

Healthy Food Swaps Month

Smart Swaps

- Get your sweet fix from fruit: save up to 100 calories and 30g sugar per glass.
- Choose healthy low sugar drinks: save up to 450 calories and 20g sugar per 100g.
- Take the skin off chicken and choose steamed/baked fish over fried: save 100 calories and 10g fat per drumstick, OR up to 130 calories and 10g fat per 100g fish.
- Bulk up your meals with pumpkin rather than Yalo or Cassava: save 100 calories per 100g.
- Switch to healthy oils: save 7g of saturated fat per Tbsp (thats 20% of your daily).

Vegetable, Ghee, Palm Oil, Soyabean, Rice Bran, Coconut.

Eat Healthy. Stay Healthy MINISTRY Health

Center of Disease Control and Prevention Guidelines for adapting healthy eating behaviors

- **REFLECT** on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating.
- **REPLACE** your unhealthy eating habits with healthier ones.
- **REINFORCE** your new, healthier eating habits.

https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html

According to the National Diabetes Statistic Report

- In 2015, an estimated 1.5 million new cases of diabetes were diagnosed among U.S. adults aged 18 years or older.
- More than half of these new cases were among adults aged 45 to 64 years, and the numbers were about equal for men and women.

<https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>

MY HEALTHY PLATE OF FOOD

- Energy Food:** Include Food from Energy Food group e.g. dalo, cassava, wholemeal roti, brown rice and wholemeal bread. Reduce eating white rice and white bread. Use healthy oils such as canola oil, soya bean oil and olive oil. Reduce butter and margarine.
- Body Building Food:** Choose from Body Building Food such as fish, poultry, dhal, dried beans and nuts. Trim visible fat from meat. Reduce salt.
- Health Protective Food:** Drink clean and safe water (6-8 glasses per day). Go Local! Choose fresh local fruits and vegetables. Cook leafy vegetables for a short time. Half of what you eat should be vegetables and fruits.

SUGGESTIONS OF HEALTHY PLATE