

# Eating for health

## EACH DAY aim for:

<b>6</b>	<b>6 servings breads and cereals</b> Choose wholemeal or wholegrain varieties of bread Enjoy cereals, avoid adding sugar Enjoy breads, avoid spreads or use sparingly; or use low sugar / fat / salt spreads	
<b>5</b>	<b>5 servings fruit and vegetables</b> Eat raw fruit and vegetables often Use only a little water for cooking Add little or no sugar, salt or fat	
<b>2</b>	<b>2 servings milk and milk products</b> Buy low-fat products Use low fat cottage cheese as a very low fat option for cheese Soy milk or soy milk products can be substituted for milk or milk products	
<b>1</b>	<b>1 serving lean red meat, fish, chicken, dried beans, nuts or eggs</b> Buy an average of 120g uncooked meat per person Remove fat from meat Remove skin from chicken Grill, bake, boil, steam or microwave Limit eggs to 3 each week if you have raised blood cholesterol – poach or boil	
	<b>1-2 tablespoons fats or oils</b> Limit saturated fats Replace butter with margarine Use small amounts of fats or oils in cooking if needed or spread thinly on bread	<b>Avoid or have only very small amounts of fatty or sugary foods/salt and salty foods</b> For snacks, have extra bread, fruit or vegetables

## ONE SERVING is:

1 slice bread, or 1 bread roll or bun  
1 cup ready-to-eat breakfast cereal  
1/2 cup muesli  
1 cup cooked porridge  
1 cup cooked rice or pasta

1 medium fruit, eg, apple  
2 small fruits, eg, plums  
1/4 cup dried fruit, eg, raisins  
1/2 cup raw, cooked or canned fruit or vegetables  
1 cup cooked potato, kumara or taro  
3/4 cup cooked dried beans

1 glass low fat milk (250 ml)  
1 carton low fat yoghurt (150 ml)  
2 thin slices reduced fat cheese  
2 triangles cheese (40g)

2-3 slices cooked meat  
3/4 cup casserole  
1 small steak (should fit in the palm of your hand)  
1 medium fillet of fish  
1 chicken leg or 2 drumsticks  
3/4 cup cooked dried beans  
1/3 cup nuts or seeds  
1 egg

### Use **SMALL** amounts of:

Polyunsaturated margarine or oil  
Monounsaturated margarine or oil  
Choose low fat salad dressing

### Occasional **TREATS** only:

Cream, sour cream  
Chippies, pastry, biscuits, cakes  
Chocolate, sweets  
Takeaways  
Jams, honey, rich desserts  
Soft drinks and cordials

## ENJOY your food and EAT HEALTHILY - you can do both!

- Eat fruits and/or vegetables at every meal and choose them for snacks too.
- Avoid or limit butter, fried and fatty foods, salty foods, sweet bakery products such as cakes and biscuits, or choose them as seldom as possible.
- Choose meals that involve plenty of plant foods and little or no dairy fat (cream, cheese, butter), meat fat or deep fried food.
- Eat wholegrain breads (brown, wholemeal, granary) and high-fibre cereals such as porridge or muesli (but beware the sugar content of some mueslis, especially 'toasted' types).
- Try to include fish, dried peas, beans or soy products, or a small serving of lean meat or skinned poultry, at one or more meals each day.
- Choose low-fat (trim) milk, low-fat dairy products, soy or legume (peas, beans, lentils) products every day.
- Drink plenty of fluids each day, especially water.
- Limit your intake of alcohol or drinks with added sugar, eg, fizzy soft drinks.
- Use only small amounts of fats and oils, sugar and salt used when cooking and preparing meals, snacks or drinks.
- Nuts, seeds and dried fruit make good snack substitutes for chippies, sweets and biscuits, but too much of them will increase your intake of fat and sugar.
- Choose fresh rather than processed food but when eating ready meals or packaged foods choose those low in fat and oils, sugar and salt.
- It is important in preventing secondary stroke to choose lower salt options, and to steer clear of products high in salt. Salt is sodium chloride and in food is usually labelled sodium. Low salt foods are those which contain less than 120mg of sodium per 100g. Medium salt foods contain between 120mg and 600mg/100g. High salt foods contain more than 600mg/100g.