

Healthy Eating

“You are what you eat”



- ❖ Eat traditionally prepared diets & locally available foods
- ❖ ½ of your plate = starchy foods + protein-rich foods
- ❖ The other ½ of your plate = vegetables + fruit (eat more proportion of vegetable than fruit)
- ❖ Eat fresh and different colored vegetables & fruits
- ❖ Eat local & traditional green leafy vegetables
- ❖ Reduce fats and oils in cooking
- ❖ Limit fried foods & processed foods
- ❖ Reduce salt and sugar in your diets
- ❖ Limit fast foods, sugary & salty snacks
- ❖ Drink lots of clean water



Exclusive breastfeeding (with no other food or drink)

Benefits: From birth to 6 months, breastmilk provides all the nutrients and fluids a baby needs; At 6 months old, introduce nutritious foods and continue to breastfeed until 2 years or beyond; Breastfed babies have better disease resistance and less likely to suffer from diabetes, heart disease, overweight in their later life.



Diabetes Mellitus (Type 2 Diabetes)

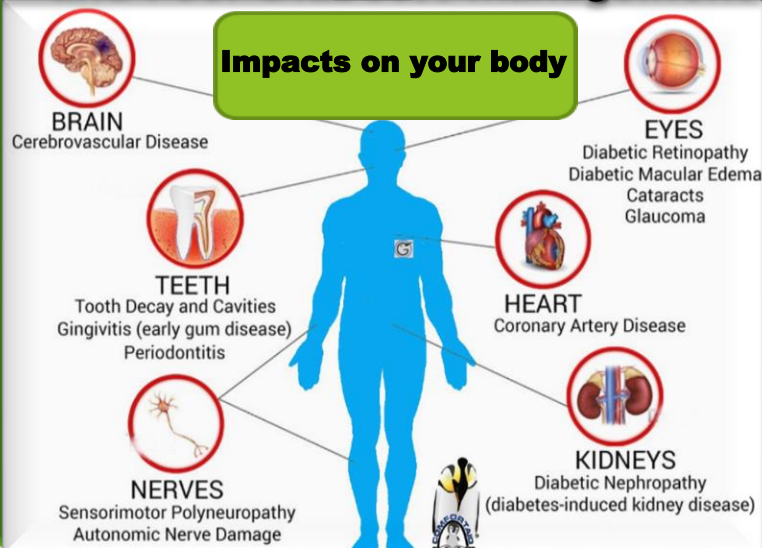
Facts on Diabetes Mellitus

- ❑ Condition when your blood glucose or sugar is too high
- ❑ Blood glucose is the main source of body energy, and it comes from your diets
- ❑ Normally, insulin helps glucose to move into body cells for energy.
- ❑ In diabetes, there is resistance or deficiency of insulin.

Risk Factors

- Hypertension
- High cholesterol
- Obesity or overweight
- Lack of exercise or inactivity
- Tobacco or cigarette smoking
- Too much salt
- Too much alcohol
- Stress
- Family history

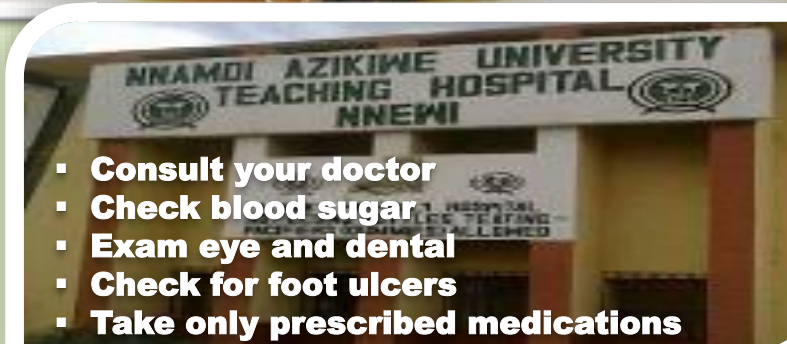
Complications of Uncontrolled and Poor Diabetes Management



How to Maintain Good Health



- **Get advice on your meal plans & food portion from dietitian, nutritionist**
- **Eat more traditional diets**
- **Eat more fresh vegetables**
- **Quit smoking**
- **Limit alcohol drinks**
- **Eat low glycemic index carbohydrates**
- **More whole foods & less processed**
- **Maintain healthy weight**
- **Regular physical activity**



- **Consult your doctor**
- **Check blood sugar**
- **Exam eye and dental**
- **Check for foot ulcers**
- **Take only prescribed medications**

Hypertension (High Blood Pressure)

Facts on Hypertension

Condition when the force of the blood pushing against the artery walls is consistently too high



Systolic:

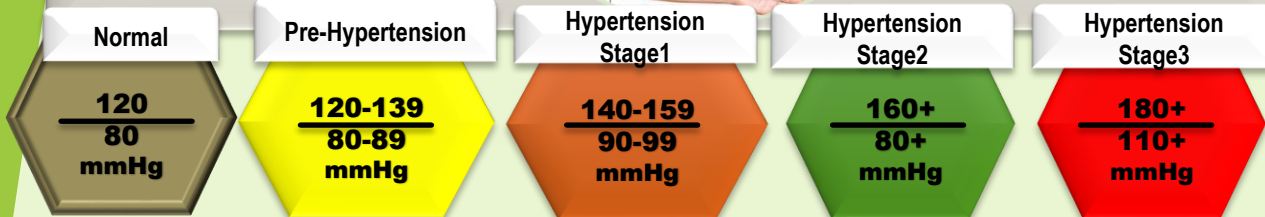
The top number measures blood pressure when your heart beats

120

Diastolic:

The bottom number measures blood pressure when your heart is at rest

80



Risk Factors

- Obesity or overweight
- Lack of exercise or inactivity
- Tobacco or cigarette smoking
- Too much salt
- Too much alcohol
- Stress
- Family history

Effects of Hypertension



How to Maintain Good Health



- Eat healthy diets
- Eat more fresh vegetables
- Eat complex carbohydrate diets
- Drink more water
- Limit salt and fatty foods
- Limit alcohol drinks
- Limit processed foods
- Quit smoking
- Regular physical activity



- Consult your doctor
- Check blood pressure regularly
- Take only prescribed medications