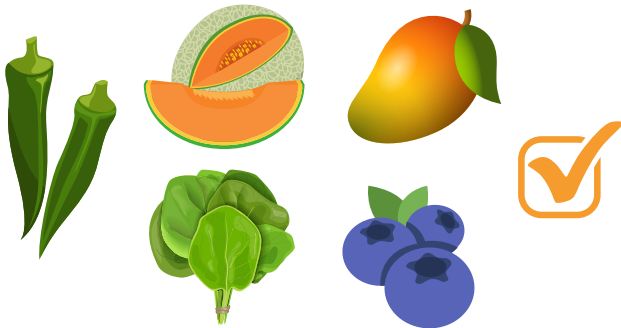


YOUR HEALTHY EATING CHECKLIST



AFRICAN DIETS

MORE FRUIT & VEGETABLES



Eating at least 5 portions of a variety of fruit and vegetables such as green beans, spinach, kale okra fingers, egg plant, and fruits including melons, mangoes and all forms of berries.

GOOD FATS



Nuts are good sources of fat, fibre and protein. Eat more Nuts and seeds as snacks including almonds, walnuts, peanuts, chia and flaxseeds. Oily fish including salmon, trout and sardines are high in omega 3. nuts, seeds and olives and olive oil is part of a healthy diet and can be used when cooking stews, or added to rice and snacks.

CARBOHYDRATES



Reduce portion of carbohydrate foods such as yam, rice and plantain. Cassava, maize, Ugali, fufu are all sources of carbohydrates. Swap these for higher fibre carbohydrates such as eba, pounded yam, amala and gari and reduce portion to quarter of the plate.

INCREASE PORTION OF VEGETABLES WITH ALL MEALS



Adding vegetables to salads is a tasty and nutritious way of getting at least 2 servings of vegetables. Also, add vegetables to curry, rice, bariis, canjeero. Including a side salad with all meals is a good way to get increase vegetable intake.

REDUCE THE AMOUNT OF OIL USED IN COOKING



Meat and chicken dishes can be prepared by using less oil. Try shallow frying, baking or grilling foods. Try measuring oil when cooking rice dishes, aim for one table spoon per person per dish.

DRINK 8 GLASSES OF WATER



Aim to drink atleast 8 glasses of water. Avoid fruit juices, fizzy drinks and syrups such as mango pulp. Reduce or avoid adding sugar and carnation milk to teas. Sugary drinks and fizzy drinks can lead to weight gain.

A healthy eating plan gives your body the nutrients it needs every day, and will also lower your risk for heart disease.