

Foods to limit: Junk food

Junk foods are called that because they are not an essential or necessary part of our dietary patterns. Junk foods are high in calories, saturated fat, added sugars, added salt, or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of junk foods include:

- Biscuits, cakes, chapatti, pancakes, mandazi, samosa, and sandwiches
- Ice-cream, confectionery and chocolate
- Chips and fried foods
- Crisps and other fatty and/or salty snacks
- Sugary soft drinks and energy drinks.

“Remember the foods you eat are all choices made by YOU! Therefore the POWER to prevent diabetes and other non-communicable diseases is in your hands”



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Healthy Eating for Diabetes Prevention



Diabetes Prevention through Schools Programme



Introduction

Diabetes prevention through schools programme is a project that aims to promote adoption of healthy lifestyle through health eating and physical activity.

Before you eat or drink, think about what is on your plate or in your cup or bottle. Eating healthy is a big factor in diabetes prevention. Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

Health problems caused by unhealthy diet:

- Diabetes
- Heart disease
- High blood pressure
- Stroke
- Osteoporosis
- Obesity
- Some cancers

These diseases have become common because of the change in eating habits for many people from traditional foods to increased consumption of modern diet that is high in fats, salts, and added sugars.

How can you eat healthy?

1. Drink at least 6 – 8 glasses of water a day.
2. Eat different fresh vegetables and fresh fruits per day. The wider the variety of colour, the healthier such as red, orange or dark green vegetables—different colours contain different vitamins and minerals.



- 3 Obtain protein from a variety of foods – fish, poultry, legumes, lean meat and low fat dairy products.
- 4 Avoid salt and foods high in salt. Too much sodium may increase your blood pressure.
- 5 Avoid harmful use of alcohol.
- 6 Maintain a healthy body weight by balancing physical activity and food intake.
- 7 Eat foods lightly cooked and as close to their natural state as possible.
- 8 Restrict foods with a high ‘hidden’ fat content – cakes, biscuits, chocolates, sausages and high fat dairy.
- 9 Have small regular meals – energy is required to break down each meal.
10. Eat a healthy breakfast-it will kick start your metabolism and make you less likely to eat high fat snacks mid-morning.
11. Try and include fish meals 2 times a week as the omega 3 oils can decrease cholesterol and therefore prevent cardiovascular disease.
12. Eat foods that are rich in fibres. Whole grains, vegetables, and beans which are a natural source of fibre and protein.

Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a can of soda.
- Select fruit for dessert. Eat sugary desserts less often. Choose 100% fruit juice instead of fruit-flavoured drinks.

Eat fewer foods that are high in solid fats

- Make major sources of saturated fats—such as fatty meat, cakes, ice cream, pizza, cheese, and sausages—occasional choices, not everyday foods.
 - Select lean meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
 - Switch from solid fats (e.g. Beef, pork, and chicken fat, Butter, cream, milk fat and margarine) to oils (e.g. Corn oil, Cottonseed oil, Olive oil, Peanut oil, Sunflower oil and Vegetable oil) when preparing food.
- a.** Limit intake of foods high in saturated fat such as many biscuits, cakes, mandazi, chapatti, pizza, fried foods, potato chips, crisps and other savoury snacks.
- Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, with foods which contain predominately unsaturated fats such as olive oils, nut butter and avocado.
- b.** Limit intake of foods and drinks containing added salt.
- Do not add salt to foods in cooking or at the table.
- c.** Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks like soda, fruit drinks, and energy drinks.