



Healthy Eating Tips

life  beats

Why is a Healthy Diet so Important?

A) Prevent Disease Risks

Did you know that many chronic diseases are **preventable**?

This includes conditions such as:

- » Heart Disease
- » Strokes
- » Diabetes
- » Cancer

Good nutrition can reduce the risk of developing many preventable diseases!
Nutrition is a cornerstone of health.



B) Feel Great!

People with chronic diseases often suffer from a reduced quality of life. Eating healthy leads to being fit and feeling better.

C) It Tastes Good!

What is surprising to some, though, is just how enjoyable healthy eating can be.

The following slides will point out the various types of food you should include in your diet as well as the ones that you should limit.

Do you mean limit or eliminate?

It is acceptable to have a burger but remember, MODERATION is very important when eating from the “limit” list!



Bread, cereal flakes, pasta, rice, preferably whole grain, and potatoes are rich in vitamins, minerals and fiber.

Eat these foods with low fat ingredients where possible.

Eat at least 30 g of fiber per day, preferably in the form of whole grains.



Fruit and Vegetables – “5 a Day”



Eat 5 portions of fresh vegetables and fruit a day – slightly cooked or occasionally as juice or smoothie – at every main meal and as a snack in between meals.

These simple tips guarantee a rich supply of vitamins, minerals and fiber.

Tip: Give preference to regional products.



Dairy Products Daily, Fish Once or Twice a Week, Occasional Meat

These foods contain valuable nutrients such as calcium from milk, iodine, selenium and n-3 fatty acids in sea fish. Meat is an important supplier of minerals and vitamins (B₁, B₆, and B₁₂).

Eat meat, sausage products and eggs in moderation; no more than 300 to 600 g meat and sausage per week.

Give preference to low-fat products, in particular when choosing meat and dairy products.



Cut Down on Fat and High-Fat Foods

Fat supplies vital fatty acids; fatty foods also contain fat-soluble vitamins.

Fat is very high in energy and can lead to weight gain if eaten in large quantities. Too many saturated fatty acids increase the risk of cardio-vascular diseases.

Give preference to vegetable oils and fats.

Remember that invisible fats are usually to be found in meat products, dairy products, biscuits and sweets as well as fast food and convenience foods.



Don't eat more than approximately 60-80 grams of fat per day.

Sugar and Salt in Moderation

Eat sugar and food or drinks produced with different types of sugar (e.g. glucose syrup) only occasionally.

Season with natural herbs and do not use much salt.

A reduced intake of salt has a positive effect on blood pressure.



The recommended daily intake of salt is 5 g.

Daily Liquid Intake



Drink at least 1.5 liters in the form of beverages.

It is a good idea to distribute these over the day and to drink before you even feel thirsty.

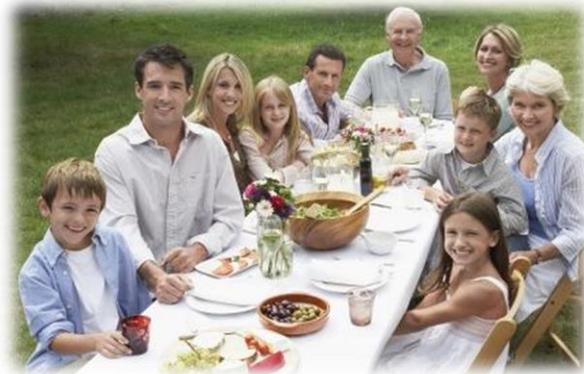
Besides unsweetened herbal and fruit teas, diluted fruit and juice cordials, water (in the form of tap, mineral, spa and table water) is particularly suitable to cover the daily liquid intake.

A Few More Tips

When cooking keep temperatures as low as possible and use little water and fat – this preserves both nutrients and natural flavor.

Use local fresh ingredients and products where possible.

Take a break for your meal and don't just eat on the go. Take your time. This will allow your brain to realize when you are full.



Below is a simple tool you can use to make better food choices.

Checklist for Healthy Eating	
Instead of ...	Try ...
Added sugar , be it granulated sugar, brown sugar, high-fructose corn syrup, corn sugar, or honey.	Naturally sweet food such as fruit, peppers, or natural peanut butter.
Dairy fat from ice cream, whole milk, and cheese.	Low-fat versions, such as skim milk and reduced-fat cheeses.
Baked sweets. Cookies, snack cakes, doughnuts, pastries, etc.	Making homemade cookies or bars using grains such as oatmeal, and less sugar and unhealthy fats.
White carbohydrates. Bread, pasta, potatoes, rice, cookies, cake, or pancakes.	Whole-grain pancake mix, whole-wheat pastas and breads, brown rice.
Processed meats like bacon, ham, pepperoni, hot dogs, and many lunch meats.	Protein from fish, skinless chicken, nuts, beans, soy, and whole grains.
Added salt.	Flavoring food with garlic, herbs, and spices.

Don't forget to check the [LifeBeats Nutrition Page](#) for Links, Tools, and Apps.

Eat to Live!

A proper diet can keep you healthy, improve your quality of life and fuel your body for the important activities in life!

Check Signals pre-task analysis



WHAT COULD GO WRONG?

WHAT PRECAUTIONS SHOULD I TAKE?

CAN I DO THE JOB SAFELY?

Focus - Start to Finish

Presentation content provided by :

European Heart Journal (2012) 33, 1635-1701, European Guidelines on cardiovascular disease prevention in clinical practice (version 2012)

Deutsche Gesellschaft für Ernährung e. V., Vollwertig essen und trinken nach den 10 Regeln der DGE (11/2013)

Deutsche Gesellschaft für Ernährung e. V., Die ernährungsphysiologische Bedeutung von Wasser (6/2010)

HelpGuide.org: http://helpguide.org/life/healthy_eating_diet.htm

Photos: Thinkstock