



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



WHO recommends:***

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

*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/>.

