



## Welcome to the first newsletter of 2017!

A year to change the way you look at food: Food is a way of fuelling your body and not an event. Healthy eating is all about making the right choices for your body every day.

### FEBRUARY IS HEALTHY LIFESTYLE AWARENESS MONTH

*Here are some guidelines for health eating:*

**Eat a variety of foods.** Eating different types of foods gives your body all the nutrients it needs.

**Make high-fibre starchy food part of most meals.** These foods can help you feel fuller for longer and lower your risk of developing obesity, heart disease and cancer. Examples: brown or whole wheat bread, oats and brown rice.

**Try to have low-fat milk or yoghurt every day.** Dairy products are an excellent source of calcium. This helps to protect your bones and help prevent high blood pressure, diabetes and heart disease.

**Eat dried beans, split peas, lentils at least twice a week.** They are a good source of protein, low fat and high in fibre.

**Try at least 5 vegetable and fruit every day.** Eat vegetable and fruit of different colour groups. The vitamins, minerals and fibre in these food groups help to protect against chronic disease.

**Eat less salt and avoid food high in salt.** Eating too much salt can raise your blood pressure and increase your risk of stroke, heart attack and cancer. Ideally you should not have more than 1 teaspoon of salt a day from all sources.

**Use fat sparingly.** Eating too much fat and fried food can make you gain weight and increase your cholesterol. Limit the amount of fatty red meat, butter and cream.

**Eat less sugar and avoid food or drinks high in sugar.** Too much sugar increases your risk for chronic diseases.

