HEALTHY EATING

WHAT IS A BALANCED DIET?
A well-balanced diet provides the body with energy, nutrients, vitamins and minerals. Well-being is promoted and diseases are prevented.

A BALANCED MEAL

Fruit and Vegetables (1 serving size: both hands)
3 servings of vegetables (e.g. dark green, red and orange vegetables) and 2 servings of fruit per day.

Whole Grain Products (1 serving size: closed fist)
3 servings of whole grain products per day (e.g. legumes, whole wheat bread, brown rice). Limit sugar, white bread or rice and sweet treats like muffins.

Protein (1 serving size: palm of your hand)
1 portion of lean protein per day.
Include more plant-based protein (e.g. beans, lentils, chickpeas). Avoid processed meats (e.g. viennas, polony, ham and bacon).

Healthy Fats (1 serving size: tip of your thumb)
2 portions of healthy fats per day (e.g. fats from plant origins like nuts, seeds and grains). Limit animal fat in diet (avoid margarines, mayonnaise and salad dressings, etc.).

Stay Hydrated
1-2L of water per day.
Avoid sweetened beverages (e.g. fizzy drinks and juices), and sweetening coffee and tea with sugar or honey. Limit alcohol to 1 serving per day.

BREAKFAST
Eat a high-fibre breakfast (muesli, fresh fruit and yogurt). This will prevent overeating later in the day.

Limit Sugar Intake
Limit sugar intake (sweets, biscuits, cakes) and sweetened beverages (fizzy drinks). Also limit sugar in tea and coffee.

Choose Smaller Plate Sizes
Eating out of smaller plates and bowls will most likely result in eating less.

KEEP A FOOD DIARY
Keep track of your food intake and monitor your food habits.

EAT SLOWLY AND CONSCIOUSLY
Eat slowly and don’t be distracted by a TV or cell phone while eating. Take breaks and chew your food thoroughly.

BE PHYSICALLY ACTIVE DAILY
Do 30 minutes of moderate intensity physical activity daily.