended fruit juice
- ▶ Cut back on cakes, cookies and candy



# Our Daily Salt...

Chart Title

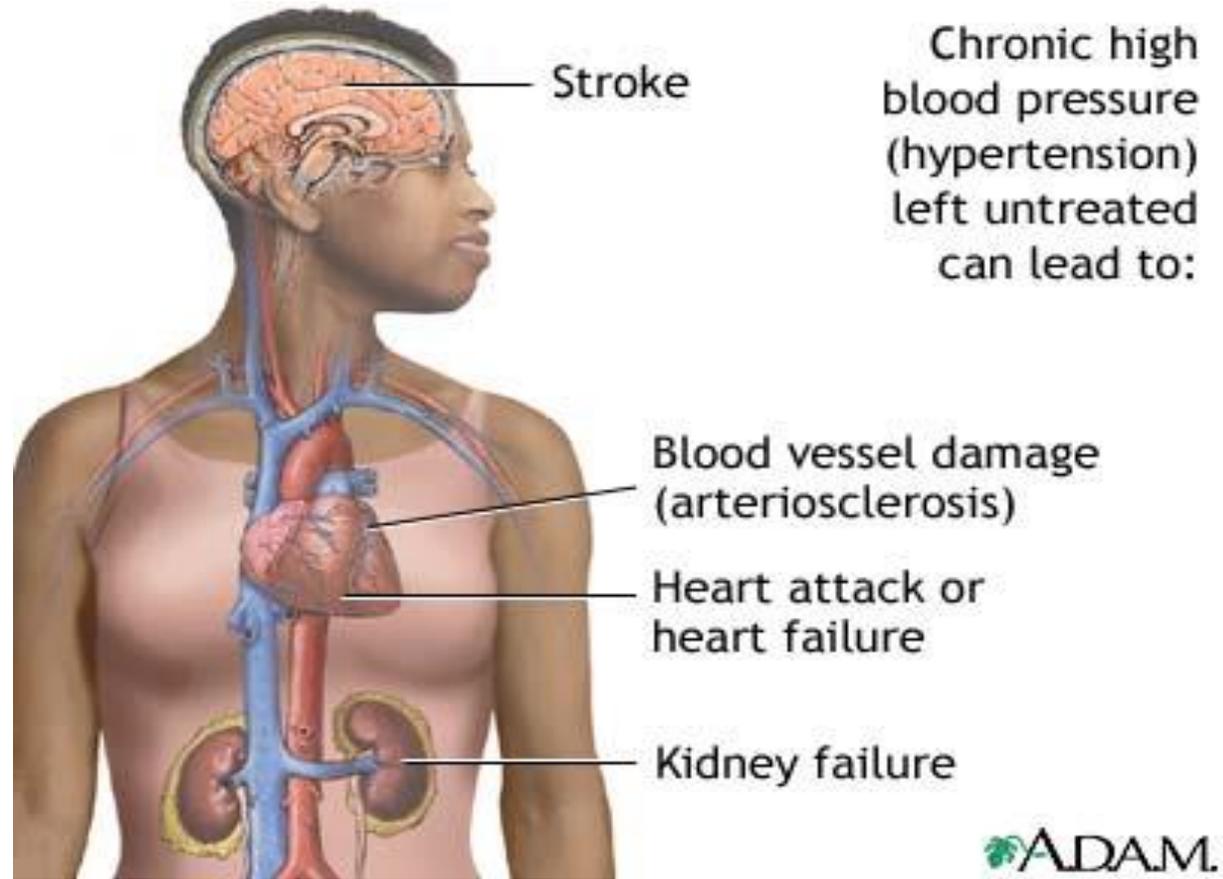


# Salt from processed foods

- ▶ bread
- ▶ processed meats
- ▶ gravy and soup powder
- ▶ meat and veg extracts
- ▶ hard margarine
- ▶ savoury snacks
- ▶ breakfast cereals



## EFFECTS OF HYPERTENSION



- ▶ Untreated hypertension can result in
  - ❖ Arteriosclerosis
  - ❖ Kidney damage
  - ❖ Stroke
  - Heart attack
  - blindness

# How Much Salt Should We EAT?

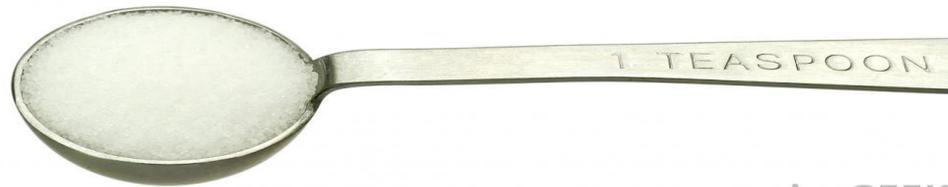
► Our body needs no more than **1.25 grams** salt daily

• The WHO recommends eating no more than **5 g** daily

• This is the same as:

• **2000 mg** sodium

• **1 teaspoon** of salt



wiseGEEK

• This 5 g includes the salt you add yourself **AND** the salt already in food

# SALT BENEFITS

© [www.botanical-online.com](http://www.botanical-online.com)

- It maintains the fluid balance in the body
- It is important for the transmission of nerve impulses.
- It helps removing excess acidity of the cells, especially neurons.
- Salt prevents muscle cramps.
- It also allows nutrient absorption



# CHOOSE A DIET LOW IN SALT

- Taste your food before you salt anything
- Don't put the salt shaker on the table
- Cut back on salty snacks like chips , pretzels
- Cut back on packaged foods and canned foods

NB; Beware of Hidden salt content

## Instead of Salt....

You can use...

1. Mix of herbs and spices
2. Lemon juice / vinegar
3. Lemon grass, fresh coriander & sesame oil to flavor- stir fry

-This is in replacement of Soy sauce





NO FIBRE ? ? ?

- ▶ Constipation
- ▶ Hemorrhoids
- ▶ Diverticulitis
- ▶ Colon Cancer
- ▶ Elevated cholesterol levels
- ▶ Poor blood sugar control

## FIBRE RICH FOODS

- ▶ Beans
- ▶ Fruits
- ▶ Vegetables
- ▶ Whole grain and whole meal foods
- ▶ Nuts
- ▶ Bran based cereal
- ▶ Porridge from whole meal flour



# FOOD PORTIONS , BALANCE, VARIETY...

## HEALTHY EATING PLATE



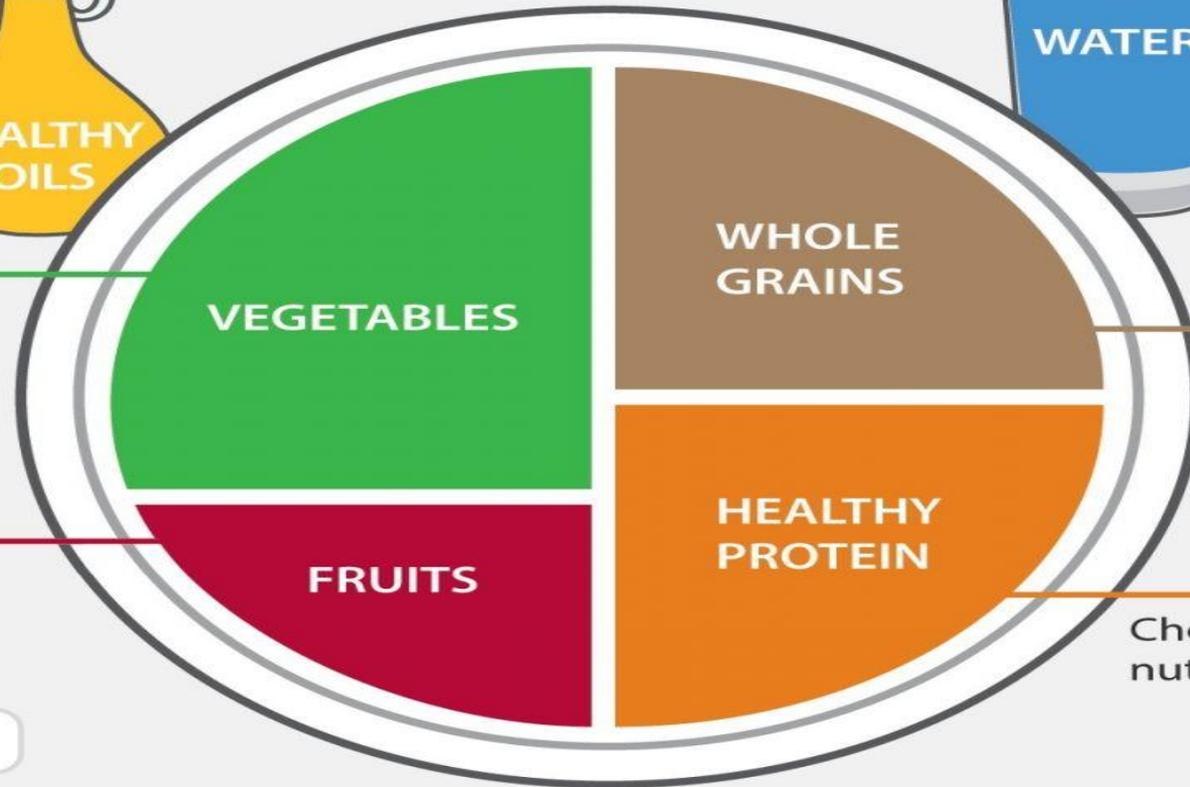
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



© Harvard University



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

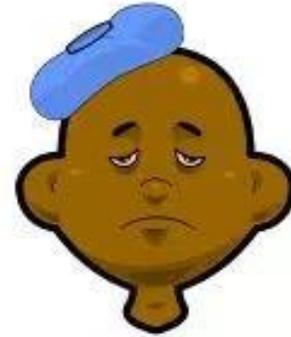


IF I SKIP MEALS, I CAN  
LOSE WEIGHT



# NO BREAKFAST?

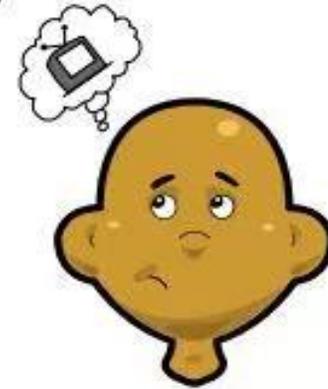
IS THIS YOU?



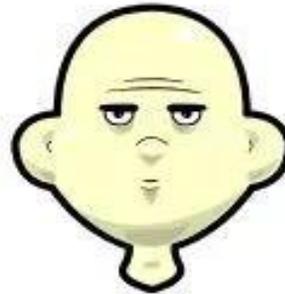
Headaches at School?



Falling Asleep?



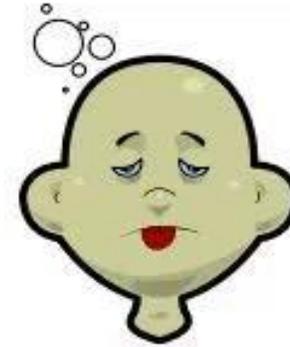
Can't Concentrate?



Irritable or Grumpy?



Getting into Arguments and Fights?



Stomach Ache?

# FACTS

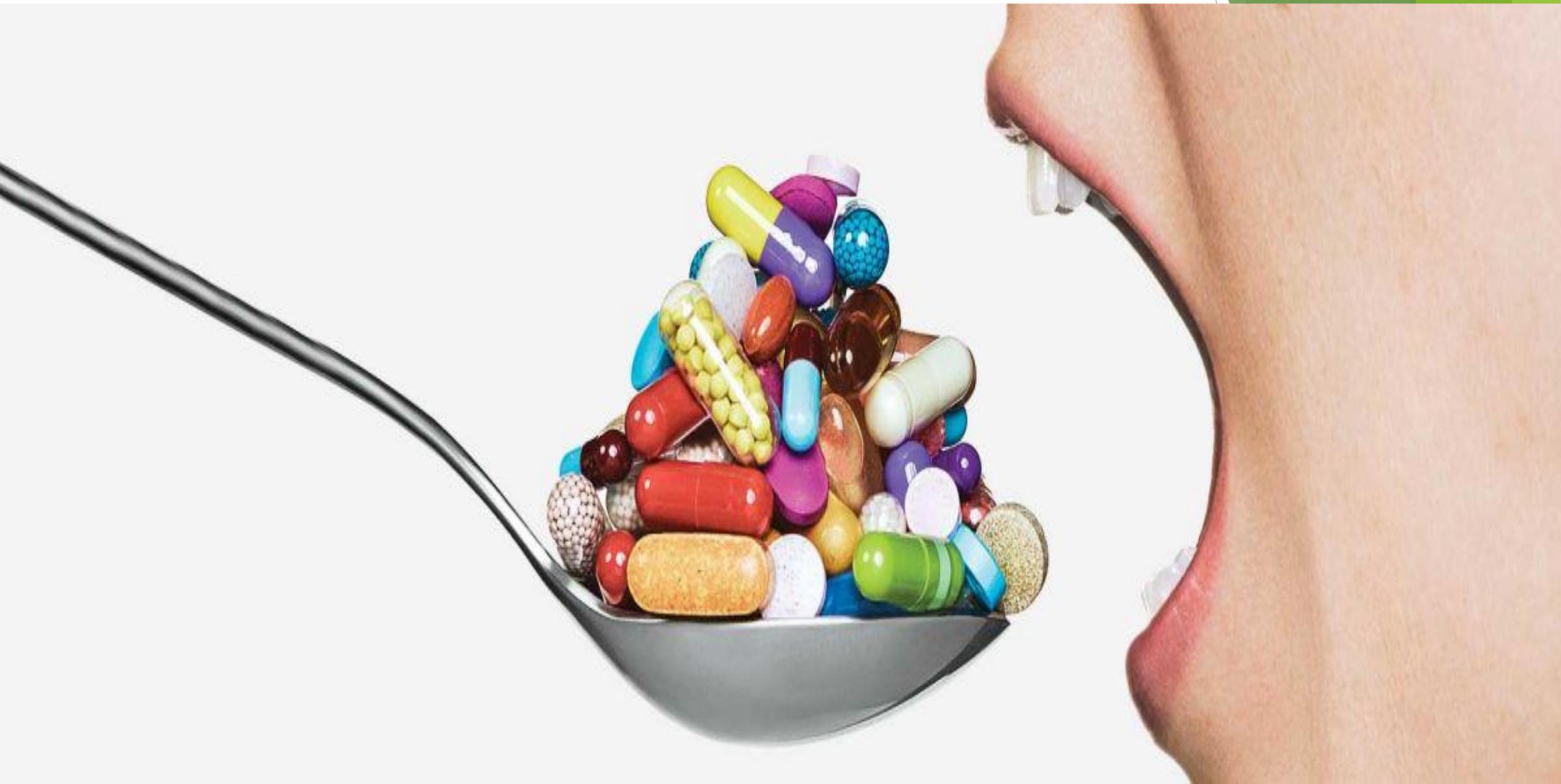
Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal

Studies have shown a link between skipping meals and obesity



**BUSTED**

# SUPPLEMENTS



- Vitamins and minerals supplements cannot replace a healthy diet
- Multivitamins are recommended for pregnant women who cannot meet their RDA through food intake
- At- risk populations include:
  - i. Adolescents
  - ii. Women with multiple gestation
  - iii. Those with a substance abuse history
  - iv. Those with eating disorders
  - v. Those on medication that alter nutrient absorption
  - vi. Strict vegetarians
  - vii. **DON'T TAKE SUPPLEMENTS WITHOUT DOCTOR'S PRESCRIPTION**

# Making Better Choices

## ► Read food labels

- The Nutrition Facts table gives you information on calories and 13 core nutrients.
- Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

# How to Compare

- ▶ Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

## STEP 1:

### Look at the AMOUNTS of food

Compare the Amounts of food (also known as Serving sizes) in the Nutrition Facts table

## STEP 2:

### Read the % DV's

-Look at the % DV's for saturated fat, transfat, sodium and fibre

CRACKER A	
<b>NUTRITION FACTS</b>	
<b>Per 9 crackers</b>	
<b>(23g)</b>	
Amount value	% Daily
Calories 90	
Fat 4.5g	7%
Saturated 2.5g	13%
+ Trans 0g	
Cholesterol 0g	
Sodium 280mg	12%
Carbohydrate 12g	4%
Fibre 1 g	4%

CRACKER B	
<b>NUTRITION FACTS</b>	
<b>Per 4 crackers</b>	
<b>(20g)</b>	
Amount value	% Daily
Calories 90	
Fat 2g	3%
Saturated 0.3g	2%
+ Trans 0g	
Cholesterol 0g	
Sodium 90gm	4 %
Carbohydrate 15g	5%
Fibre 3g	12%

# ALCOHOL CONSUMPTION

Keep weekly consumption within safe limits

-21 units of Alcohol/week for men  
( 2-3 bottles/tots per day)

-14 units of Alcohol/week for women  
( 1-2 bottle/tots per day)

Avoid BINGE DRINKING

-More than 3 alcoholic drinks in 1-2 hours



## ▶ ALCOHOL

- Liver cirrhosis
- Nutrient deficiencies
- Cancer of the liver



## ▶ SMOKING

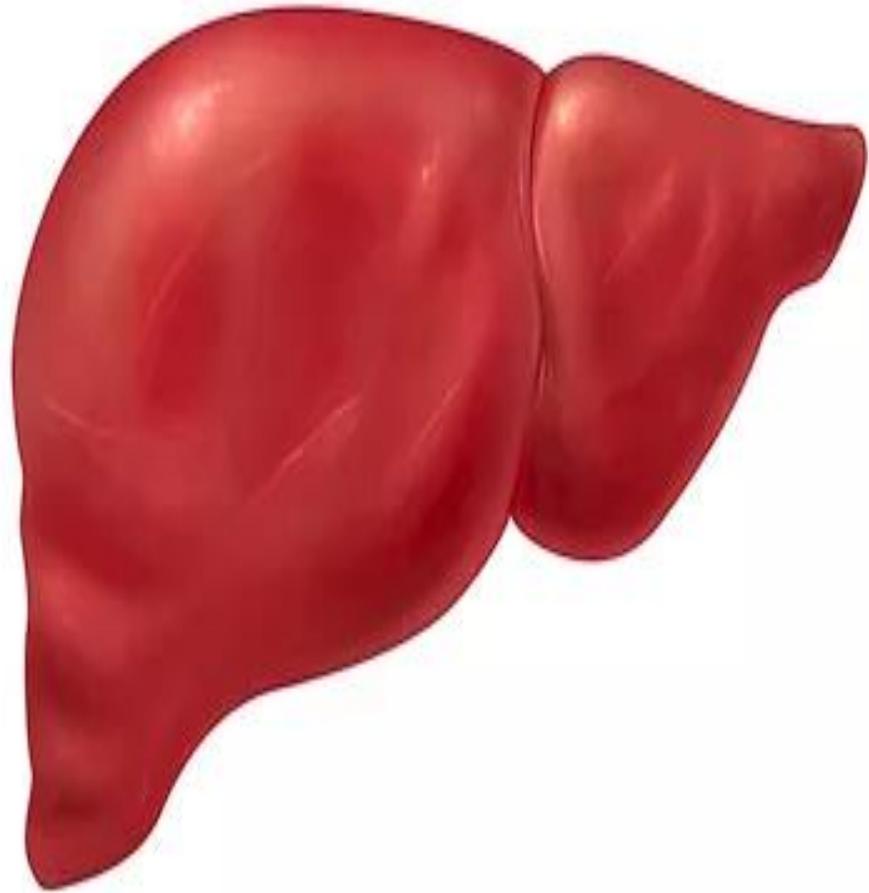
- Lung cancer



Loss of bone density

- Heart diseases
- Stomach ulcers
- Sexual impotence
- cancer of: tongue, nose, larynx, throat, stomach and kidney

Normal Liver



Liver with Cirrhosis



# EXERCISE BASED CARDIAC REHABILITATION

## What Can We Do...

- ▶ -Take the stairs
- ▶ Walk to the shops
- ▶ Park the car at a distance and walk to the office
- ▶ **AIM** for at least **20-30 minutes** of moderate exercise each day to the point of **mild breathlessness**
- ▶ -Walking                      -Cycling                      -Swimming
- ▶ -Jogging                        -Dancing

# ESTIMATED CALORIES/HOUR EXPENDED IN COMMON PHYSICAL ACTIVITIES

MODERATE RATE	CALORIES EXPENDED
HIKING	370 kcals
DANCING	330kcals
GOLF (WALKING/CARRYING CLUBS)	330 kcals
BICYCLING (10MPH)	290 kcals
WALKING (3.5 MPH)	280 kcals
WEIGHT LIFTING (LIGHT)	220 kcals
STRETCHING	180 kcals

VIGOROUS ACTIVITY	CALORIES EXPENDED
Running / Jogging ( 5 mph)	590 kcals
CYCLING ( > 10 mph)	590 KCALS
SWIMMING ( SLOW LAPS)	510 KCALS
AEROBICS	480 KCALS
WALKING (4.5 mph)	460 KCALS
WEIGHT LIFTING	440 KCALS
BASKET BALL	440 KCALS

# REMEMBER....

-**F**ree from toxins

-**R**ehydrate

-**E**ating Healthy

-**E**nough Rest

-**E**xercise

► Who would you want to be?

