



EATING THE NEW HEALTHY WAY

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Eating The New Healthy Way

The Old Pyramid

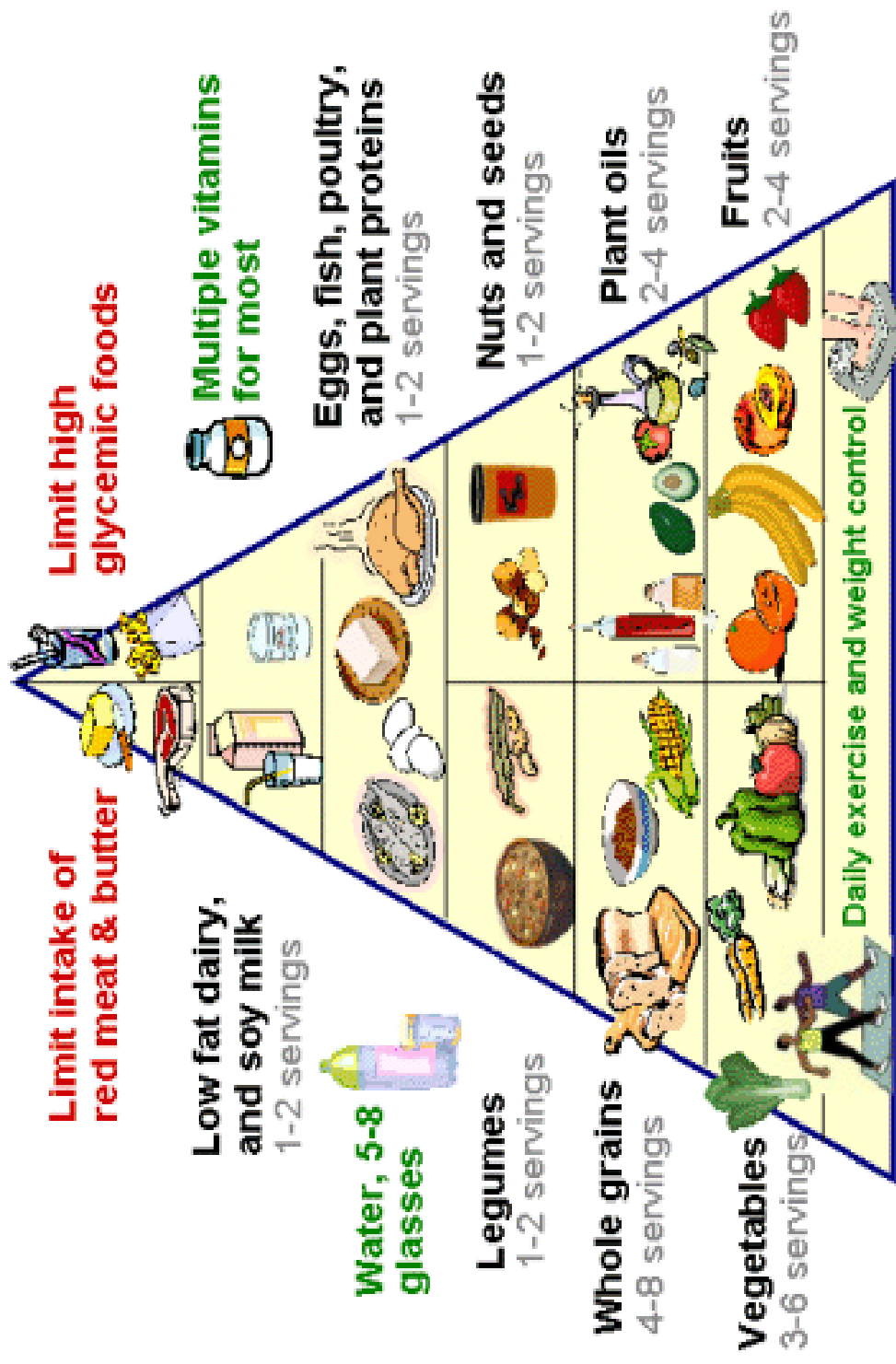




Eating The New Healthy Way

The New Food Pyramid

New Food Pyramid





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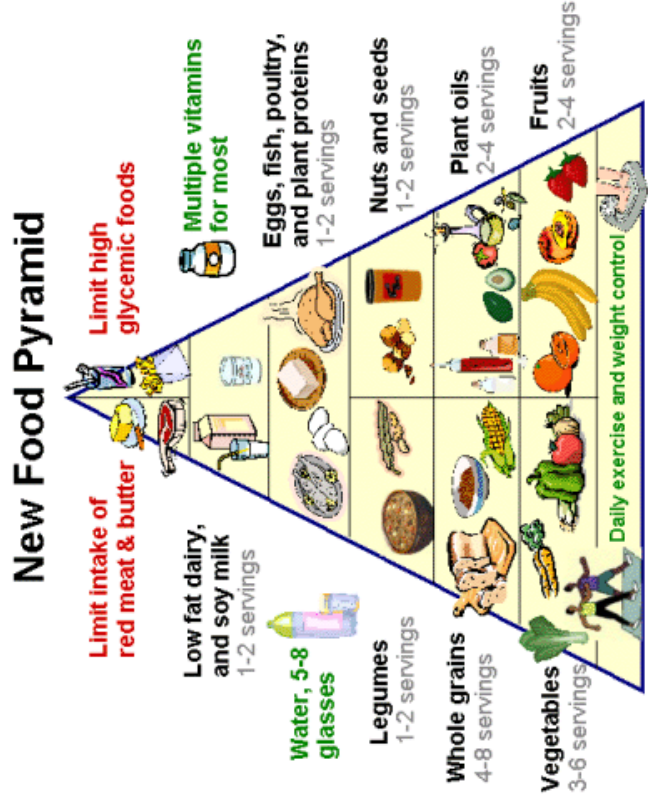
The New Food Pyramid - explained

Daily Exercise

This forms the basis of every weight-control programme.

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

Take care!

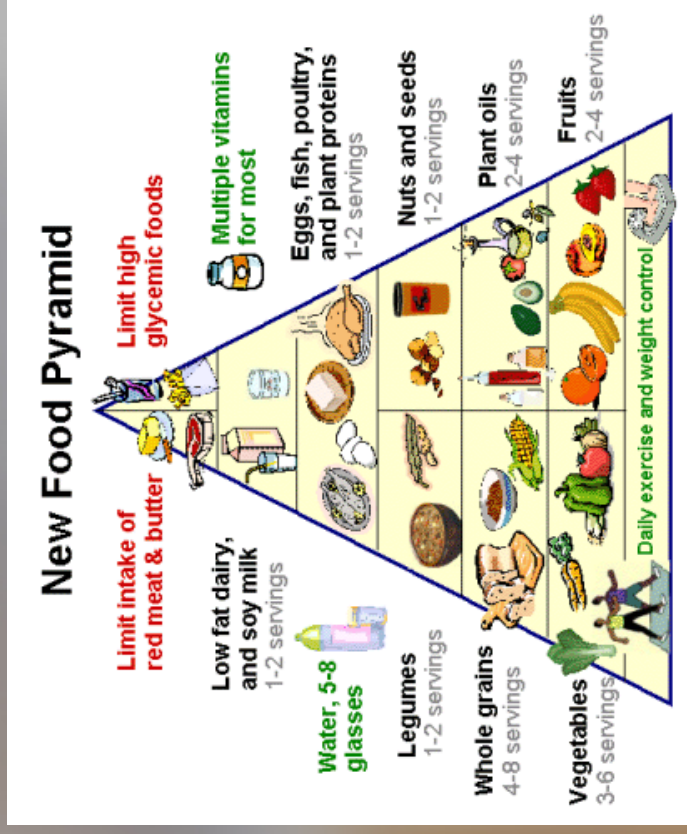




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The New Food Pyramid - explained

Vegetables



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

These:

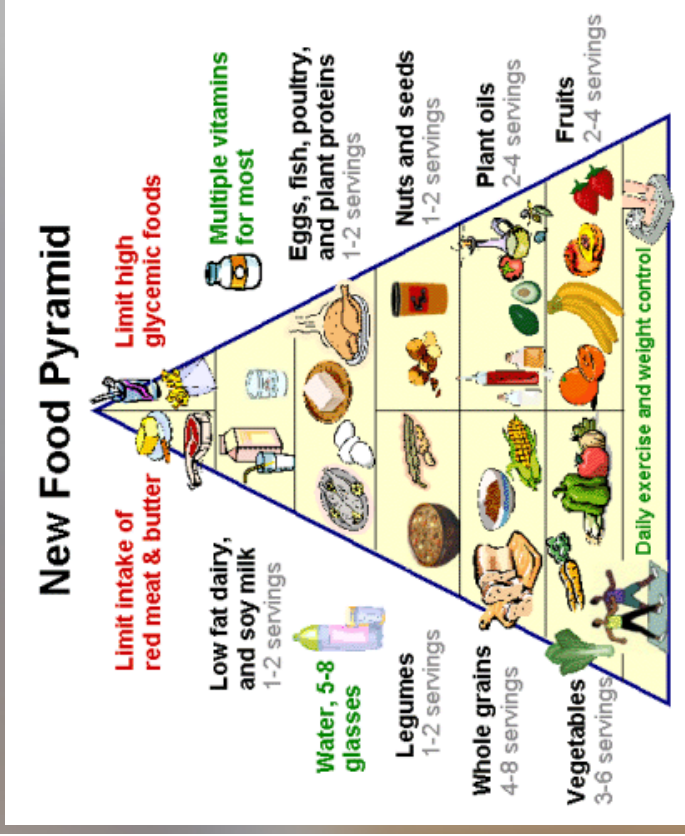
- Decrease the chances of heart attacks or strokes
- Prevent against many cancers
- Avoid painful intestinal problems and diverticulitis
- Guard against cataract and muscle degeneration



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The New Food Pyramid - explained

Fruits



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



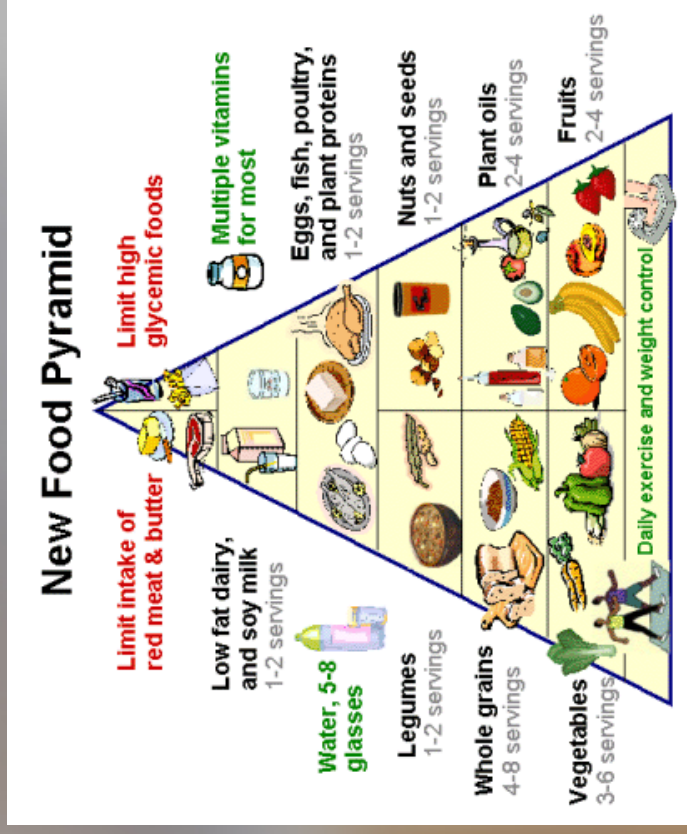
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Whole Grain Foods

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

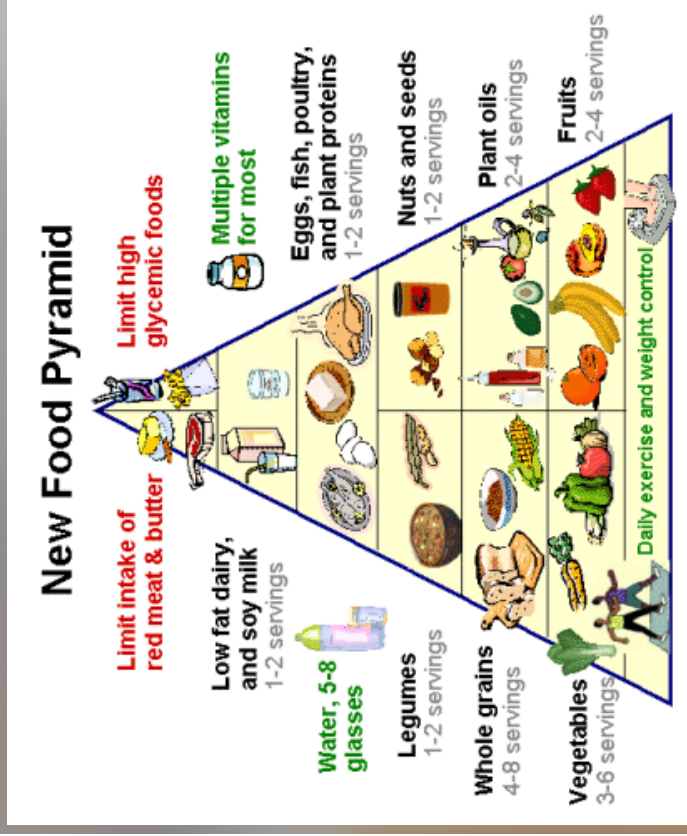




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The New Food Pyramid - explained

Plant Oils



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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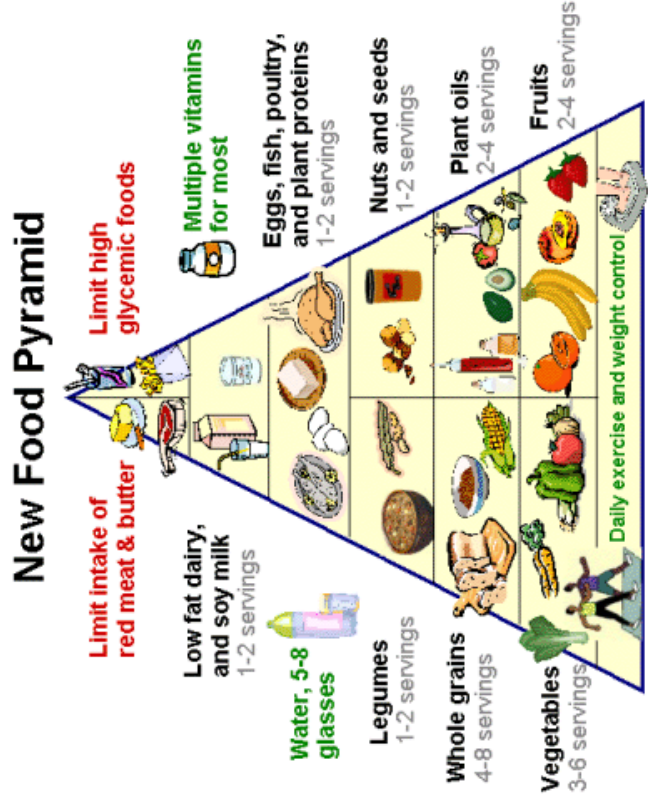
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Legumes

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,



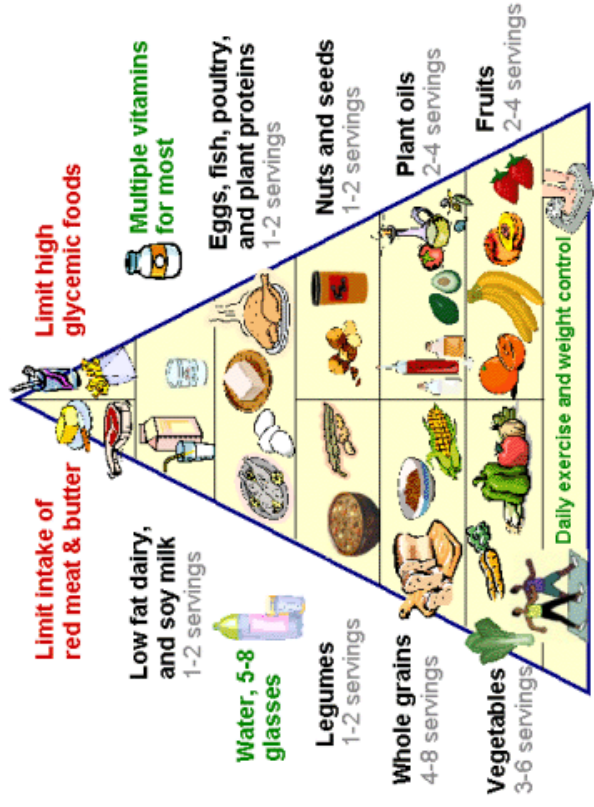


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The New Food Pyramid - explained

Nuts & Seeds

New Food Pyramid



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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The New Food Pyramid - explained

Fish, Poultry & Eggs

These we can 1 to 2 servings a day.

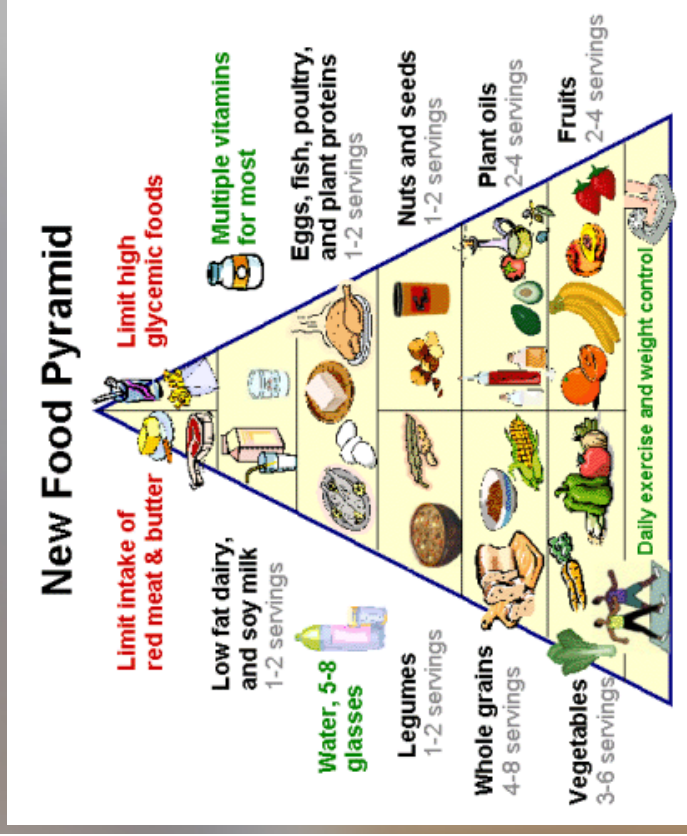
These:

- 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

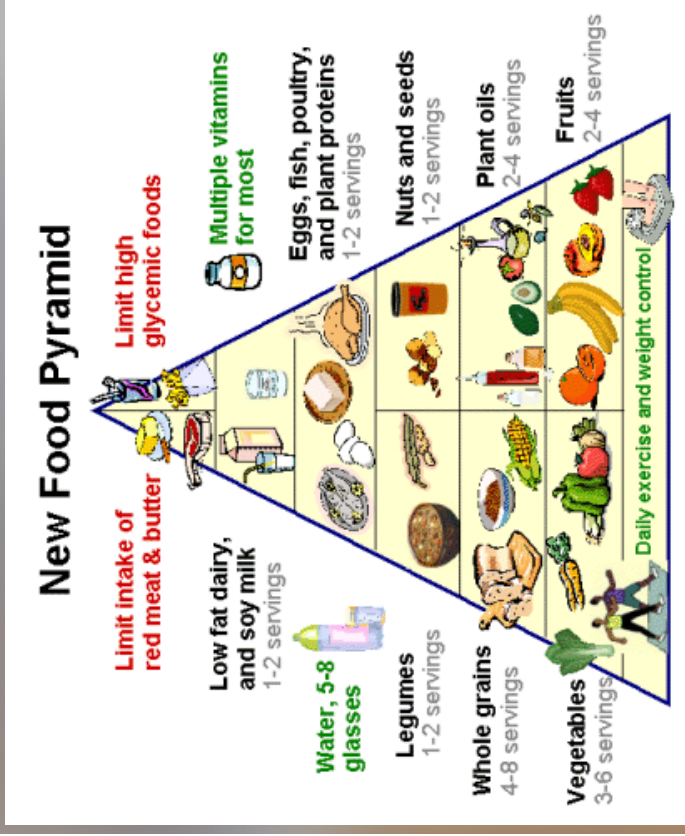




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Dairy or Calcium



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.

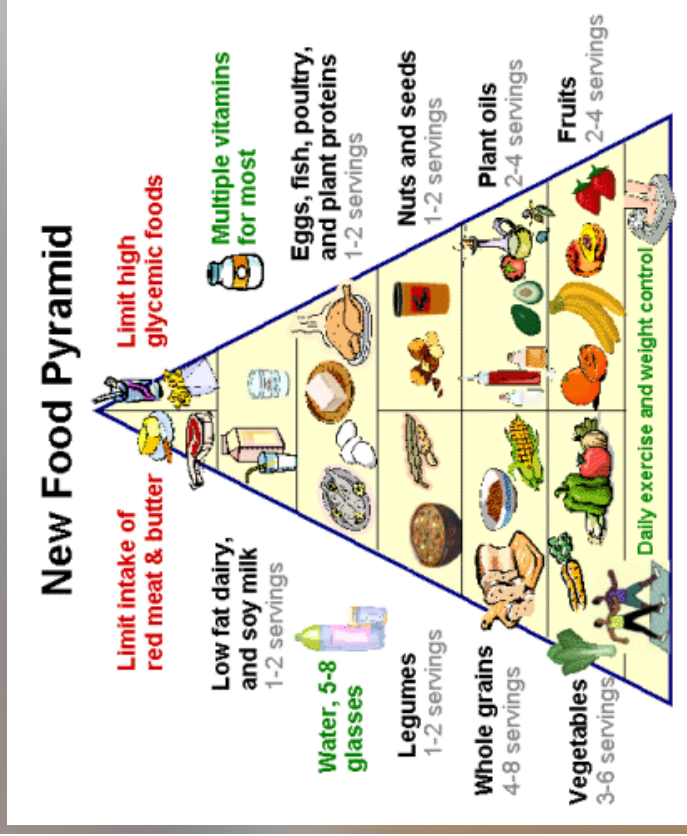
This pyramid suggests Calcium supplements daily.



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Red Meat & Butter



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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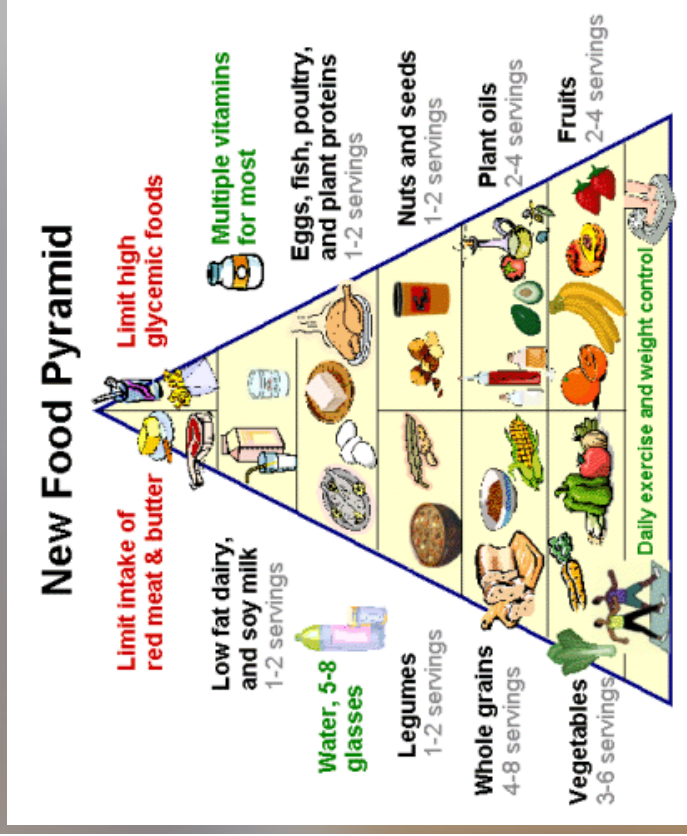
High Glycaemic Foods

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.





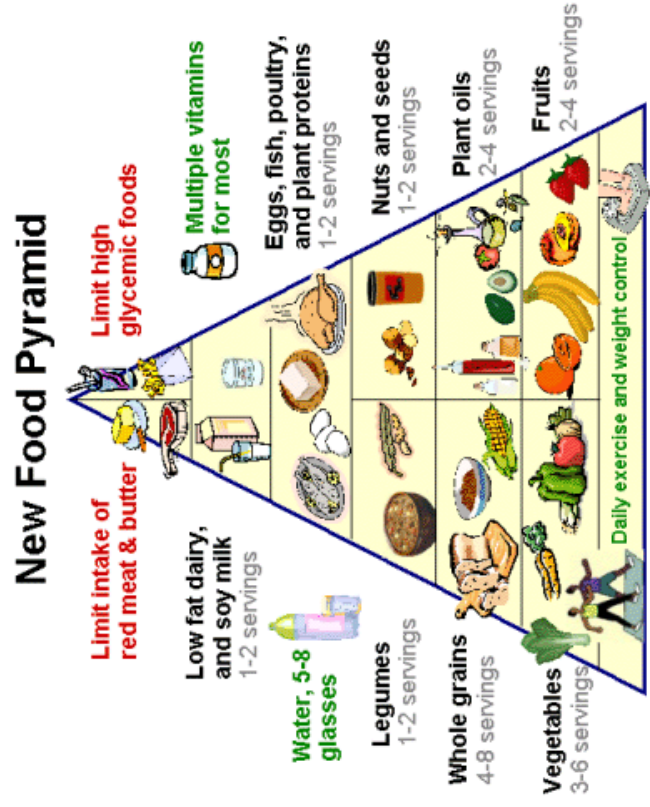
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Multiple Vitamin

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.





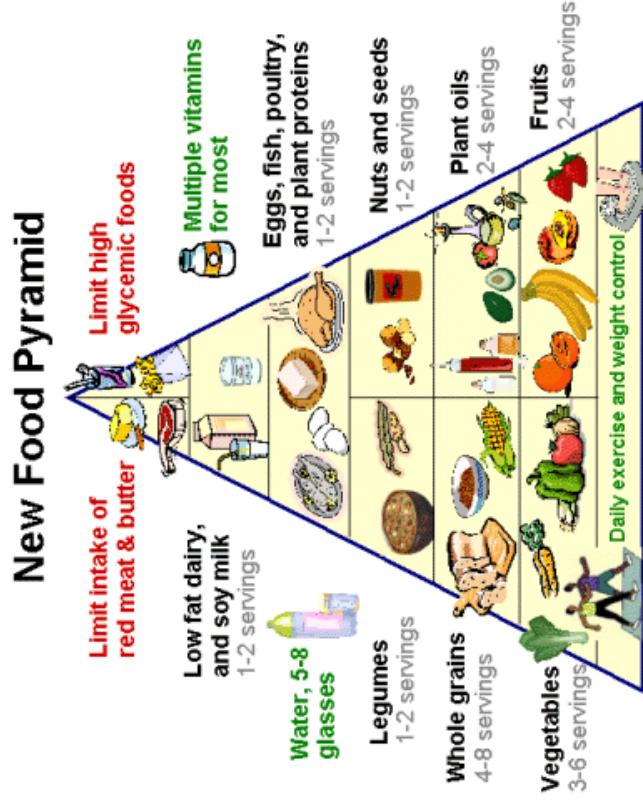
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Water

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.

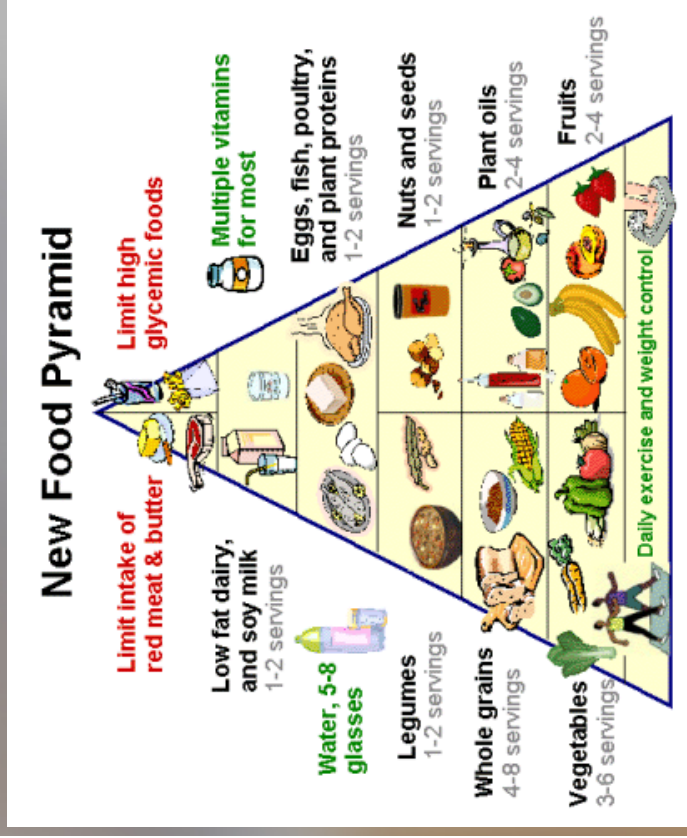




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Alcohol



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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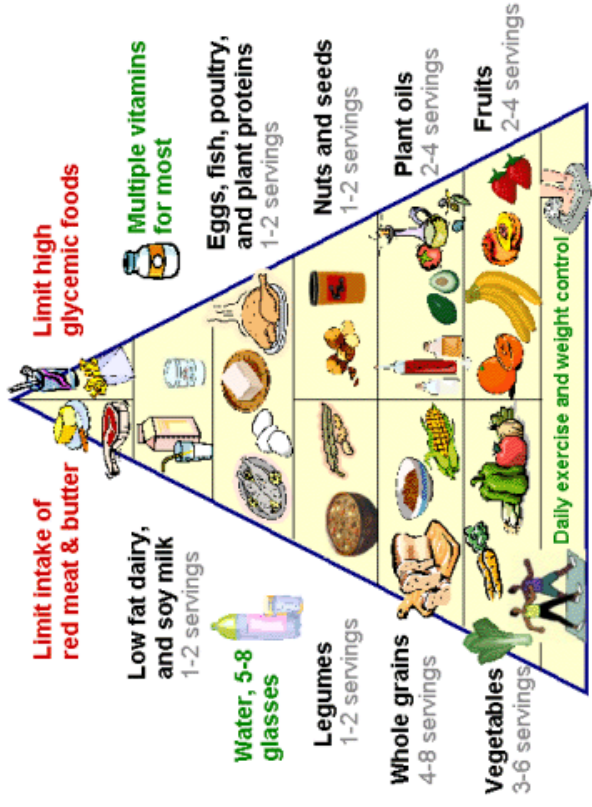
Body Mass Index (adults)

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

Ranges:

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

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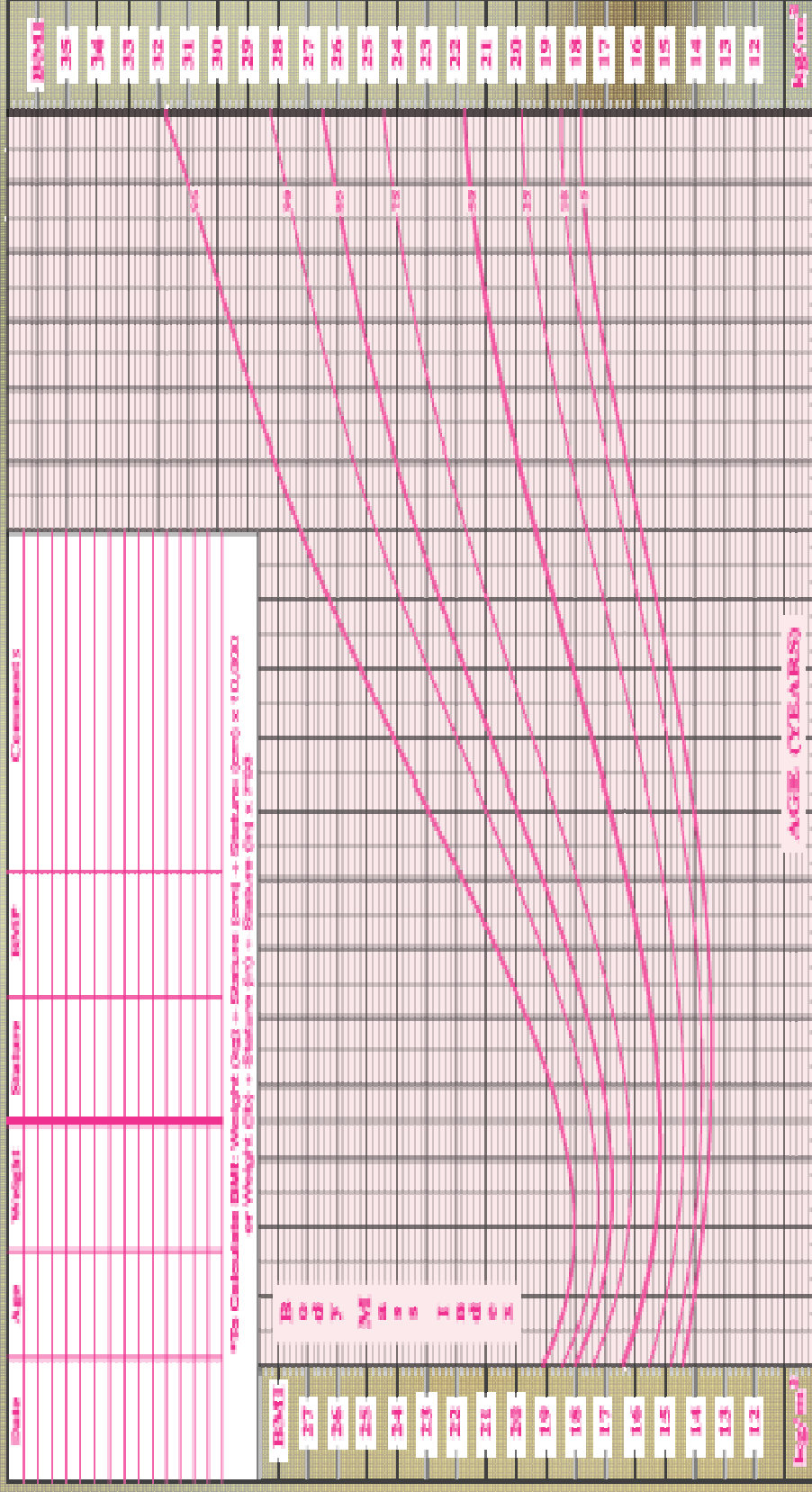
Body Mass Index - Girls (2 – 20 years)

2-20 years Girls

Body mass index-for-age-percentiles

About Pediatrics

Source



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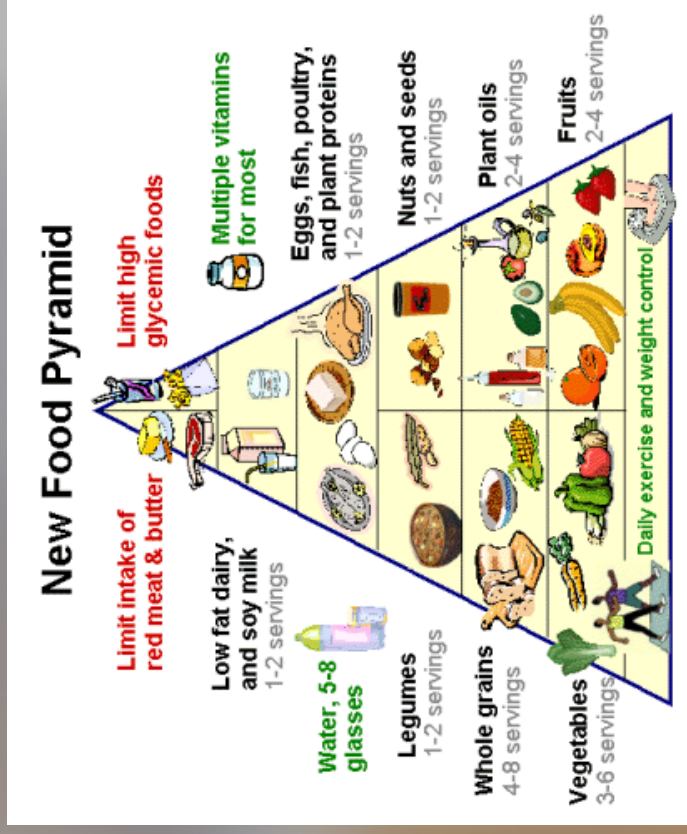


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Healthy Conclusions

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.

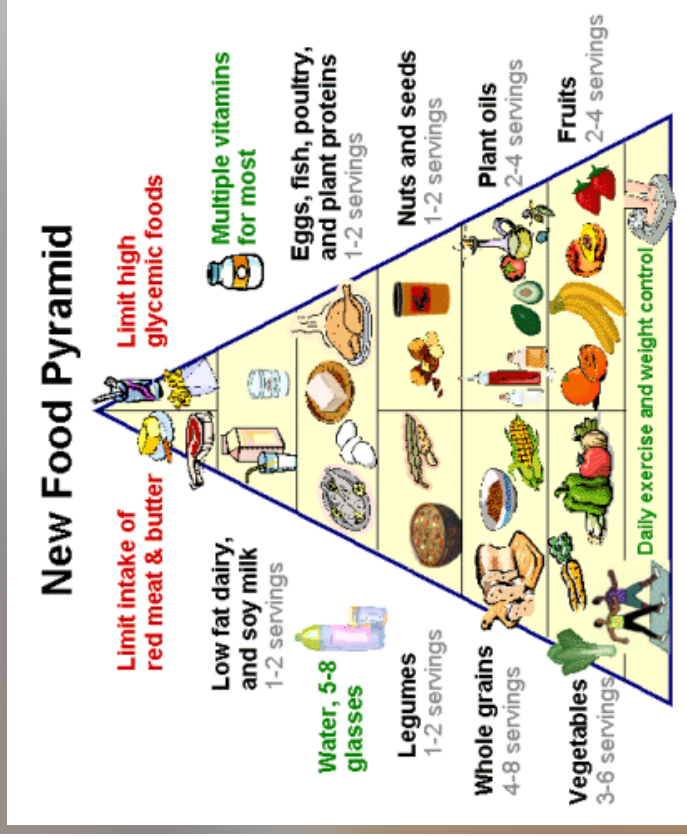




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Workshop



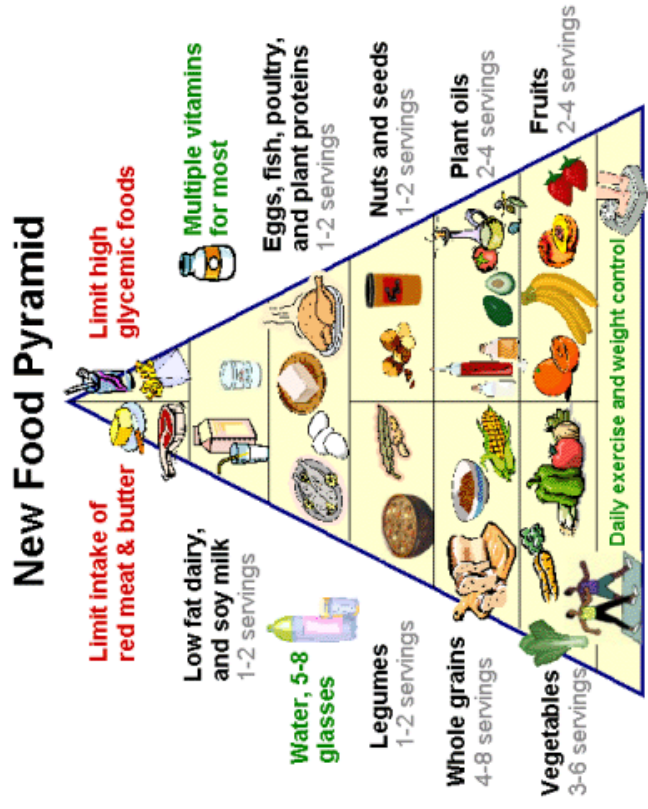
Devise a 1-day diet plan keeping in mind the following points:

1. Have breakfast
2. Eat a snack/fruit every 3 hours
3. Eat one healthy meal a day
4. Stick to a maximum of:
 - a. 4 fruits a day
 - b. 4 slices of bread a day
5. Drink 1 to 1.5 litres of water daily
6. Keep to the guidelines of the food pyramid
7. Plan for 1 hour moderate exercise



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Thank you!