

Try get a healthy body

only eat as much food as you need

make healthy choices -

it's a good idea to choose

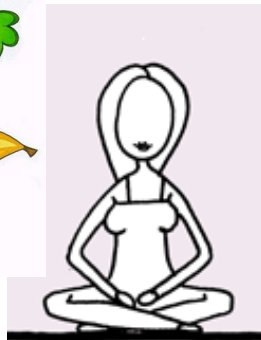
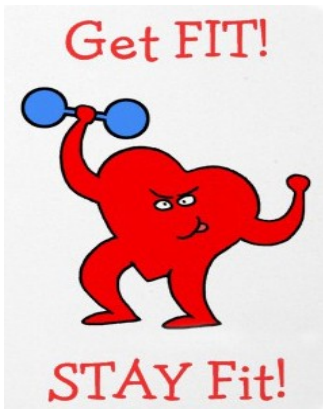
- low-fat and low-sugar varieties,
- eat plenty of fruit and
- vegetables and
- Wholegrains

get more **active**

Physical activity is a good way of using up extra calories, and helps control our weight.



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8 TIPS OF EATING

1

Breakfast is a **MUST!**

Don't skip it



Breakfast is essential to provide energy, minerals and vitamins. Missing breakfast won't help us losing weight and not good as we miss out essential nutrients.



Try a bowl of cereal and a glass of low fat milk or a glass of fruit juice.





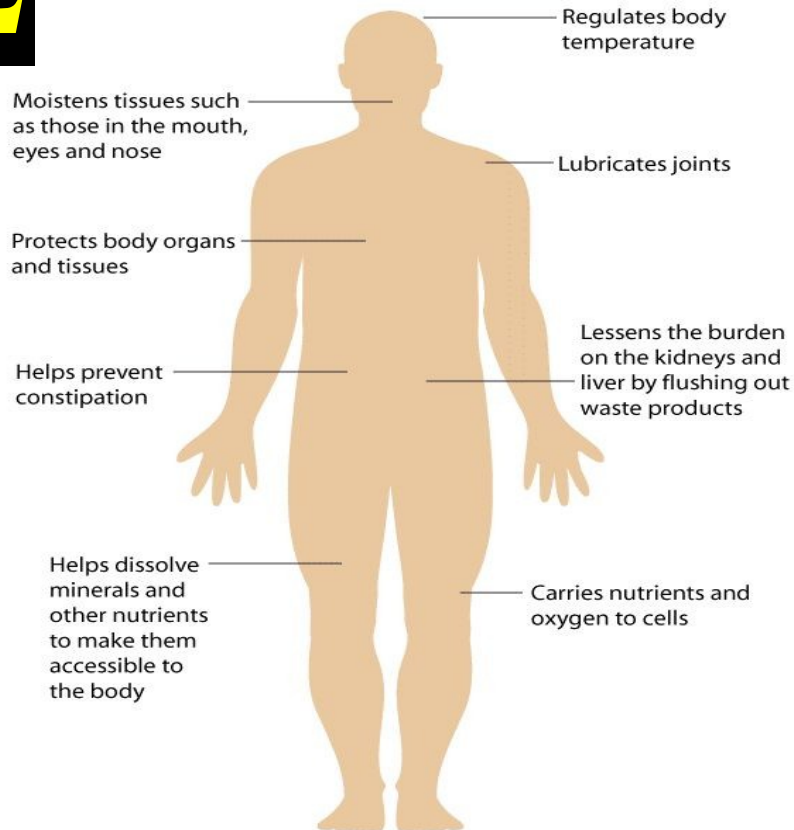
Drink a lot of WATER

We need sufficient fluids in body to avoid dehydration

Around **3 L of water for man** (13 glasses perday)
Around **2.2 L of water for woman** (9 glasses perday)

2

Water's effect on the Body



Reduce sugar intake

Many foods that contain added sugar can also be high in calories so cutting down could help you control your weight.

Take a look at the label. The ingredients list always starts with the biggest ingredient first.

Watch out for other words used to describe added sugars, such as **sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey.**

If you see one of these near the top of the list, you know the food is likely to be high in added sugars.

High is more than 15g sugars per 100g
Low is 5g sugars or less per 100g.



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Cut down on saturated fat

There are two main types of fat:

saturated fat -

having too much can increase the amount of cholesterol in the blood, which increases the chance of developing heart disease

unsaturated fat -

having unsaturated fat instead of saturated fat lowers blood cholesterol

Foods high in saturated fat

Try to eat these sorts of foods less often or in small amounts:

- meat pies,
- sausages,
- meat with visible white fat
- hard cheese
- butter
- Pastry
- cakes and biscuits
- Cream and soured cream
- coconut oil, coconut cream or palm oil

Total fat :

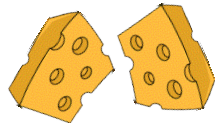
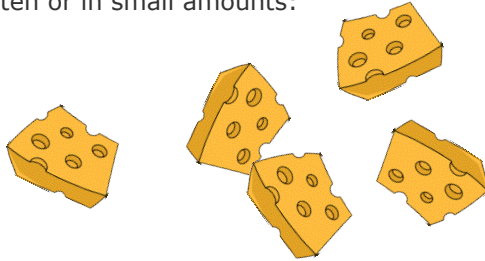
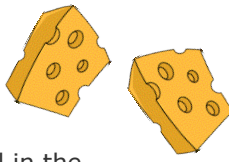
High is > 20g fat per 100g

Low is 3g fat or < per 100g

Saturated fat :

High is > 5g saturates per 100g

Low is 1.5g saturates or less per 100g



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Base your meals on starchy food

Starchy foods such as wholegrain variety starchy food, bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet.

Should be 1/3 of meal

Starchy foods = energy and contain fibre, calcium, iron and B vitamins.

Try to eat 1 starchy food in each main meal suggestion:

1. breakfast with cereal,
2. lunch with sandwiches and
3. dinner with pasta or rice

Choose wholegrain variety food :

Wholegrain foods contain more fibre and other nutrients than white or refined starchy foods.

We also digest wholegrain foods more slowly so they can help make us feel full for longer.

Wholegrain foods include:

- Wholemeal and wholegrain bread,
- pitta ,
- chapatti,
- brown rice and
- wholegrain breakfast cereals

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Eat more fish

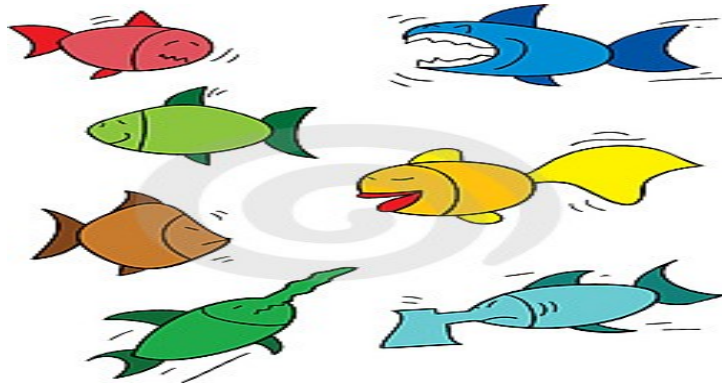
Eat more fish - including a portion of oily fish each week.

An excellent source of protein and contains many vitamins and minerals.

Aim for at least two portions of fish a week, including a portion of oily fish



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What are oily fish?

Some fish are called oily fish because they are rich in certain types of fats, called omega 3 fatty acids, which can help keep our hearts healthy.

How much oily fish?

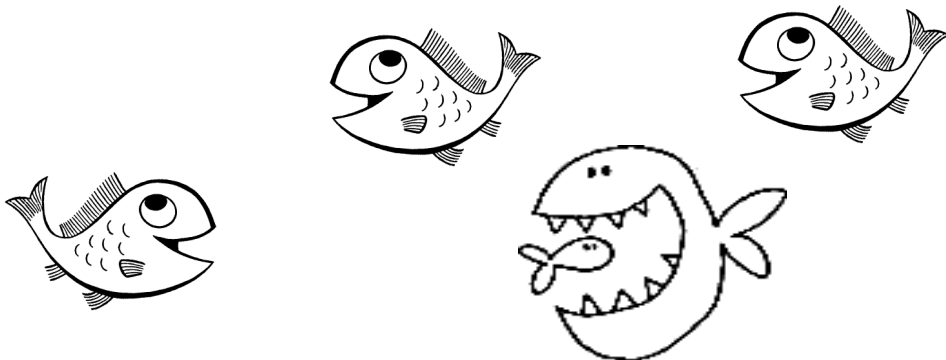
4 portion is the recommended maximum number of portions for other adults.

Examples of oily fish

Salmon, mackerel, trout, herring (terubuk), fresh tuna, sardines, pilchards, eel

Examples of white or non-oily fish

Haddock, plaice, coley, cod, tinned tuna, skate (ikan pari), hake



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Eat less salt

Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals.

How do I know if a food is high in salt?

Check the label to find out the figure for salt per 100g.

High is more than 1.5g salt per 100g (or 0.6g sodium)

Low is 0.3g salt or less per 100g (or 0.1g sodium)

If the amount of salt per 100g is in between these figures, then that is a medium level of salt

