

PRINCIPLES OF HEALTHY EATING



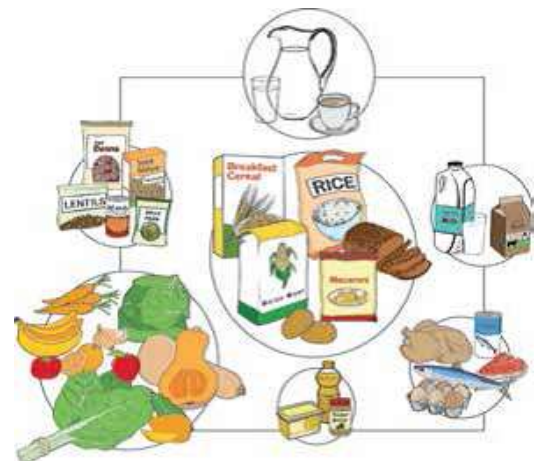
1. What is healthy eating?

Healthy eating means:

- ♥ Eating a variety of foods that give you the nutrients you need to maintain your health
- ♥ Eating more than 3 meals a day (ideally 5 – 6, small and frequent meals)
- ♥ Healthy preparation/cooking methods (little to no fat, oil, sugar and salt)
- ♥ The amount of food that a person eats is also important. Rather eat smaller meals, but more frequently

2. What is the Food Based Dietary Guidelines of South Africa?

1. Enjoy a variety of foods.
2. Be active!
3. Make starchy foods part of most meals.
4. Eat plenty of vegetables and fruit every day.
5. Eat dry beans, split peas, lentils and soya regularly.
6. Have milk, maas or yoghurt every day.
7. Fish, chicken, lean meat or eggs can be eaten daily.
8. Drink lots of clean, safe water.
9. Use fats sparingly. Choose vegetable oils, rather than hard fats.
10. Use sugar and foods and drinks high in sugar sparingly.
11. Use salt and food high in salt sparingly.



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3. Selecting and purchasing food

Vegetables and fruit	Choose a mix of the dark green and yellow/orange flesh vegetables to get all the nutrients you need Choose fresh vegetables and fruit as they offer more nutrients
Meats (protein)	Choose lean meat cuts that have less or no fat. Avoid purchasing processed meats like viennas or polony (they are high in fat and salt) Choose tinned fish in water – not oil
Starchy foods	Buy wholegrain starches (whole-wheat pasta, brown/seed loafs or whole wheat bread, whole-wheat pita/wraps, brown rice, oats)
Dairy products	Choose low-fat or fat-free milk Choose plain yoghurt as far as possible (other low-fat yoghurts have extra sugar in) Choose reduced-fat, low-fat or fat-free cheese Do not use Cremora – Cremora and all other coffee creamers are very high in fat
Beverages	Beware of fruit Juice, even though they are healthy – they are also very high in sugar. Water is the best option. Try to make it more palatable by adding a few pieces of fresh fruit
Other	Buy “lite” products as far as possible Choose soft margarine in a tub, instead of hard brick margarine/butter

4. Tips for healthier food preparation

Unhealthy Practice	Healthier Practice	Did you know?
Cooking chicken with skin	Remove the skin off chicken before you cook it	Chicken skin is high in fat (28g of skin (on breast) contains 795kj or 19g of fat (5 teaspoons))
Cooking red meat without trimming off the fat	Trim fat off meat before cooking or choose lean cuts	Fat around red meat is high in saturated fat which can raise bad cholesterol levels and increase the risk for heart disease
Glazing, deep fat frying, adding batter and cream to vegetables	Roast, steam, simmer or stew vegetables. Add little seasoning and add or brush lightly with oil Replace full-cream milk with low-fat milk in all sauces	1 Cup of thickened low-fat milk’s energy and saturated fat content is respectively 630kCal and 53g less compared to cream
Peeling vegetables and fruits that do not need peeling (apples, pear, peach, potatoes and sweet potatoes)	Leave the skin on vegetables to reduce loss of nutrients during cooking	The nutrient-rich part of a vegetable and fruit is often underneath the skin The skin of vegetables contains a considerable amount of fibre or roughage (eases digestion and prevents constipation, it can also reduce bad cholesterol)



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Unhealthy Practice	Healthier Practice	Did you know?
Soaking/boiling vegetables in water	Avoid cutting vegetables and soaking them Rather wash vegetables in a colander or under running water just before use	Soaking vegetables in water for more than two minutes can cause excessive leakage of nutrients
Using salty and sweetened ready-made sauces when cooking	Make own sauces by using ingredients such as vegetables, herbs, flour and spices that do not contain salt (paprika, curry powder, cinnamon and nutmeg)	Some ready-made sauces are high in fat, salt, sugar, preservatives and additives.
Using coffee creamers, instead of milk for cooking	Rather use low-fat or fat-free milk	Coffee creamers are not dairy products and are high in saturated fats which are not good for heart health.
Adding fat to starchy foods	Make starchy food tastier by adding protein rather than fat	Starchy foods provide energy. Adding extra fat will increase the amount of energy consumed which could lead to obesity
Using refined starches (white bread, white pasta and white rice)	Rather use wholegrain cereals in salads or main dishes	Wholegrain cereals are high in fibre and nutrients. Fibre eases digestion, prevents constipation and protects the body from more serious conditions like cancer of the colon and heart disease. 250ml Plain pasta = 2.5g Fibre 250ml Whole-wheat pasta = 6.3g Fibre You have to consume between 20 and 30g of fibre per day


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5. Portion considerations

Eating healthy means making healthy food choices including choosing portions wisely.

- 🍓 Use smaller plates, bowls and serving utensils
- 🍓 Avoid going for second helpings
- 🍓 When you eat out, try to order half portions or regular sizes
- 🍓 Avoid dishing up heaps of food
- 🍓 Avoid dishing foods on top of each other or on another plate

Correctly portioned plate



Incorrectly portioned plate



6. Healthier cooking methods

Bake	To cook in the oven. Food cooks slowly with gentle heat, causing the natural moisture to evaporate slowly
Baste	To brush or spoon liquid over meat during roasting. This adds flavour and prevents drying out. Use fat-free liquids such as water, wine or lemon-juice.
Blanch	To boil briefly. After 30 seconds in boiling water, plunges the vegetables or other food into ice water to stop the cooking. This keeps it tender-crisp.
Boil	To cook food in heated water or other liquid, like broth, that is bubbling vigorously (do not overcook vegetables)
Braise/stew	To cook food slowly using heat from an oven or stovetop with a little bit of liquid, usually water or broth.
Grill	To cook food on a rack directly over a heat source
Poach	To immerse in a simmering liquid over direct heat (for instance when cooking fish or eggs)
Steam	To cook over boiling water in a covered pan or even a steamer. This helps to keep foods' shape, texture and nutritional value intact.
Stir-fry	Stir-fry: to cook small pieces of meat and vegetables quickly over very high heat with continual stirring, usually in a wok


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