

Fats and Oils include; Butter, lard, Coconut Oil, Sunflower Oil, Groundnut Oil, Red Palm Oil, Corn Oil, etc.

Sugars and Sugary foods include Honey, Jam, Cakes, Sugar Cane, Biscuits, Sugary drinks.

### 7. Use foods that are fortified with essential nutrients, if possible

Fortified foods have added nutrients to improve nutritional value of available foods or commonly eaten foods and can be used to increase intake of nutrients where available and affordable.

Remember to read labels or ask for indication of added nutrients and expiry dates.

### 8. Drink plenty of safe water

Water is important for life and is necessary everyday. A person needs about 2 to 3 litres or eight (8) glasses of medium size of water each day.

### 9. Healthy Living

#### Exercise – the modern fountain of youth

- \* Exercise slows down the aging process
- \* Strengthens the heart
- \* Lowers blood pressures
- \* Relieves stress
- \* **Helps muscles to function properly**
- \* Helps maintain a desirable body weight

**Doing any of these exercises at least three times a week can improve your health greatly, especially for **inactive individuals??**.**

- \* Stair walking for 15 minutes
- \* Cycling for at least 15 minutes
- \* Dancing for 30 minutes
- \* Brisk walking for 30 minutes
- \* walking for 35 minutes
- \* Gardening for 40 minutes
- \* Washing a car for 55 minutes



**Additionally,**

- \* Aerobic exercise for 30 minutes three times a week
- \* Alternate with 30 minutes of strength and flexibility training three times a week.



**Regular exercise is as necessary as air, water, and wholesome food.**



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# Healthy Eating Healthy Living

## **Eat wisely**

### **You are What You Eat**

## Introduction

People have different needs and so eat different amounts of foods depending on age, gender, activity and whether pregnant, breastfeeding or ill.

## What is healthy eating?

Healthy eating is about eating the right quantity, quality and variety of foods, every day. It is a life style that one has to live with for life. Healthy Eating does not need to be expensive.

## General Advice

- \* Healthy eating means eating at least three or more times in a day. This helps the body to utilise and absorb the food nutrients properly, regardless of body needs or status.
- \* Eat more wholegrain starchy carbohydrates (e.g. Roller meal, brown rice, wholegrain cereals e.g. Sorghum).
- \* Eat regular meals - although having a routine can help you to manage your diet and your weight.
- \* Cut down on fats.
- \* Cut down on sugar and highly refined foods.
- \* Cut down on salt.
- \* Avoid drinking alcohol. If you cannot, then drink within recommended limits; one to two glasses of alcohol per day.
- \* Try to be more physically active.
- \* Avoid smoking if you can, for it is nutritionally unbeneficial!
- \* Drink plenty of water/fluids.

Follow these points to keep your body nutritionally healthy.

## 1. Enjoy a variety of foods

No single food contains all nutrients that the body needs in the right quantities and combinations, except breast milk for the first 6 months of life.



Eating a variety of different foods will provide the nutrients that are essential for our bodies. It is important to include different foods from the 3 main food groups at any given meal. Use healthy methods of food preparation such as boiling, roasting and grilling.

## 2. Eat adequate amounts of (carbohydrates) energy giving foods. Make staples or starchy foods the largest part of your meal

Energy giving foods should be eaten at every meal. When planning meals, the staple or starchy food should be the main food, and the rest of the meal planned around this food.

## 3. Eat peas, beans, lentils, nuts and seeds regularly.

This is a group of plant protein source of food. These foods are needed for growth as they develop and repair the body and also assist in building up strong muscles. Such foods include Pulses and Legumes e.g. Cowpea, Pigeon Pea, Soya beans etc and then nuts and seeds e.g. ground nut, sesame, sunflower seed, pumpkin seed, etc.

## 4. Eat animal products regularly

These are animal protein foods that are useful for growth and repair; to make new blood, strengthen muscles and the immune system to fight infections.

Such foods include poultry, meat, liver, fish, caterpillars, eggs, milk and milk products e.g. Sour milk and Yoghurt. These may be expensive but even small portions in a meal are important and should be eaten as often as you can afford them. Try to choose the lower-fat options. For instance, instead of full cream, try skimmed or semi- skimmed milk.

## 5. Eat a wide variety of vegetables and fruits everyday

Vegetables and fruits are protective food group which are an important part of a healthy diet. They supply foods that keep the body functioning and the immune system strong.

Many of the local vegetables include cassava leaves, pumpkin leaves, potato leaves, okra and fruits like tomato, pawpaw, mango, etc.



Eat vegetables and fruits that are dark-green in colour, yellow, orange or red that are rich in vitamin A; such as spinach, pumpkin and green pepper, carrots, pawpaw, mangoes.

Eat other vegetables and fruits rich in vitamin C such as tomatoes, cabbage, oranges, lemons, guavas, pineapples, and baobab fruits to help fight infections.

Vegetables lose some of their goodness if soaked or boiled for a long time. Cook for as short a time as possible.

There is good evidence that fruit and vegetables cut the risk of disease, including some cancers and heart disease. Eat them as frequently as possible.

## 6. Use fats and oils as well as sugar and sugary foods in small amounts

Fat is the most energy-dense nutrient. Fat is essential for good health but it should be eaten in small amounts.