



HEALTHY EATING THROUGH PLANNED DIET

BY

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► HEAD

-Represents knowledge gained & how it influences dietary choices



HEART

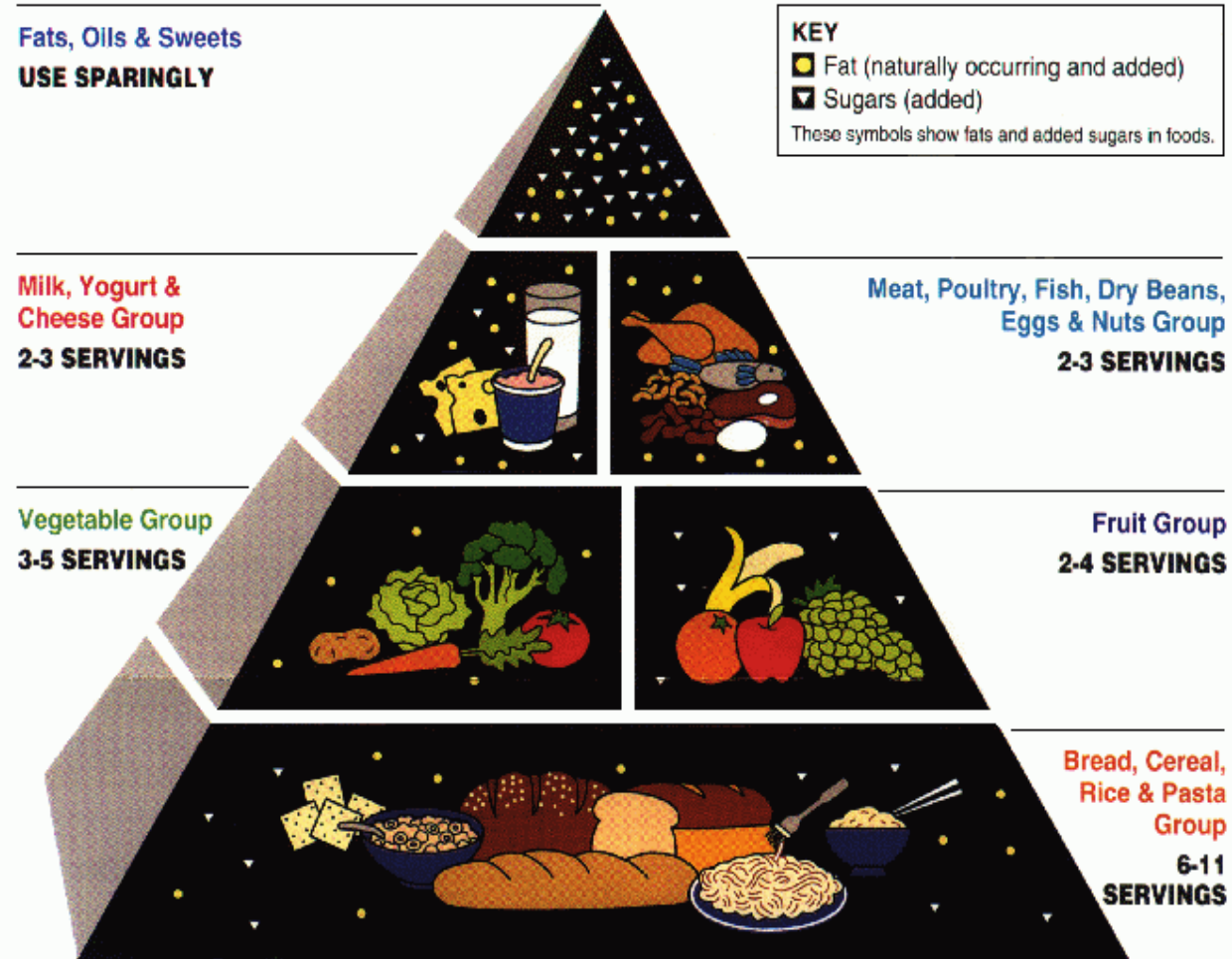
-Represents one's attitudes and perceptions towards food choice & consumption



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



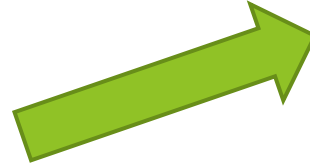
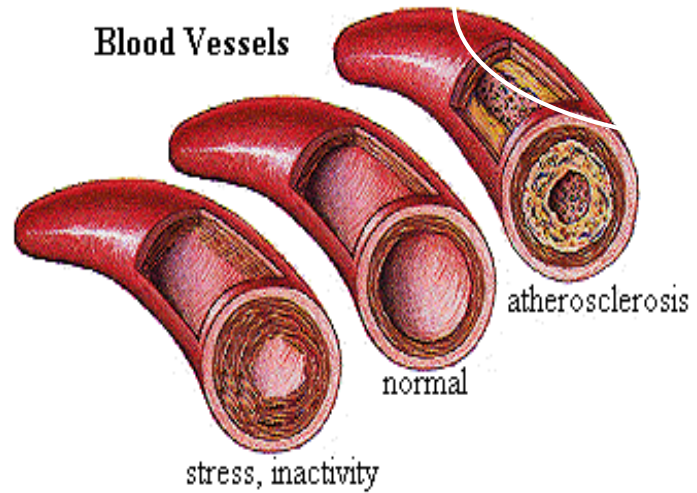
- ▶ “People associate being fat with ‘eating well’ and a sign of wealth, which has led to obesity especially in towns and cities”

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

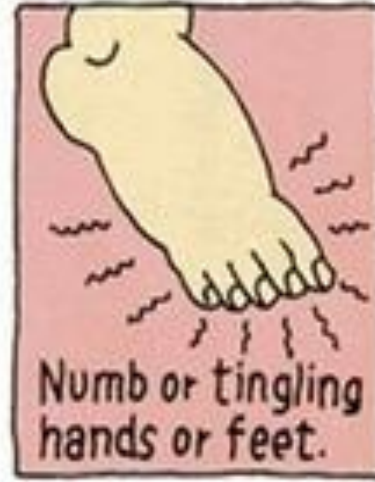
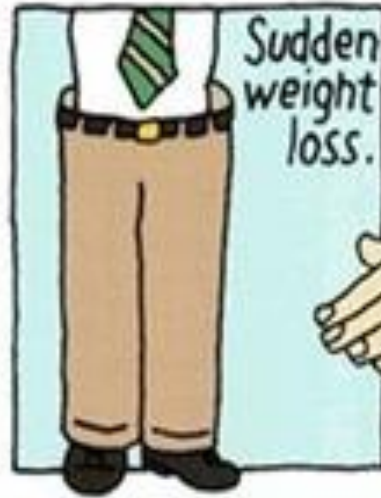
HIGHLY PROCESSED FOODS

- ▶ 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

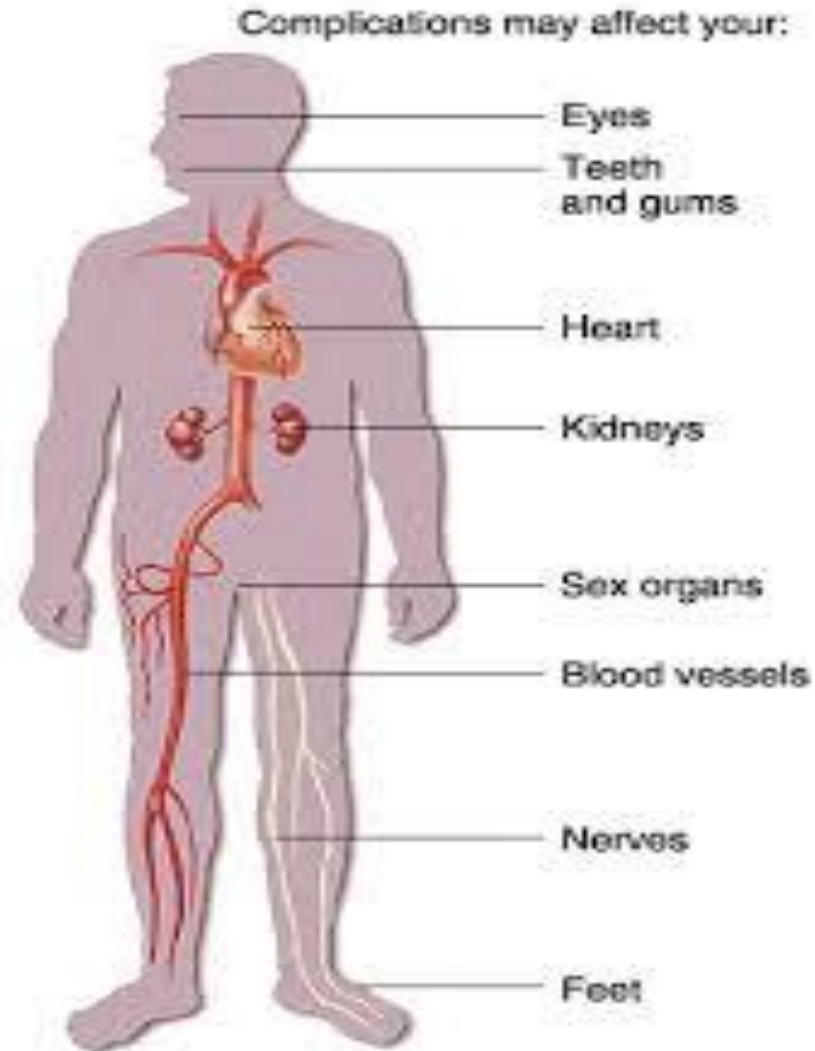


DIABETES

KNOW THE SYMPTOMS



COMPLICATIONS OF HIGH BLOOD SUGAR



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

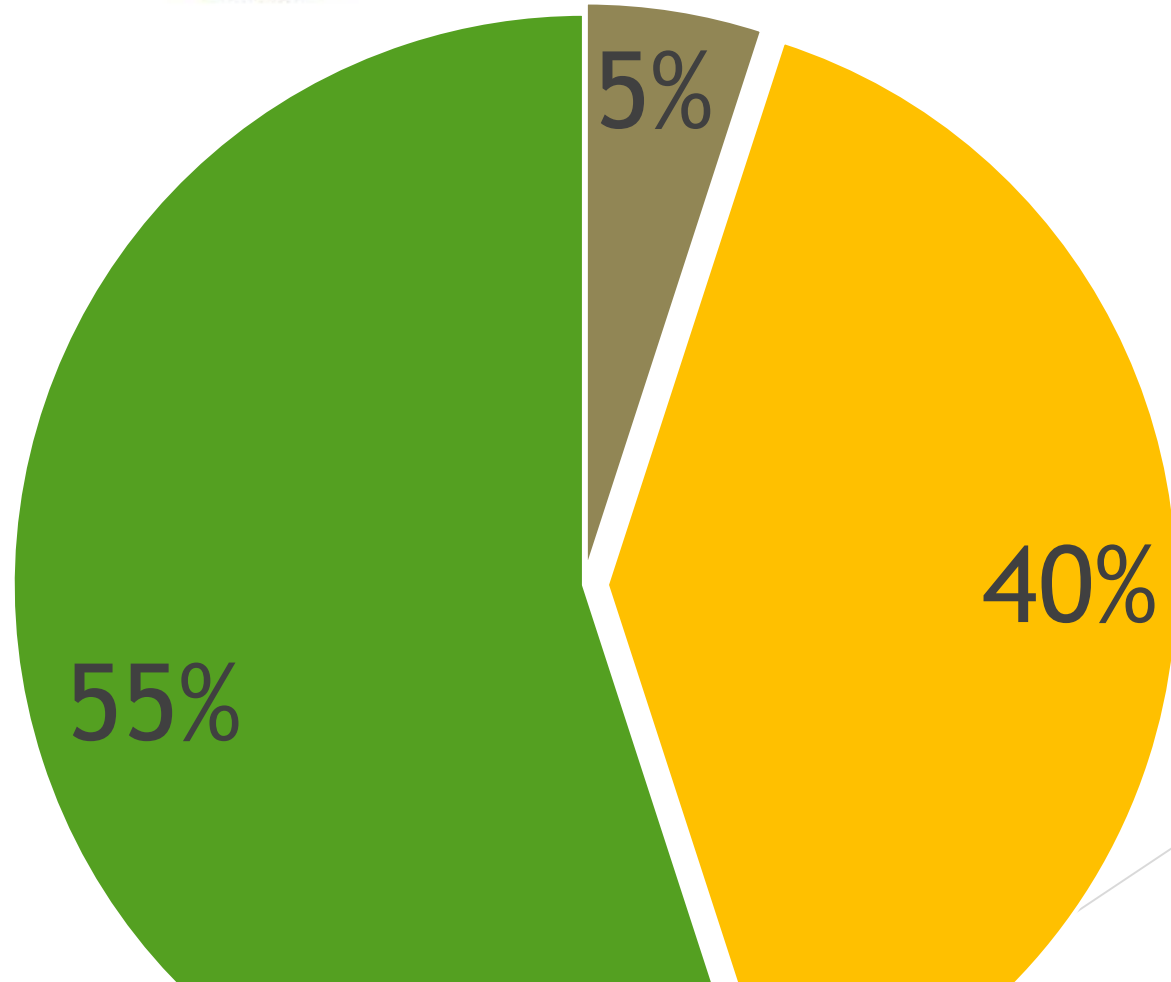
CHOOSE A DIET LOW IN SUGARS

- ▶ **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

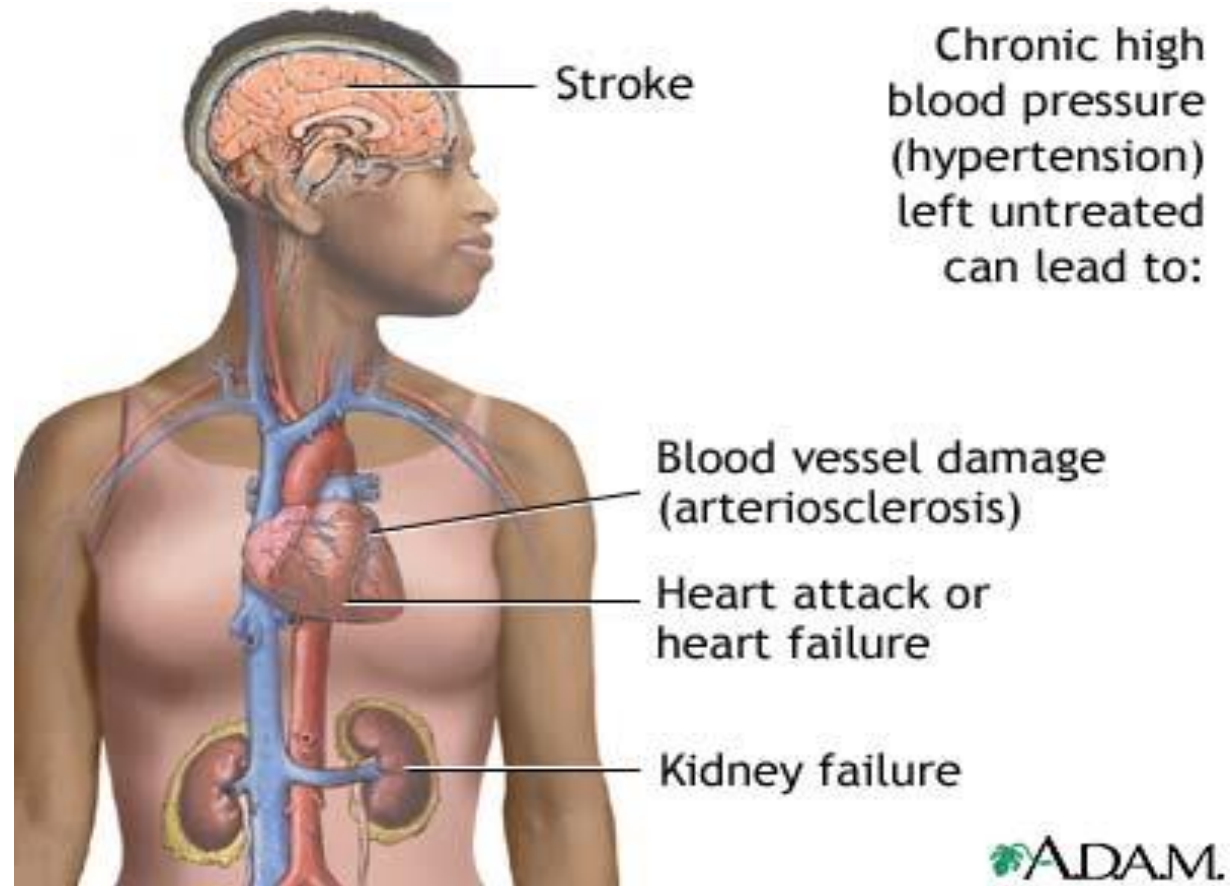


Salt from processed foods

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



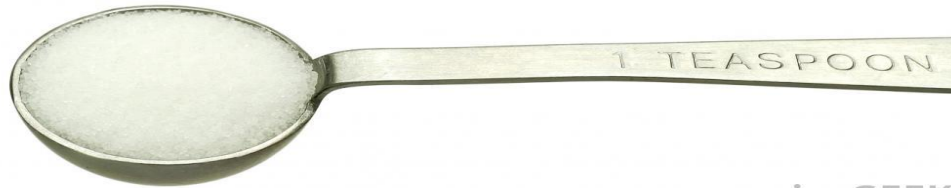
EFFECTS OF HYPERTENSION



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



wiseGEEK

SALT BENEFITS

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- 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



FIBER

- ▶ Normalize bowel movement
- ▶ Helps to maintain bowel health
- ▶ Lower risk of colon cancer
- ▶ Lower cholesterol levels
- ▶ Helps control blood sugar levels
- ▶ Helps in achieving healthy weight



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.



STAY ACTIVE!

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Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



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 Medical School
Harvard Health Publications
www.health.harvard.edu

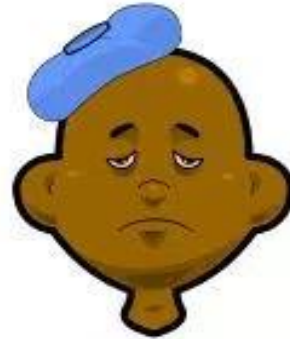


IF I SKIP MEALS, I CAN
LOSE WEIGHT



NO BREAKFAST?

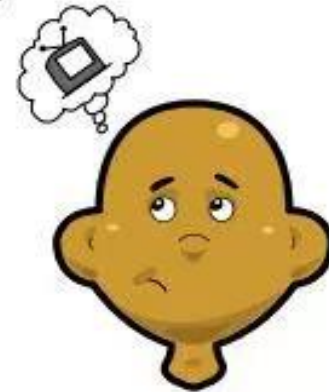
IS THIS YOU?



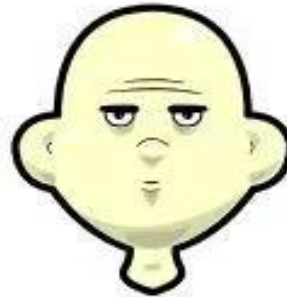
Headaches at School?



Falling Asleep?



Can't Concentrate?



Irritable or Grumpy?



Getting into Arguments and Fights?



Stomach Ache?

FACTS

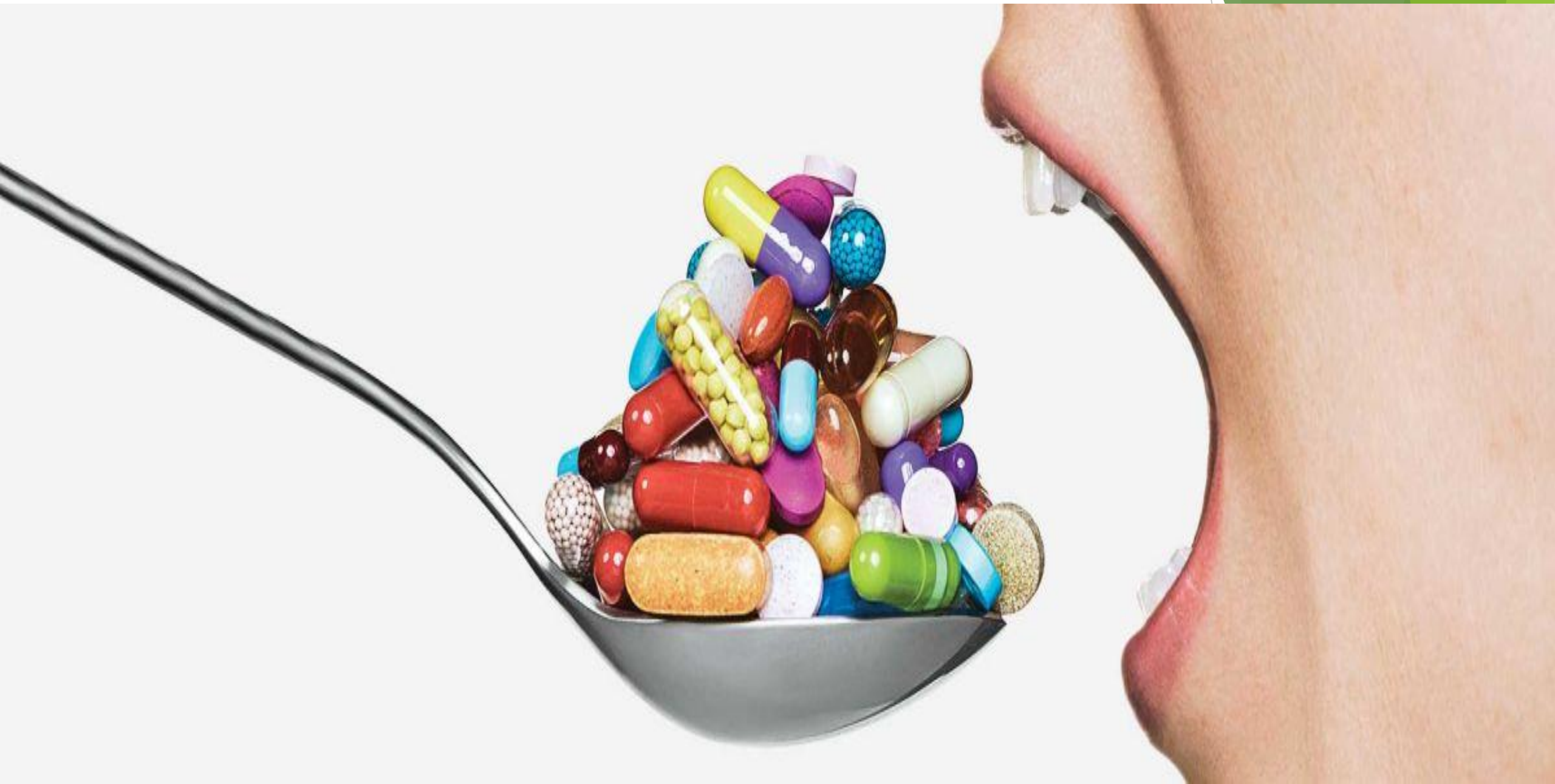
Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal

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	
NUTRITION FACTS Per 9 crackers (23g)	
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	
NUTRITION FACTS Per 4 crackers (20g)	
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

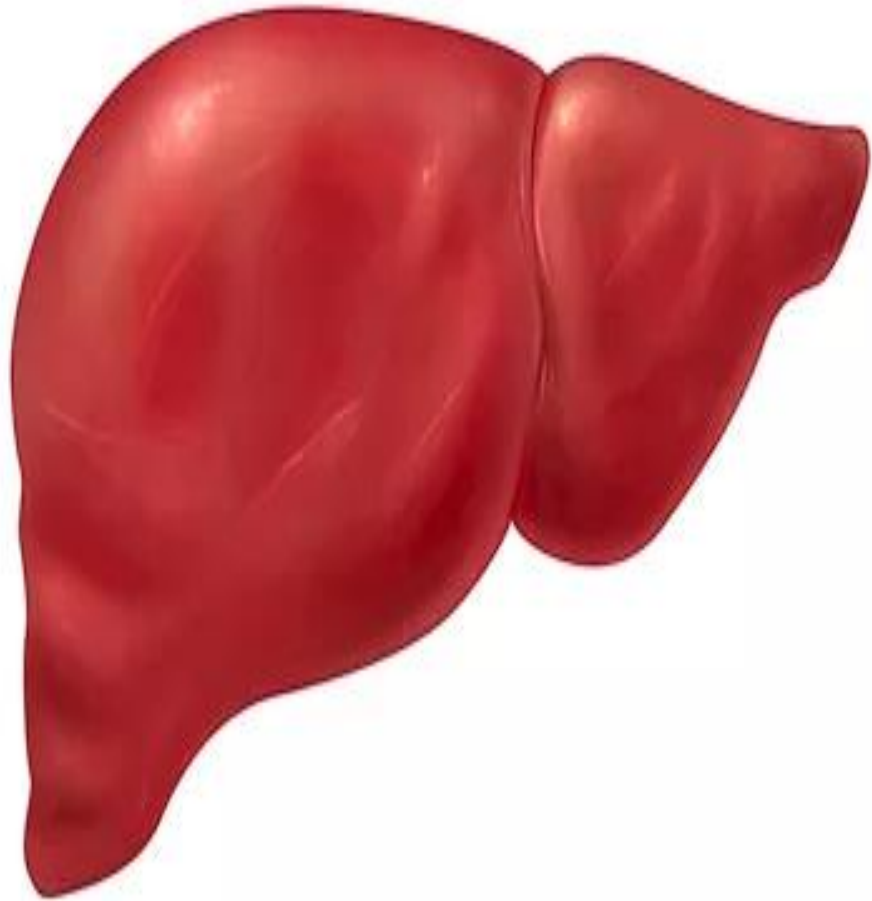
- Lung cancer



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?

