



EAT RIGHT FOR YOUR LIFE

Geoffrey Axiak

B.Sc. (Nursing), Dip. R. & C. Hypnotherapy (T.O.R.C.H.), P.G. Dip. (Nutrition & Dietetics)

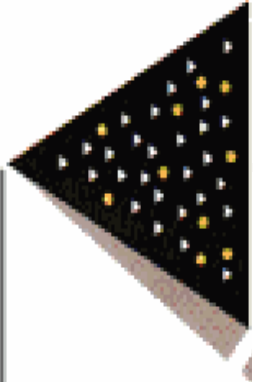
REGISTERED NUTRITIONIST

24 September 2006

Eat Right For Your Life

A Healthy Diet

Fats, Oils & Sweets
USE SPARINGLY



KEY

 Fat (naturally occurring and added)

 Sugars (added)

These symbols show fats and added sugars in foods.

CINDI Dietary Guidelines

Eat a nutritious diet based on a variety of foods originating mainly from plants, rather than animals.

CINDI Dietary Guidelines

Eat bread, grains, pasta, rice or potatoes several times a day.

CINDI Dietary Guidelines

Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400g per day).

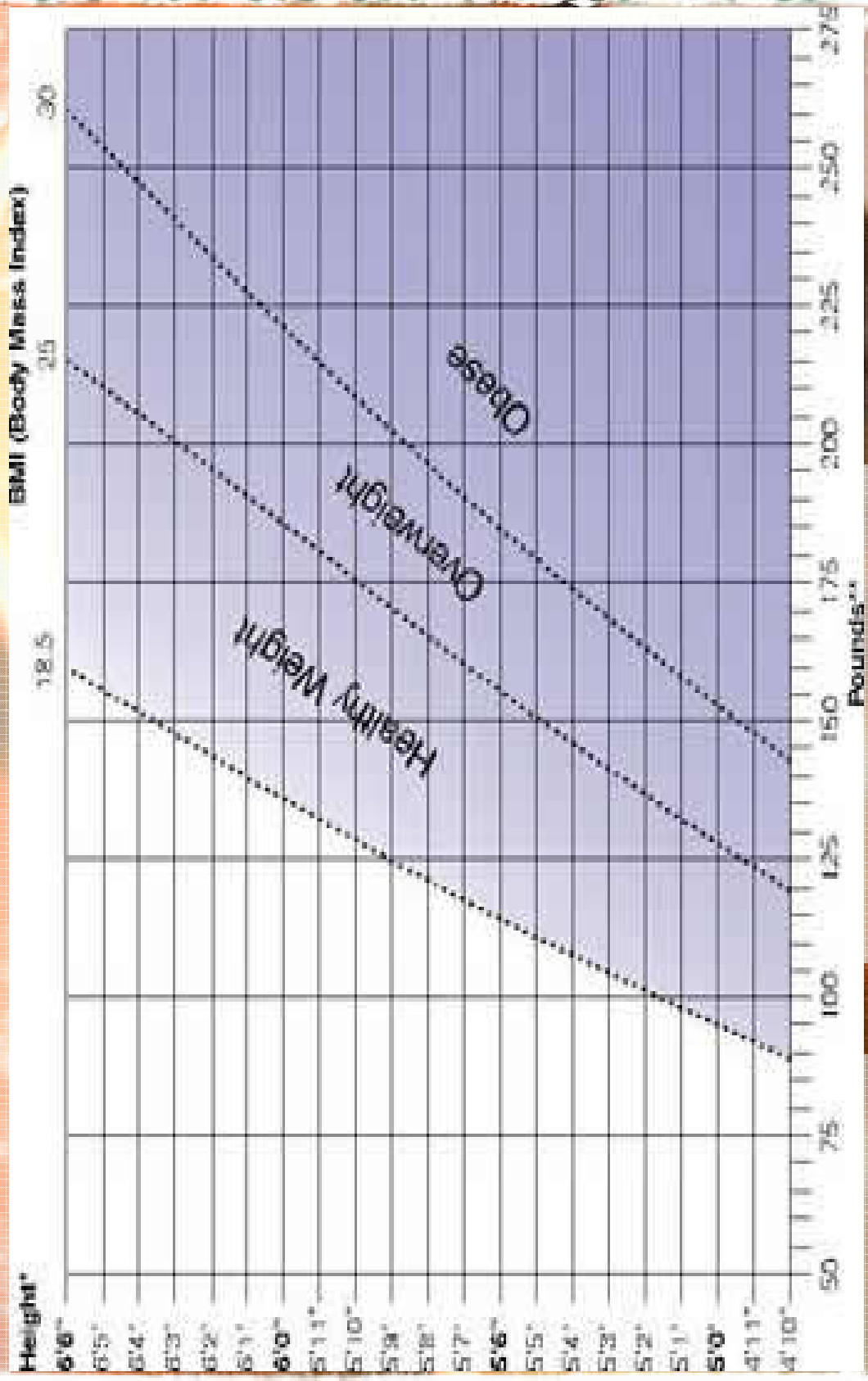
CINDI Dietary Guidelines

Maintain body weight between the recommended limits (BMI of 20-25) by taking moderate levels of physical activity, preferably daily.

Body Mass Index (BMI): $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$

Ratio: < 20 – Underweight
25-30 – Overweight
30-35 – Obese I
>35 – Obese II

CINDI Dietary Guidelines



CINDI Dietary Guidelines

Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.

CINDI Dietary Guidelines

Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry or lean meat.

CINDI Dietary Guidelines

Use milk and dairy products (sour milk, yoghurt and cheese) that are low in both fat and salt.

CINDI Dietary Guidelines

Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks & sweets.

CINDI Dietary Guidelines

Choose a low-salt diet - no more than 1 teaspoon (6g) per day, including in bread & processed, cured, preserved food.

CINDI Dietary Guidelines

If alcohol is consumed, limit intake to no more than 2 drinks (each containing 10g of alcohol) per day.

CINDI Dietary Guidelines

Prepare food in a safe and hygienic way. Steam, bake, boil or microwave to help reduce the amount of added fat.

CINDI Dietary Guidelines

Promote exclusive breast-feeding and the introduction of safe and adequate complementary foods from the age of about 6 months, but not before 4 months, while breastfeeding continues during the first years of life.

Overweight - statistics

Based on data from the 1999-2000 NHANES, the prevalence of overweight in children ages 6-11 increased from 4.2% to 15.3% compared with data from 1963-65. The prevalence of overweight in adolescents ages 12-19 increased from 4.6% to 15.5%.

Obesity – statistics

Western Europe: 10-25%

U.S.: 20-30%

Eastern Europe,

Mediterranean, U.S.

Afro-American

Women: 40%

Higher Rates: American

Indians, Hispanic

Americans, Pacific

Islanders

Highest in the World:

Melanesians,

Micronesians,

Polynesians (Island of

Nauru: 70% or women

and 65% of men)

Obesity

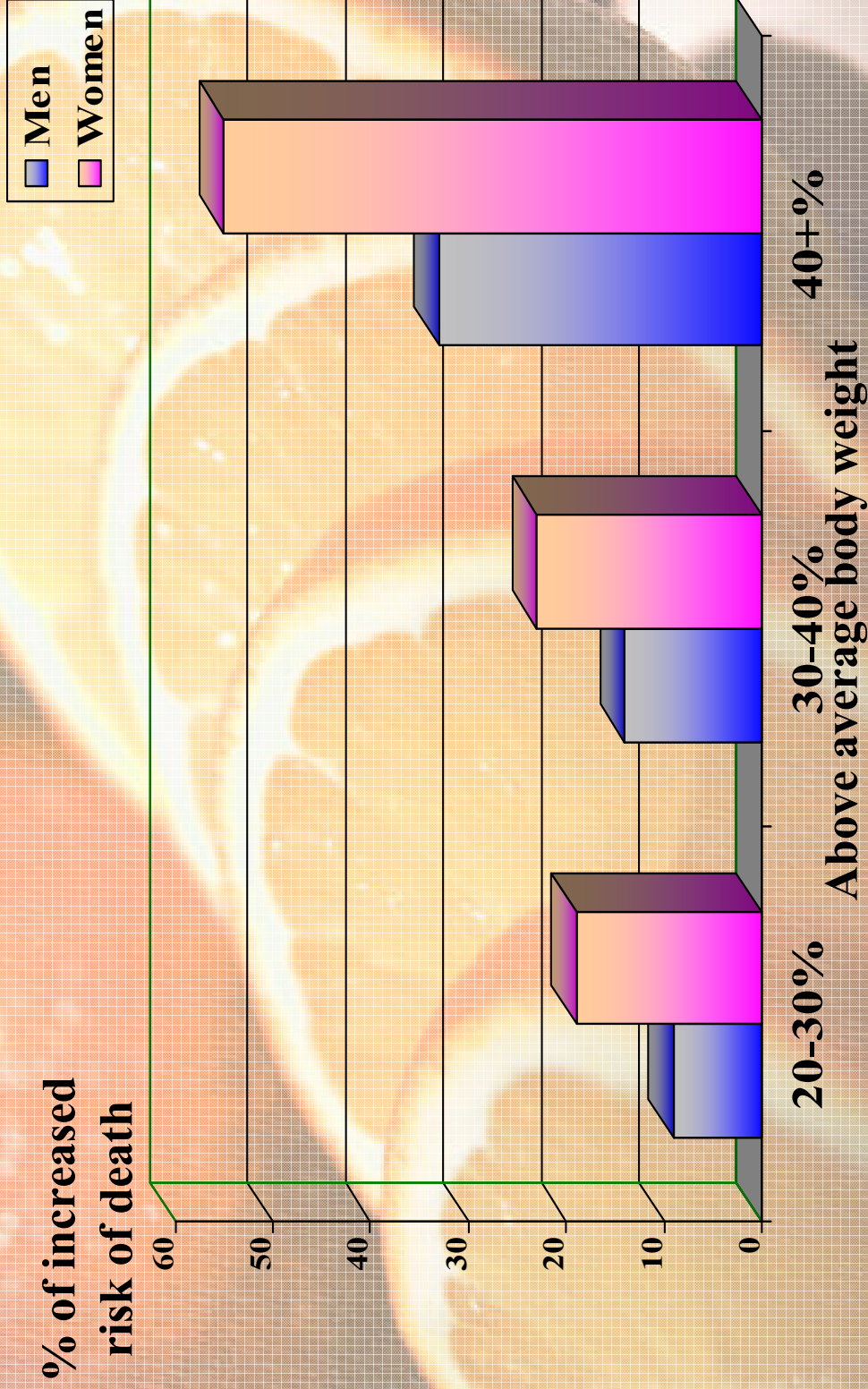
**“Key to the problem lies in evermore
widespread sedentary lifestyle and a diet
overrich in calories and fats.”**

Obesity - implications

Increases the risk of:

- Insulin Resistance
- Diabetes Type II
- Hypertension
- Dyslipidemia
- Coronary Heart Disease
- Gout
- Osteoarthritis
- Gall Bladder Disease & Stones
- Cancers of Bowel, Breast, GU Tract
- Skin Diseases (especially fungal diseases)
- Sleep Apnea with chronic hypoxia

Increased risk of death



Psychological & Social Issues

Low self-esteem

Increase in depression

Difficulties in getting and holding a job

Tendency toward social isolation

Decreased attractiveness for the opposite
sex

Recommendations

- Maintain a healthy diet
- Do some kind of exercise
- Drink lots of water
- Reduce unnecessary fats
- Take breakfast daily
- Do not over-eat
- Avoid inactivity
- Lose weight gradually
- Seek help when necessary

Contact Details

St. Luke's Hospital:

Dietitian: Tel.: 25951220

Clinical Nutrition Services: Tel.: 25951761

Health Promotion Department

Tel.: 23266000 / 23266100

Geoffrey Axiak – Nutritionist

Mobile: 99822288

Email: axiakg@yahoo.com



Thank you

24 September 2006

Eat Right For Your Life