



**KaziHealth**

[www.kazibantu.org](http://www.kazibantu.org)

# HEALTHY EATING

## WHAT IS A BALANCED DIET?

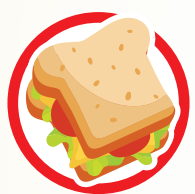
A well-balanced diet provides the body with energy, nutrients, vitamins and minerals. Well-being is promoted and diseases are prevented.

## 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.



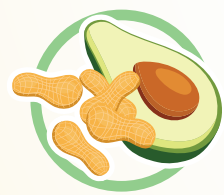
### **Whole Grain Products (1 serving size: closed fist)**

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.



## HOW TO ACHIEVE YOUR IDEAL WEIGHT?

### **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.

