

# Healthy diet

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In this presentation I would like to  
show you how diet can help us  
stay healthy.



Eat healthy and enjoy yourself!

# Starchy foods

**We should eat plenty of breads, cereals, rice, pasta and potatoes to keep our bodies healthy.**

**Starchy foods should make up 1/3 of our diet.**



## **Why eat these foods?**

**Starchy foods can provide:**

- ✓ **Fibre – helps to maintain normal bowel function**
- ✓ **B vitamins – for example thiamin, which helps the body to use the energy from the carbohydrates we eat**
- ✓ **Iron - required by red blood cells which transport oxygen around the body**
- ✓ **Calcium - to help develop and maintain healthy bones and teeth**
- ✓ **Folate - needed for the formation of healthy red blood cells and for the nervous system**

# Fruit and vegetables

**Try to eat at least 5 portions of a variety of fruit and vegetables every day!**



Fruits and vegetables are low in fat, salt and sugar. They are a good source of dietary fibre. As part of a well-balanced, regular diet and a healthy, active lifestyle, a high intake of fruit and vegetables can help you to:

- Reduce obesity and maintain a healthy weight
- Lower your cholesterol
- Lower your blood pressure.

Vegetables and fruit contain phytochemicals, or plant chemicals. These biologically active substances can help to protect you from some diseases. Scientific research shows that if you regularly eat lots of fruit and vegetables, you have a lower risk of:

- Type 2 diabetes
- Stroke
- Heart (cardiovascular) disease
- Cancer – some forms of cancer, later in life
- High blood pressure (hypertension).



# Fish

**Fish is an excellent source of protein and provides many vitamins and minerals.**

**It is recommended that we all eat 2 portions of fish a week, one of which should be oily. A portion of fish is 140g.**





The specific nutrients supplied by fish include:

- low-fat muscle meat containing 15 to 20 per cent protein, in the case of lean fish like pollock, cod or haddock;
- large quantities of unsaturated fatty acids, particularly omega-3 fatty acids, in the case of fatty fish like salmon and mackerel;
- iodine;
- selenium, a chemical element that is an important component of proteins. Proteins containing selenium can intercept free radicals and are thought to prevent cancer;

- taurine, a metabolite product of protein that is important for the development of the brain and retinal tissue. Moreover it plays a key role in the development of cell membranes and in the detoxification of the body;
- vitamin D, which very few foods contain in worthwhile amounts. Vitamin D mainly occurs in fatty fish;
- niacin, vitamin B<sub>6</sub> and vitamin B<sub>12</sub>;
- all the important amino acids for human nutrition, including those known as “essential amino acids” which the human metabolism cannot synthesize itself.

# Less salt

Keeping a normal blood pressure is important for your health. Eating too much salt may raise your blood pressure and lead to certain illnesses.

Even if you do not add salt to your food, you can still be eating a high amount of salt.

Much of the salt in our diet comes from processed foods such as bread, breakfast cereals, soups, sauces and ready meals.

eat less  
SALT!



# Water

**Around 2/3 of our body is made up of water.**

**We lose water throughout the day when we sweat, breathe and use the toilet.**

**Drinking enough water each day helps prevent headaches and dehydration.**

**Remember not to drink too many soft or carbonated drinks that are high in sugar.**



## Less sweets



Candy generally contains sugar. When bacteria metabolize the sugar found in most candies, juice, or other sugary foods, they produce acids in the mouth that demineralize the tooth enamel and can lead to dental caries.

Of course it doesn't mean that we can't eat any sweets. We can eat it in small amount and it wouldn't be wrong for us.



# Not to skip breakfast!

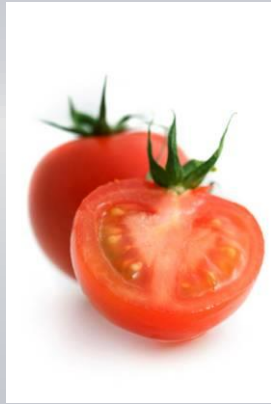
Eating breakfast provides us with energy as well as some important nutrients that we need for good health.

For example, a healthy breakfast of wholegrain cereal and a glass of fruit juice, will give our body the energy and nutrients it needs to start the day.



# Eat 5 a day

It is recommended that we need to eat at least 5 portions of fruit and vegetables a day.



fresh



dried



juiced



frozen



canned

# Good reasons to eat 5 A DAY

Fruit and vegetables provide important vitamins and minerals, such as:

- vitamin A;
- vitamin C;
- folate;
- potassium.
- These are high in fibre which keeps our gut healthy.
- They are rich in substances that may protect against some diseases such as cancer or heart disease.
- Fruit and vegetables are low in energy and fat which helps maintain a healthy weight.

These all help the body to function properly.