

A healthy YOU can start today! Here's how...

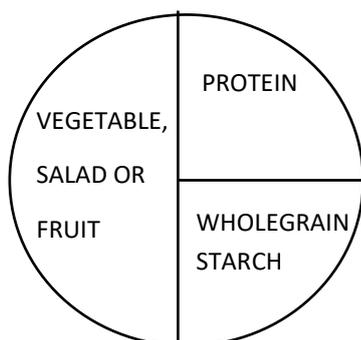


WEIGHTY ISSUES

Do you know your current weight? Are you happy with it? Is it a healthy weight? A simple way to assess your weight in the privacy of your own home is to measure your waist circumference. A woman's waist should be less than 80cm, and a man's less than 94cm. Another rule of thumb, is that your body mass index (BMI) should be 18-24kg/m². Considering one's body fat percentage is one of the most accurate measures of health. Both your BMI and % body fat are in your first report if you had them measured by the dietitian or nurse.

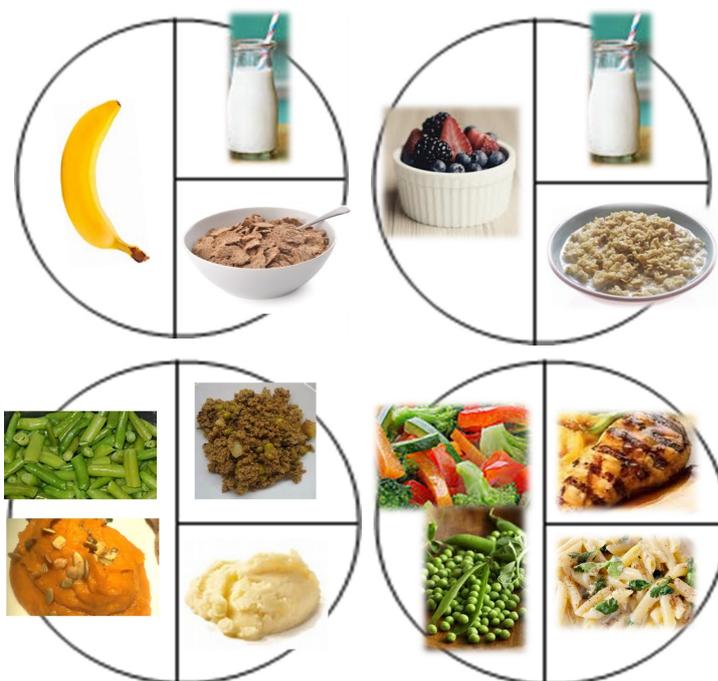
READY, SET, TAKE ACTION

Aiming for a healthy lifestyle is usually achieved by making small, bite-size changes. It allows beneficial habits to form which can be sustained long term. By getting 3 well-balanced meals per day, you will be taking the first step towards better nutrition and ultimately a healthier you. Instead of being burdened with portion control consider the proportions of foods on your plate. Below is a sketch of a plate:



- half your plate should be fruit, vegetables or salad
- a quarter of your plate should be wholegrain starches and
- a quarter of your plate should be protein.

Here are some examples for breakfast and dinner.



Compiled by Lindsey Leatherbarrow

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NAME: _____

AGE: _____

HEIGHT: _____ m

WEIGHT: _____ kg

WAIST CIRCUMFERENCE: _____ cm

% BODY FAT: _____ %

CORNERSTONES OF GOOD NUTRITION

1. Eat three balanced meals per day.
2. Choose high fibre, carbohydrates e.g. oats, whole wheat bread and corn, over refined ones. Choose those carbohydrates that are low glycaemic index (GI) over high GI options.
3. Limit animal fats e.g. chicken skin, pork fat, butter. Rather choose plant fats e.g. avocados, nuts, olives, seeds.
4. Have at least 5 fruit, vegetables or salad ingredients per day. Aiming to get variety in colours—the whole rainbow!
5. Eat fish, especially dark fleshed fish such as salmon, tuna and trout, at least 3 times a week.
6. Have 3 portions of dairy a day; low fat or fat free milk, yoghurt and cheese are good options.
7. Exercise for a minimum of 150 mins per week. (Healthy nutrition = healthy food + exercise)
8. Limit alcoholic drinks.
9. Choose fresh food over processed foods and limit salt intake.
10. Drink plenty of clean, fresh water each day.

Make healthy living a way of life!