

GENERAL HEALTHY TIPS FOR EACH FOOD GROUP:



Starch

- 🍓 Cooled starch has a lower GI
- 🍓 Foods made from whole grains are good sources of fiber (choose the brown options such as brown bread, brown pap, brown rice, brown pasta etc). They are higher in fiber and thus – will keep you fuller for longer.
- 🍓 Choose starches made with little fat
- 🍓 Make sure that your portions are not too big; Make sure that you don't eat too much starch by eating a starchy vegetable with your starch

Fruit

- 🍓 Eat skin and pips of fruit as it increases the fiber content
- 🍓 Try eating fruits with different colours
- 🍓 Citrus fruits, berries and melons are good sources of vitamin C
- 🍓 Fruit should be eaten on a daily basis
- 🍓 Rather eat a whole fruit, than fruit juice (Juice is too high in sugar)

Milk

- 🍓 Check the food label for nutrition information
- 🍓 The higher the fat content of milk and yoghurt – the greater the amount of saturated fat and cholesterol
- 🍓 Choose lower-fat varieties
- 🍓 Cremora is full of fat... Don't drink/use Cremora!
- 🍓 Try to eat plain/low fat yoghurt – you can add your own fruit

Vegetables

- 🍓 Fresh and frozen vegetables have less salt added than canned veg
- 🍓 Drain and rinse canned veg
- 🍓 Steam, grill or boil
- 🍓 Don't add fats, sugar or cream
- 🍓 Eat vegetables with their skin as it increases the fiber content
- 🍓 Don't overcook vegetables

Meat and protein

- 🍓 Bake, roast, broil, poach, steam or boil these foods rather than frying
- 🍓 Place it on a rack so that the fat drain off during cooking
- 🍓 Use a non-stick spray and non-stick pan to brown or fry foods
- 🍓 Trim off visible fats before cooking
- 🍓 Choose low fat options
- 🍓 Boiled eggs, rather than fried eggs
- 🍓 Choose tinned fish in water – not oil

Fat

- 🍓 All fats are high in energy (kcal). Limit serving sizes for good nutrition and health
- 🍓 Check the nutrition information on food labels for serving sizes
- 🍓 One exchange is based on 5g of fat
- 🍓 Try not to cook with fat – thus do not heat fat
- 🍓 Plant fats are healthier than animal fats
- 🍓 Soft margarine in plastic tub is better option than hard, brick margarine
- 🍓 Spread margarine thinly on bread – if you can see teeth marks when biting into bread – it is too much!
- 🍓 If having 2 slices of bread – spread margarine only on 1 slice and put the other slice on top.

Drinks

- 🍓 Decrease sugar in coffee and tea
- 🍓 Drink alcohol in moderation
- 🍓 Rather drink “light”, “zero” drink than normal carbonated drinks
- 🍓 Drink lots of water

Sweets and chips

- 🍓 Remember that there is lots of sugar and fat in sweets and chocolates
- 🍓 All chips are high in the bad fats – homemade popcorn is a better option

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