

Healthy Eating Plan

When having a conversation with people 80% of the time the topic of weight-loss will come up. Why?, because nowadays everyone wants to be healthy and have the dream of one day having the perfect body.
Sounds familiar?

People will tell you that eating healthy is straightforward, you eat healthy and you stay healthy. Not that easy!, the most effective way of eating healthy is to adjust your eating habits and make it a life long habit. Your meals should be well balanced in nutrients, contain little fat and always include a variety of foods.

When choosing the healthy way you have to take time to plan your meals, your shopping list etc. You should eat from all the food groups: carbohydrates, fruit, vegetables, protein, dairy products and fat. A eating plan that is poorly planned can lead to shortfalls on some of the essential nutrients.

How to plan healthy, balanced meals

Eat low GI carbohydrates with every meal

6-11 servings per day

1 serving =
The size of a
Or a



Fist size cereal
Fist size cooked pasta,
brown rice, legumes or
potato
1 slice of seed loaf
2-4 provitas or ryvita

Starchy carbohydrates
(bread, rice, potatoes, pasta)



Protein
(eggs, beans, meat, fish and vegetarian options like soya and Quorn)

Food and drink high in fat and/or sugar (crisps, chocolate, sweets, pastries, pies)

Dairy
(milk, yoghurts, cheese)

Fruit and vegetables
(fresh, frozen, tinned, dried)

Eat fruit with breakfast and as a snack between meals.

2-3 servings per day

1 serving =
The size of a



1 cup of cut up fruit
125 ml fruit juice
2-3 pieces of dried fruit

Eat dairy with breakfast or have as a snack

2-3 servings per day

Matchbox size cheese

1 cup low fat milk or yoghurt
1/2 cup low fat cottage cheese



Eat one serving of protein with every meal

2-3 servings per day

1 serving =
The size of a



Red meat / chicken/ fish
the size of deck of cards
1 egg (4 max per week)

Add one serving of fat to a meal

2-3 servings per day

1 serving = The size of a



1 teaspoon margarine or oil

2 teaspoons peanut butter

1 tablespoon lite mayonnaise

or salad dressing

1 tablespoon unsalted nuts

1/4 avocado pear

5-8 olives

Now that you now what a balanced meal consists of, lets have a look at some meal planning ideas. Remember to keep the following in mind:

- Make a grocery list before you go shopping and eat before
- Buy the fruits and vegetables that is in-season
- Start with the fresh produce and this way you will fill up your trolley with healthy foods
- Buy in bulk as this might save you money
- Cook large portions ahead, it saves time and when you don't have time, you can grab a healthy meal from the freezer



Meal planning ideas

A healthy eating plan provides your body with energy to function and helps prevent short and long-term illnesses. Adult men should consume 10 500 kilojoules (kJ) per day and adult women 8 500 kJ. When taking that into consideration you should have the following recommended food intake pattern:

Energy Level	Starchy foods	Fish, chicken, lean meat, eggs	Milk, yoghurt, cheese	Dry beans, lentils, split peas, soya	Vegetables	Fruit	Fat, oil	Sugar
	Amount of Portions	Amount of Portions	Amount of Portions	Amount of Portions	Amount of Portions	Amount of Portions	Amount of Portions	Amount of Portions
8500 kJ	7	2	2	1	3	2	6	6
10 500 kJ	10	2	2	1	5	2	8	6

Use the numbers above and plan it into your day. It is a good idea to eat a snack in the morning and one in the afternoon. Here are some meal suggestions. Choose one option per meal and one mid-morning and mid-afternoon snack.

<i>Breakfast</i>	1/2 cup of oat porridge with milk and 1 tablespoon of raisins 1 /2 cup bran flakes with low-fat milk or yoghurt and 1 small banana with 1 tablespoon of almonds 1 slice toast with 3 tablespoons of baked beans and 1 cup pawpaw 1 poached or boiled egg with grilled tomato and 1 cup pawpaw Smoothie: blend 1 cup fat free yoghurt or milk with 2 fruits, 1 table- spoon peanut butter and oat bran or bowl of fruit salad with fat free yoghurt and 1 tablespoon almonds.
<i>Snacks</i>	1 piece of fresh fruit and 1/2 cup fat free yoghurt 2-3 pieces of dried fruit and 1 tablespoon mixed nuts 4 provitas with cottage cheese and cucumber 1 slice anchovy toast with sliced tomato
<i>Light meal / Lunch</i>	1-2 slices of low GI bread with tuna in brine, skinless chicken, lean beef or cottage cheese plus salad vegetables with 1/2 avo or 5 olives 2 mini pitas filled with egg mayo 1 tin sardines on 2-4 rye crackers with a mixed green salad and 1/2 avo
<i>Main meal / Supper</i>	1 portion of skinless chicken, lean beef, pork fillet or fish with a large green salad and 1/2 avo or five olives and 1/4 pawpaw Stir-fry vegetables with 1 portion beef, pork or chicken strips with 1 ta- blespoon sesame oil and soya sauce with 2 slices of pineapple Mushroom and tomato omelette served with roast vegetables and 1 cup fruit salad 1 portion of grilled fish and steamed vegetables and 1 handful of grapes

Portion sizes are estimated and only serve as a guideline.