



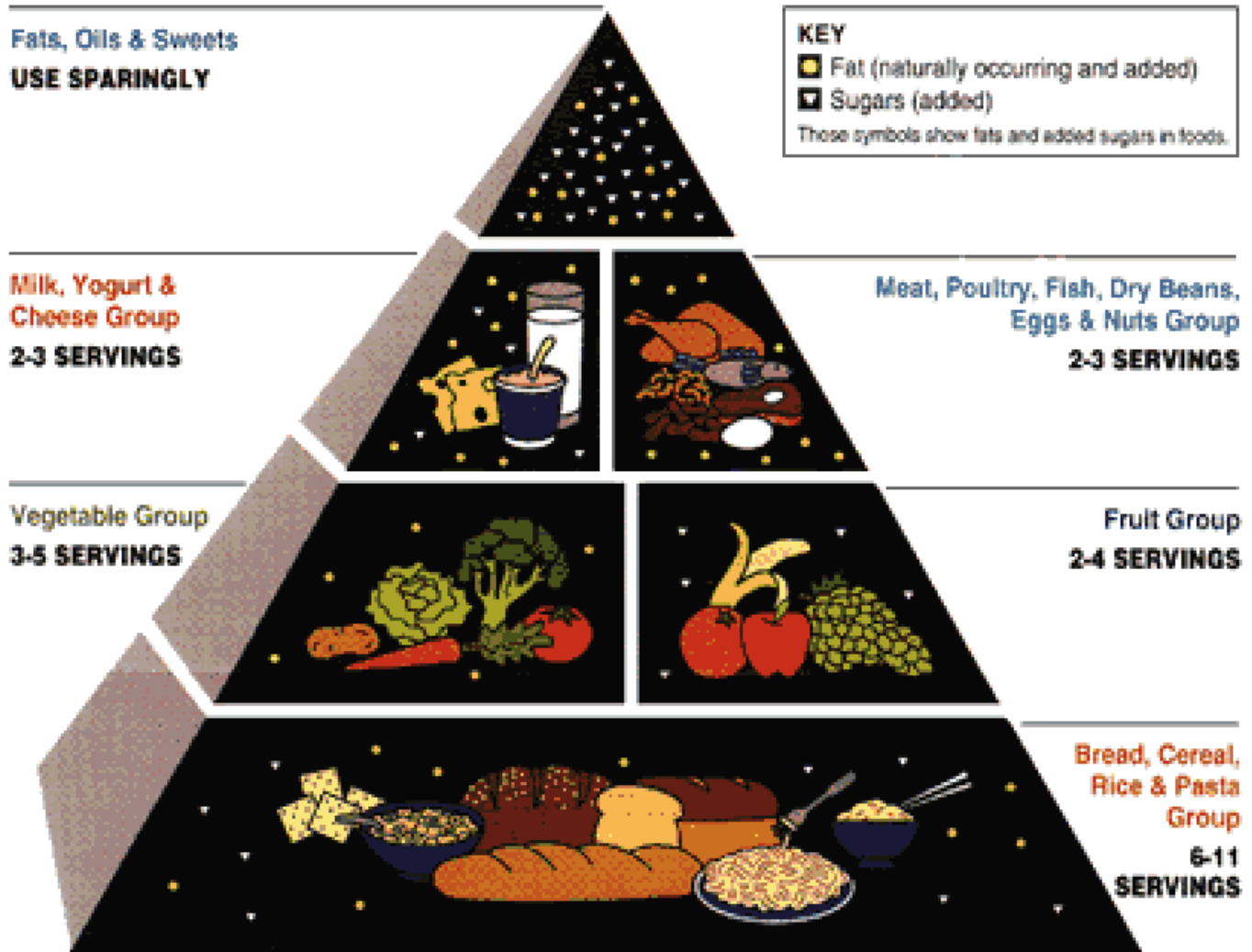
EATING THE NEW HEALTHY WAY

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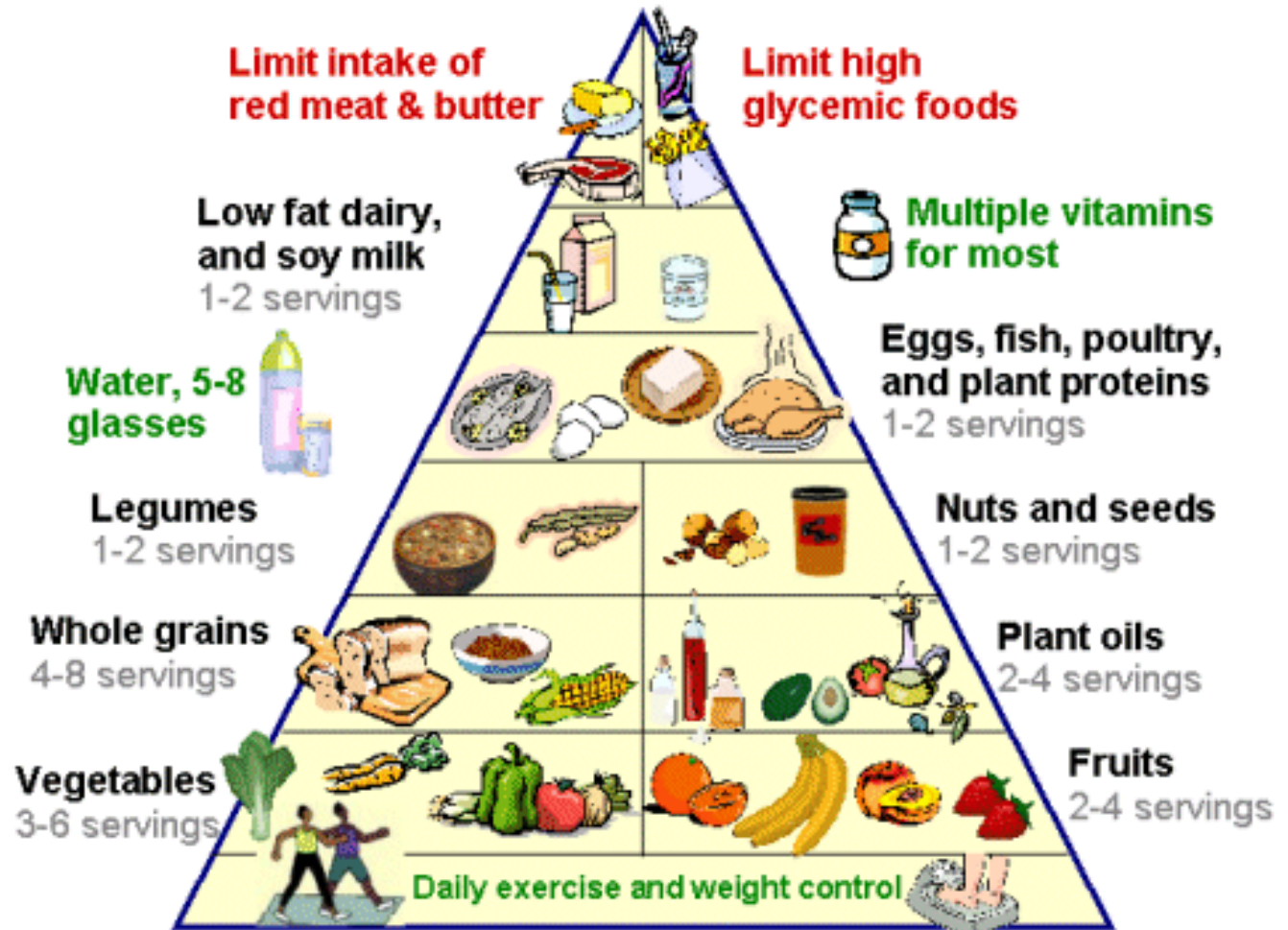
The Old Pyramid



Eating The New Healthy Way

The New Food Pyramid

New Food Pyramid



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Daily Meal Plan

- Waking up time: approx. 7am
- Breakfast early after waking up (about 7.30am): cereals / toast, tea
- 9.30am: 1 fruit
- 12.00 noon: meal (not a large portion)
- 3.00pm: Snack – fruit / rice cakes (3) with vegetables / yogurt
- 7.00pm; Main meal
- 9.30pm: Snack



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Weekly Main Meal Plan

- Chicken: 2 – 3 times a week
- Fish: 1 – 2 times a week. Can take Salmon once every 1-2 weeks. Avoid octopus, squid, seafood due to cholesterol.
- Pasta: once a week
- Salad / vegetables: often
- Red meat: once a week



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The New Food Pyramid - explained

Daily Exercise

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This forms the basis of every weight-control programme.

At least 30 minutes to 1 hour of moderate exercise daily.

Take care!

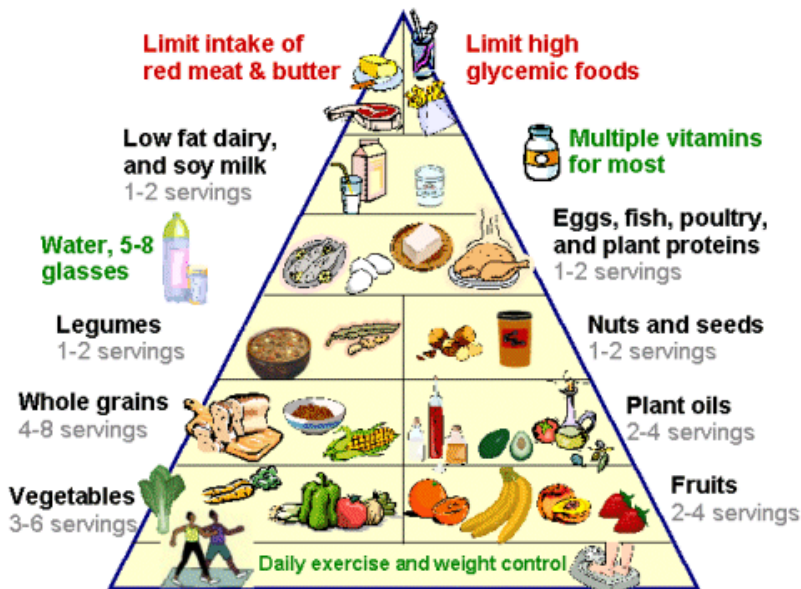


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Vegetables

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We can consume vegetables in abundance (3 to 6 servings).

These:

- Decrease the chances of heart attacks or strokes
- Prevent against many cancers
- Avoid painful intestinal problems and diverticulitis
- Guard against cataract and muscle degeneration

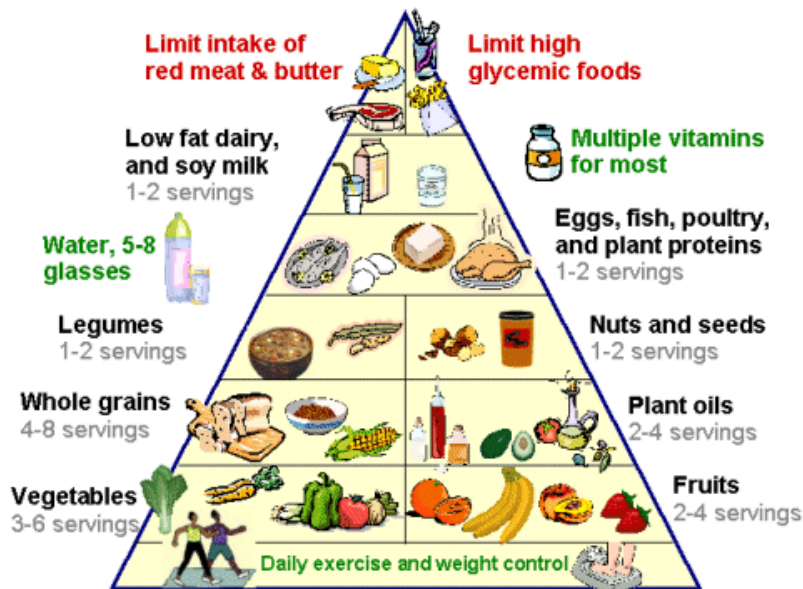


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Fruits

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We can consume 2 to 4 fruits a day.

These:

- Decrease the chances of heart attacks or strokes
- Prevent against many cancers
- Avoid painful intestinal problems and diverticulitis
- Guard against cataract and muscle degeneration

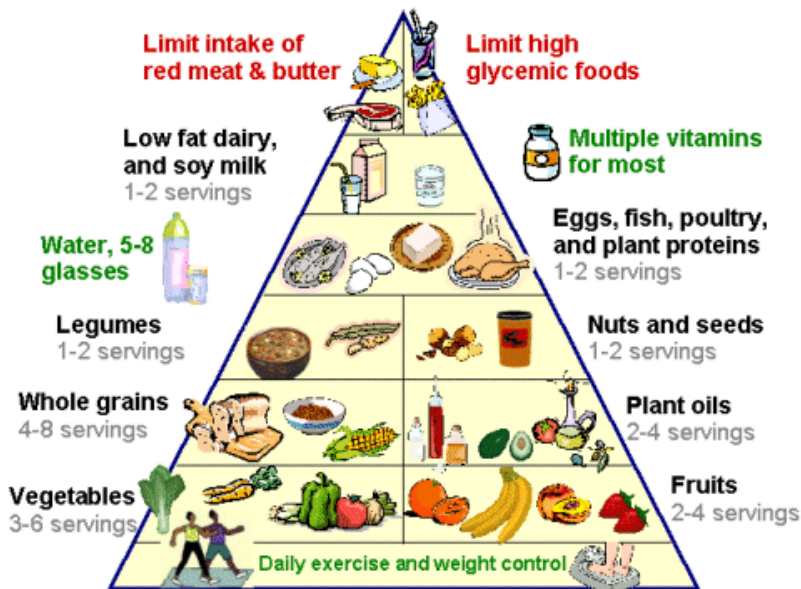


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Whole Grain Foods

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Carbohydrates needed mostly, e.g. grains, whole-wheat bread and brown rice (4 to 8 servings a day).

- Provide fibre
- Keep blood sugar controlled
- Provide energy from starch

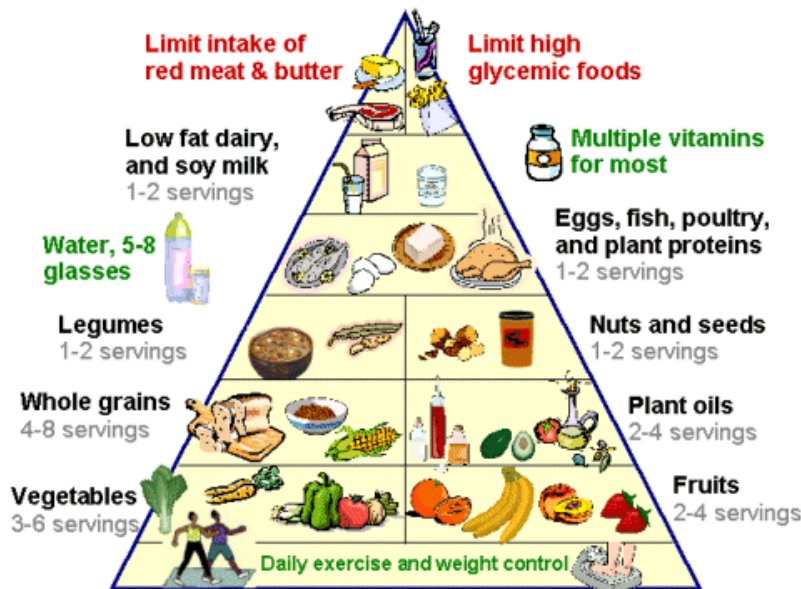


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Plant Oils

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This pyramid puts these healthy oils near the base (2 to 4 servings a day).

Good sources of healthy unsaturated fats include olive, canola, soy, corn, sunflower and peanut oils, salmon.

These:

- Improve blood cholesterol levels
- Protect from heart problems

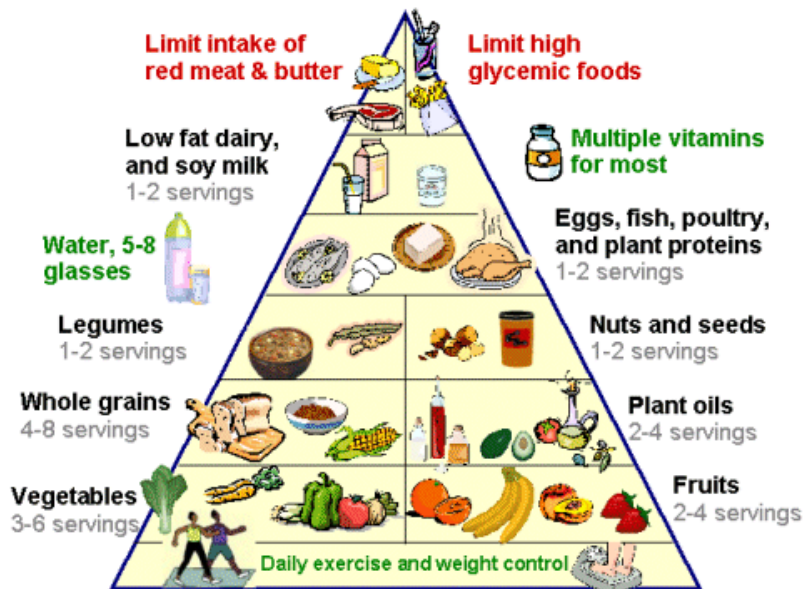


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Legumes

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We can consume 1 to 2 servings a day.

These are excellent sources of protein, fibre, vitamins and minerals.

Legumes include all kinds of beans,

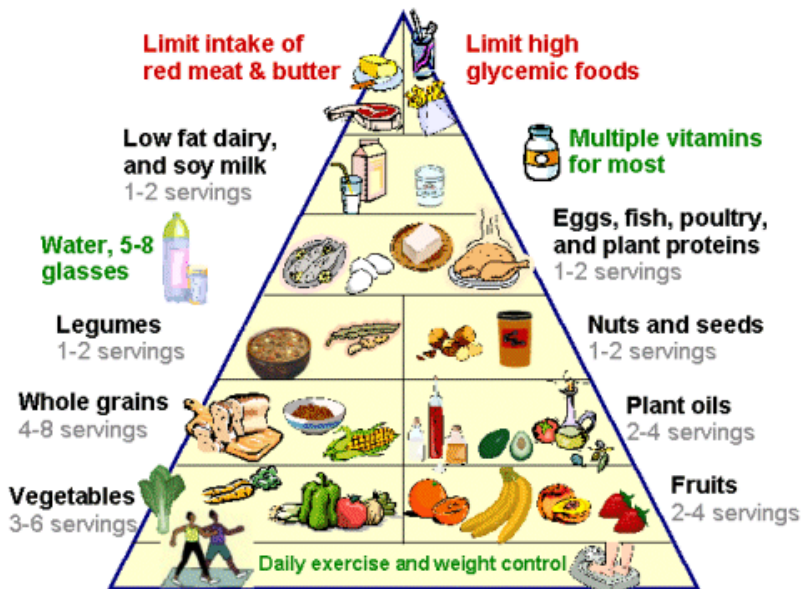


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Nuts & Seeds

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We can consume 1 to 2 servings a day.

These are excellent sources of protein, fibre, vitamins and minerals.

Many kinds of nuts contain healthy fats, e.g. peanuts, almonds, pecan, hazelnuts and pistachios.



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Fish, Poultry & Eggs

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These we can 1 to 2 servings a day.

These:

- Are an important source of protein
- Reduce the risk of heart disease

Chicken and turkey can be low in fat.

We can consume eggs:

- up to 2 yolks a week
- Up to 4 egg whites a week

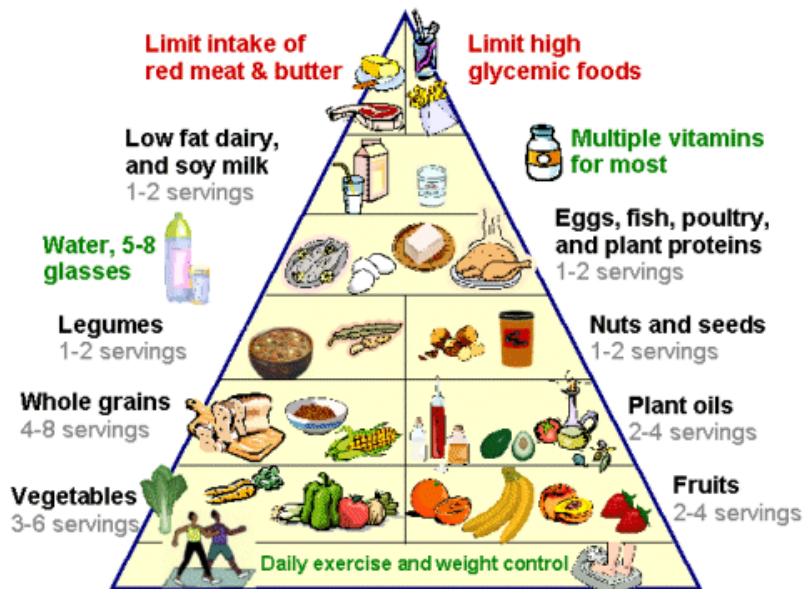


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Dairy or Calcium

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These we can 1 to 2 servings a day.

These are important for building of bones, including Calcium. This is needed together with Vitamin D and exercise.

Stick to the no-fat or low-fat products.

This pyramid suggests Calcium supplements daily.

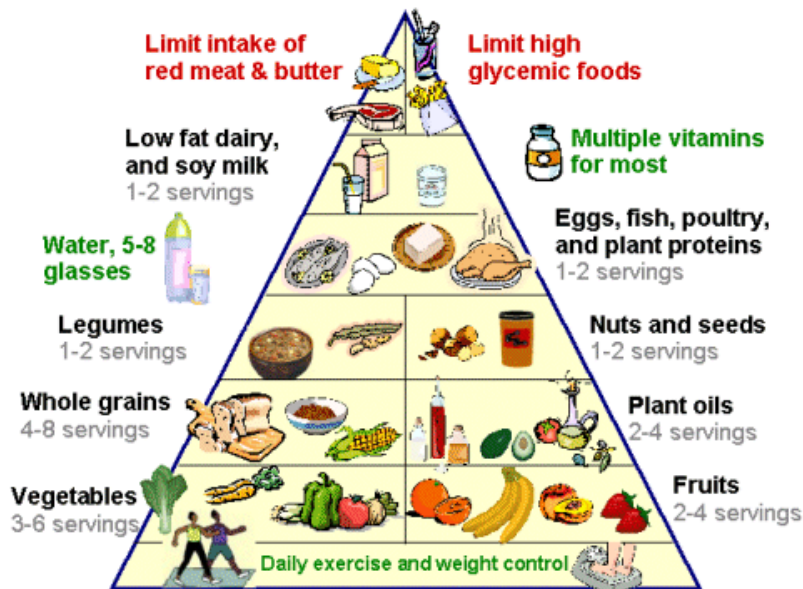


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Red Meat & Butter

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These we should use sparingly, limit intake.

These contain lots of saturated fat that increases blood cholesterol levels.

Hence switch to:

- Fish or chicken
- Olive oil rather than butter

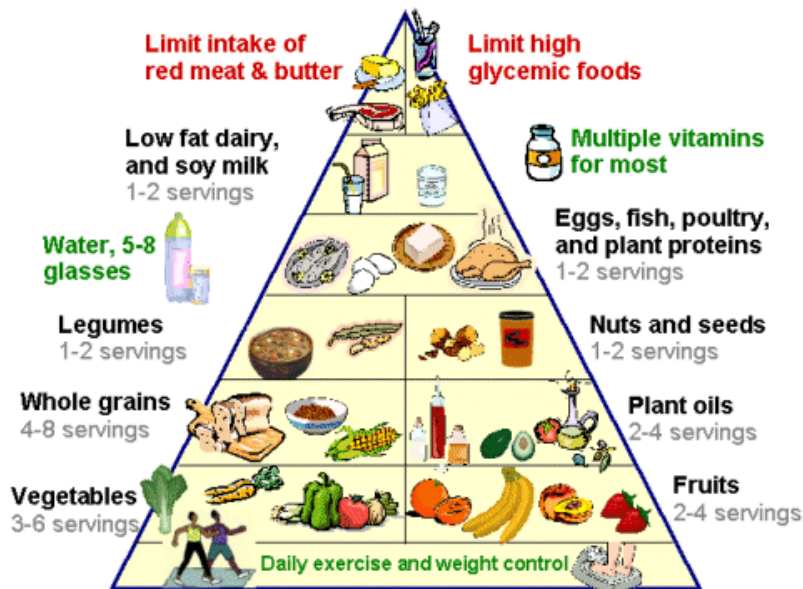


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High Glycaemic Foods

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This group includes white rice, white bread, potatoes, white pasta, soda and sweets.

We should use sparingly.

These can increase blood sugar, diabetes, heart disease and other chronic disorders.

Whole grain carbohydrates cause slower, steadier increase in blood sugar.

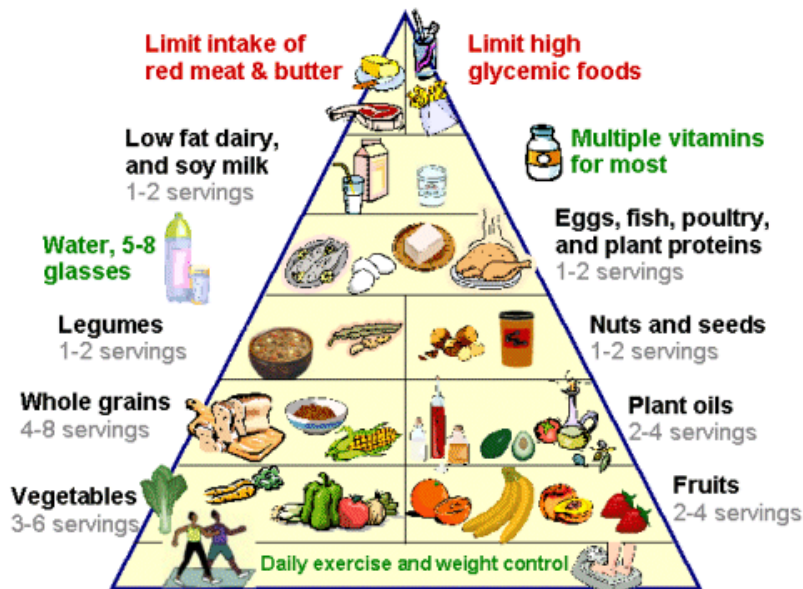


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Multiple Vitamin

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A variety of vitamins is important for a healthy lifestyle.

Preferably obtain these from your diet. If need take a common multivitamin tablet but try to avoid.

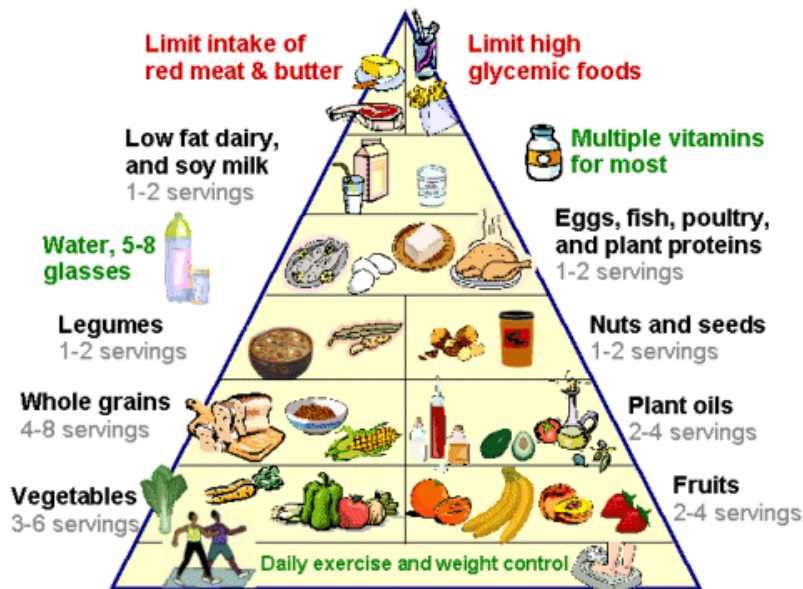


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Water

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We should drink 5 to 8 glasses of water a day, i.e. 1 to 1.5 litres of water a day.

In Summer this should be increased to about 3 litres a day.

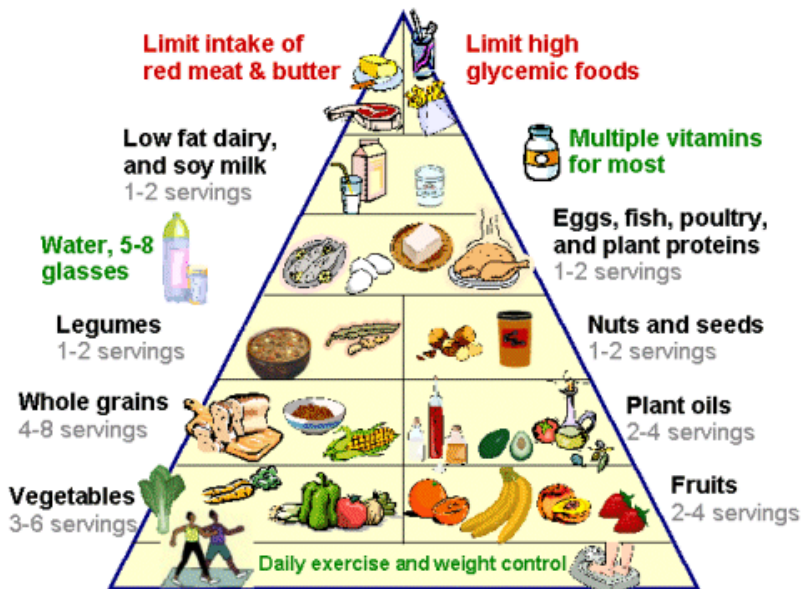


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Alcohol

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Studies show that alcohol lowers the risk of heart disease.

Moderation is important.

Recommended:

- 1-2 drinks for men a day
- Up to 1 drink a day for women.

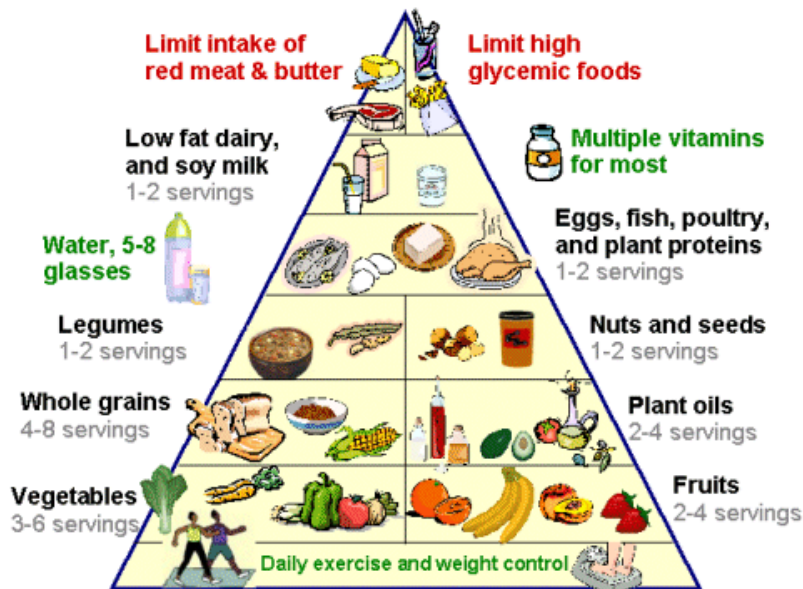


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Body Mass Index

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Body mass index = $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

Ranges:

- Up to 18 – Underweight
- 18-24 – Normal healthy range
- 25-29 – Overweight
- 30-34 – Obese
- 35 & over – Very Obese

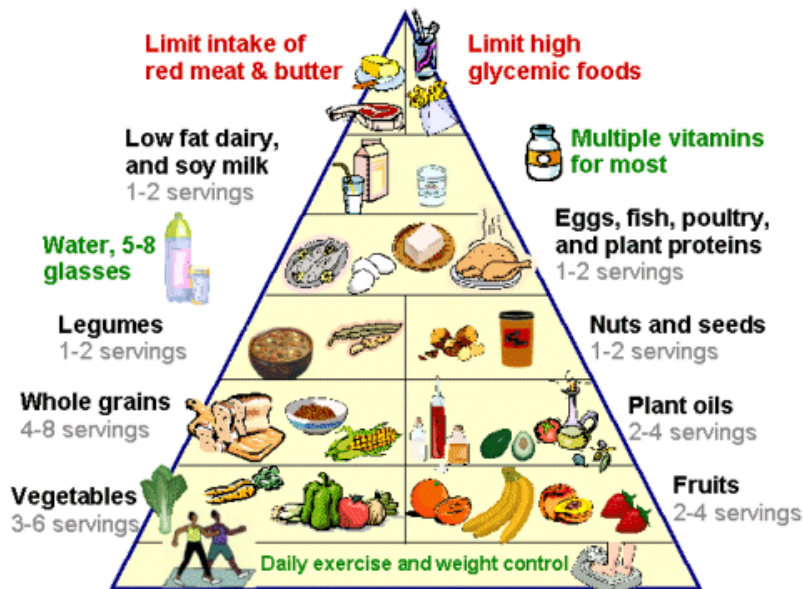


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Healthy Conclusions

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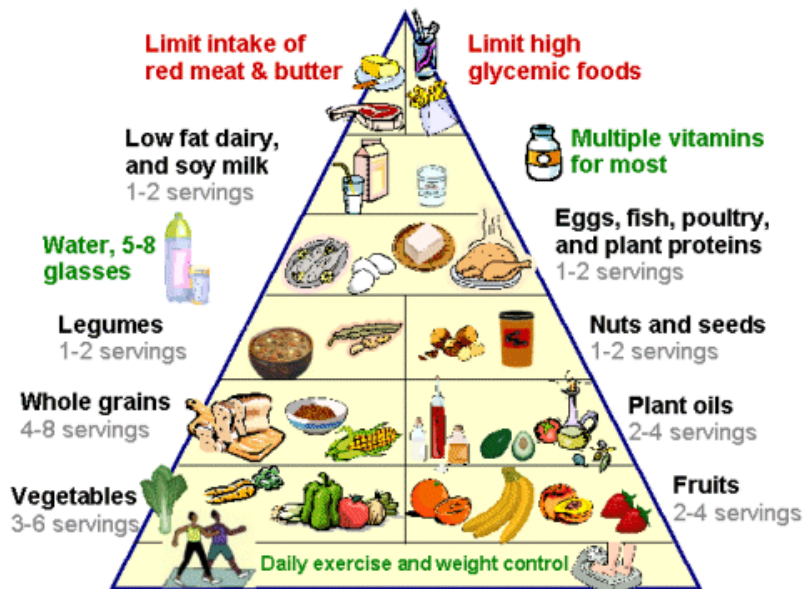
1. Eat a variety of vegetables and fruit.
2. Choose lean meat.
3. Choose low-fat milk & cheese.
4. Choose less refined sugars, bread, rice, ...
5. Buy fresh and local vegetables.
6. Do moderate exercise daily.
7. Cook healthily.
8. Reduce salt in your diet.
9. Promote breastfeeding till 6 months of life.



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Thank you!

