


Good living Eating guidelines

www.mlifhealth.co.za

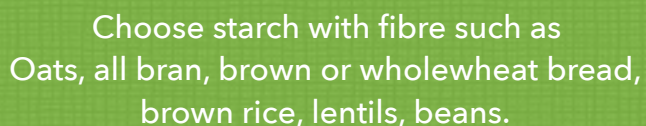
These guidelines are ideal for

- Weight maintenance
- These guidelines are simply to build new, healthier habits and should not be used for any other purpose
- Should you require disease specific advice or help, contact your GP or health professional




Reduce added sugar intake everyday

This includes
Fizzy drinks
Fruit juices
Sweets, chocolates
Normal table sugar




Choose starch with fibre such as Oats, all bran, brown or wholewheat bread, brown rice, lentils, beans.



Control your starch portions

Limit to one per meal



Make it a habit to add vegetables to at least one meal everyday

Vegetables can be fresh or frozen;

Added fresh to salads or to stews

Added to sandwiches or rolls for lunch or eaten raw as a snack

Good living Eating guidelines

www.mlifhealth.co.za

**Snack better
everyday**



Choose snacks with good nutrients such as

- Fresh fruit
- Fresh vegetables
- Yogurt
- Boiled egg
- Popcorn (popped)
- Unsalted nuts
- Unsalted peanuts
- Avocado pears



Also use healthier cooking methods such as boiling, grilling, steaming, oven baking and braai.

Choose lean proteins like chicken (no skin) and fish or red meat with no visible fat.



Put more effort in house chores

Walk to the shop/a friend

Stretch legs every 30 minutes
(if desk bound)

The Recommendation is 30 minutes exercise per day **or** 150 minutes per week

