

EAT WELL, EAT RIGHT!

Eating well isn't about filling up the stomach to stay alive as some people think, rather, it's about eating the right proportion of food to give the body the right amount of essential nutrient it needs daily. To stay healthy, active and productive, the body needs a variety of nutrients from the food we eat. It is also important to consider the quality and quantity of food we consume daily to ensure optimum health.

HOW DO YOU ENSURE THAT YOU EAT WELL AND EAT RIGHT?

1. **Eat a variety of foods:** All foods contain several nutrients but no single food provides all nutrients in the right quantity for good health. Therefore, the basic classes of foods i.e. Carbohydrate, protein, fats and oil, vitamin, minerals and water in the right proportion should be included in the diet for optimal nutritional intake.
2. **Eat foods in season and in their natural form:** Foods in season and in natural form are fresher, more nutritious and are cheaper than the processed ones that are artificially flavoured with lots of colours and additives for high acceptability.
3. **Eat foods which contain complex carbohydrate:** Consumption of complex carbohydrate such as whole grains (wheat, cereals, oatmeal, corn) and legumes (beans and nuts) are healthier than that of simple sugar found in soft drinks, beverages, processed fruit juices, chocolate and pastries which can lead to a surge in blood sugar because absorption of simple sugar is faster than that of the complex sugar. Also complex carbohydrates are rich in fiber for easy digestion and healthy blood glucose level.
4. **Avoid excessive salt and spices:** Too much of salt can be detrimental to the health. Salt contains large amount of sodium and must be used in moderation especially by people who are hypertensive or people who have tendency of developing high blood pressure. Use not more than 5-6gms (1tbs) of table salt per day.
5. **Avoid overeating:** Eat three meals a day and at each meal eat moderate quantity. Over eating can lead to excess weight gain and every gain of excess weight is a burden on the body system.
6. **Choose heart – healthy fats:** All fats contain the same amount of calorie so it should be taken in moderation. However, healthy fat that are found in soya bean oil, olive oil and fish rich in omega 3 and omega 6 fatty acid (Mackerel, salmon, sardine) should be consumed instead of saturated fat present in fatty meat, offal, pastries etc.
7. **Drink more water:** Water supports many vital functions in the body including hydration, digestion and blood volume.
8. **Prepare healthy meals at home:** Prepare healthy meals at home using simple methods of cooking such as boiling, steaming and roasting instead of deep frying, baking etc.

9. **Exercise and increase physical activity:** Try to be physically active for at least 20-30minute daily e.g. walking, jogging, swimming.
10. **Know and note your numbers** i.e. check your blood pressure and blood sugar regularly.

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