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New year, new plan

DIET: MAKE THIS THE YEAR YOU EAT HEALTHY AND MAKE SMART CHOICES

The Citizen (Gauteng) · 8 Jan 2024 · 13 · Letshego Zulu Zulu is a qualified biokineticist and co-founder of PopUpGym. Follow her on Instagram: @ letshego.zulu; Twitter: @letshegom; Facebook: Letshego Zulu

Tips to help you and your family follow a life-style of good habits.



Eating healthy can be easy, affordable and delicious. It's all about making smart choices to build an overall healthy dietary pattern. After all, a healthy diet can help reduce your risk of heart disease, stroke and lots of other things you'd rather avoid. The good news is, eating right doesn't have to be hard or require you to give up all of the foods you love. Below are some tips to help you and your family adopt a healthier eating style.

INCLUDE

Fruits and vegetables
Whole grains
Beans and legumes
Nuts and seeds
Fish
Skinless poultry and lean animal protein
Plant based proteins

LIMIT

Sweetened drinks
Sodium and salty foods
Saturated fats and dietary cholesterol
Fatty or processed red meats – if you choose to eat meat, select leaner cuts
Refined carbohydrates, such as added sugars and processed grain foods
Full-fat dairy products
Tropical oils, such as coconut and palm oil

AVOID

Trans fat and partially hydrogenated oils – it is found in some commercially baked and fried foods

TIPS

Read labels: Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially

hydrogenated oils. Remember, the first listed items on your food labels refers to what the item you are eating is mostly composed of.

Watch your calories: To maintain a healthy weight, eat only as many calories as you use up through physical activity. If you want to lose weight, take in fewer calories or burn more calories. In simple terms, you need to put in more work to burn the calories from a burger than a chicken salad.

Eat reasonable portions:

Often this is less than you are served, especially when eating out. Consider splitting your meal in half and taking the other half home to consume later. This prevents over-eating or consuming too many calories in one sitting.

Cook and eat at home:

You'll have more control over ingredients and preparation methods.

TRY THIS

Healthy home cooking and smart shopping puts you in control of what goes into your recipes and your body. Follow healthy guidelines to update your eating style and improve your nutrition profile.

Learn how to keep track of what you eat in order to lose weight or maintain a healthy weight.

So-called "superfoods" alone won't make you healthier, but adding these nutritious foods to an already balanced diet can bring health benefits. Eating healthy on a budget can seem difficult, but it can be done. Being creative can help you stick to your budget and incorporate nutritious foods into your diet.

All too often, kids are rewarded with unhealthy foods and sugary drinks and desserts, but there are lots of healthy choices that taste great, just shop around.

The number of meals you eat may not be so important. How your meals are prepared and the quantity is what matters most when it comes to decreasing the risk of heart disease and other health problems that come along with being overweight.

Happy 2024! I'm looking forward to sharing more health and active tips and tricks with you.