



# HEALTHY EATING FOR ADULTS AND CHILDREN



Healthy eating is important for everyone to manage blood glucose and pressure levels for a healthy lifestyle. Everyone including family and friends can enjoy the same healthy and tasty meals together.

## Types of healthy and nutritious food to look for\*



**Grains:** major source of energy and fiber. Eat at least one portion of whole grain carbohydrate product such as rice, bread or pasta per meal



**Vegetables and fruits:** important sources of potassium, magnesium, vitamins and fiber. Eat five portions of vegetables and fruits recommended per day



**Fat-free or low-fat dairy products:** major source of calcium and protein. Include two dairy products per day for a balanced diet



**Lean meats, poultry, fish or vegetarian protein:** rich sources of protein and magnesium



**Nuts and seeds:** rich sources of energy, omega 3, magnesium, protein, and fiber. Indicative portion size: a handful per day



*Healthy eating partly depends on Individual characteristics such as age, gender, lifestyle and cultural contexts such as dietary customs and locally available foods but the general principles of what constitutes a healthy diet remains the same\*\*.*

## Types of food to avoid

Foods that are high in saturated fat, sugar, salt and alcohol are associated with higher blood pressure levels. Foods that have a high concentration of sugar and that are highly processed also impact the blood glucose levels negatively\*.

### Examples:

- Crisps/other salty and high in fat snacks
- Processed food/fast food
- Soft drinks and alcohol
- Ice cream and sweet snacks



Less than 5g per day of salt



A maximum of 10% of total calories from saturated fat per day



Less than 5% of total calories from sugar per day

## Tips and recommendations for nutritious consumption in the family\*\*\*\*

- **Drink plenty of water** instead of soft drinks with added sugar or alcohol
- Always have healthy food items **available and accessible** to consume at home
- Be a good **role model** by eating healthily together with your child
- Agree with your child on **rules** regarding the consumption of sweets
- Choose a **variety of types and colours** of fresh vegetables that are in **season**
- **Use fruit** for snacks and desserts
- Choose **reduced-fat** varieties of milk, yogurt and cheese

### SOURCES:

\*Campbell, A. P. (2017). DASH eating plan: an eating pattern for diabetes management. *Diabetes Spectrum*, 30(2), 76-81.

\*\*Diabetes UK, (2021), *Eating for Diabetes and Heart Health*: <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/managing-other-medical-conditions/eating-for-diabetes-and-heart-health>.

\*\*\*WHO, (2020), *Healthy Diet*: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>.

\*\*\*\*Diabetes Australia, (2021), *Eating well*: <https://www.diabetesaustralia.com.au/food-activity/eating-well/>.

