

HEALTHY EATING

Diabetes Prevention Through Schools' Programme



Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals.

Reasons for healthy eating

It is important to make healthy choices in what you eat all the time. The reasons for choosing healthy foods are:

To provide the necessary nutrients that your body needs to create new cells, and clean toxins.

To prevent diseases such as diabetes, heart diseases and cancer.

To have more energy.

To live longer.

To lose weight and look better

What should I eat?

Eat these foods more often:

•Vegetables (especially ones that are dark green or orange): These have vitamins, minerals and fibres.



Fruits: These have potassium, fibre, vitamins and folate. Choose whole fruits over fruit juice. If you choose juice avoid adding sugar.



What should I eat less or avoid?

The following foods and drinks should be consumed only occasionally and in limited quantities because they are high in calories, fat, sugar, and/or sodium.

- Cakes and Mandazi**
- Cookies and chapatti**
- Ice cream and chocolate**
- Doughnuts and pan cakes**
- All fried foods and other fast foods**
- Alcohol**
- Fruit-flavoured drinks**
- Soda**



If you don't eat healthily then you can get over weight and you can get diseases like diabetes, heart disease, cancer and possibly die. This would be very sad.

Contact us:

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