

# GOOD NUTRITION



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Which would you  
prefer to be...

**RICH OR HEALTHY?**



# What is Nutrition?

The taking in and use of food and other nourishing material by the body.

Is a 3-part process:

1. Food or drink is consumed.
2. The body breaks down the food or drink into nutrients.
3. The nutrients travel through the bloodstream to different parts of the body where they are used as "fuel" and for many other purposes.

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**Good nutrition is about making the right food choices throughout the day and eating common sense portion sizes.**

**Cathy Nonas, RD**

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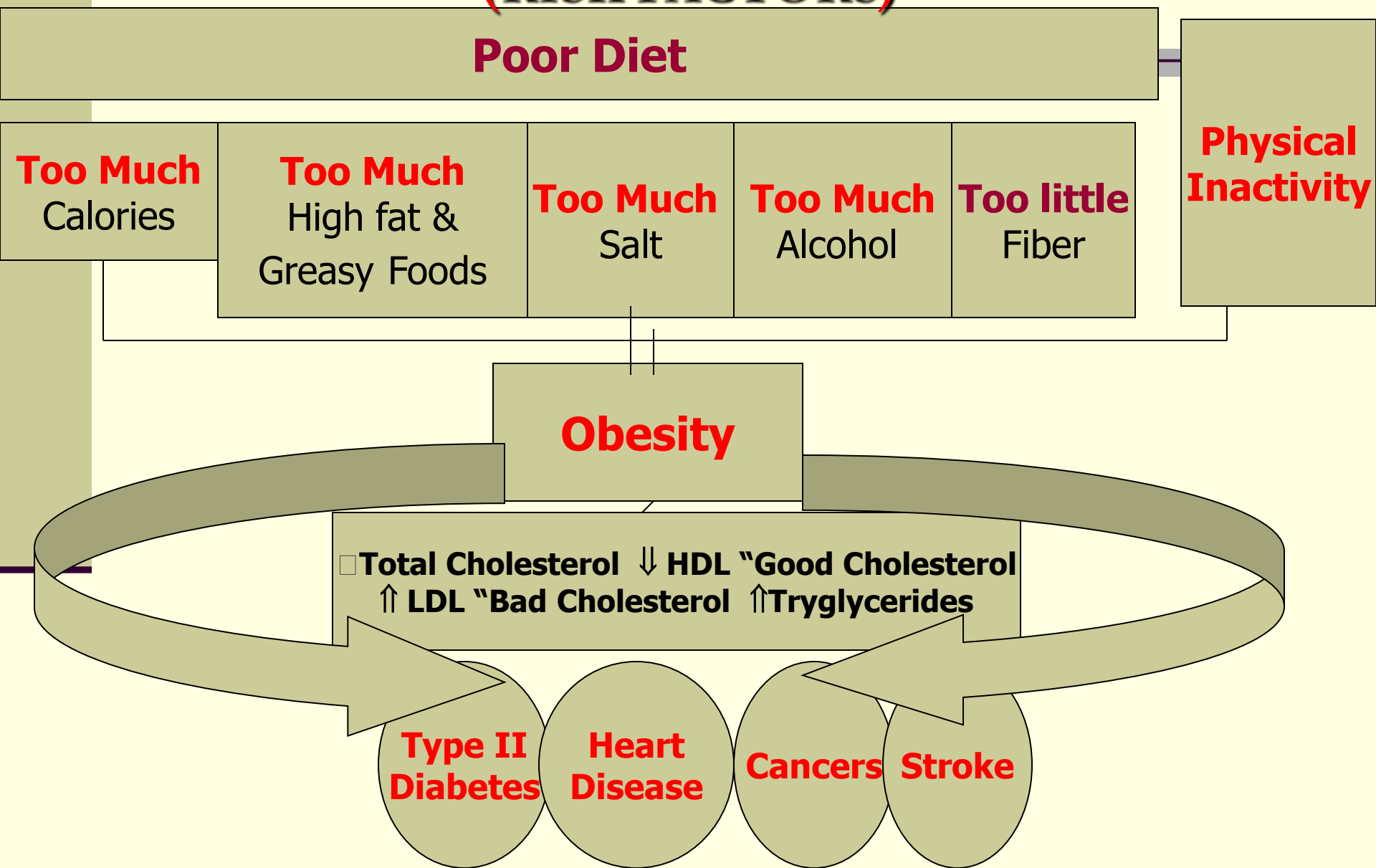
**What is wrong  
with the way we  
eat?**

# Top 8 Unhealthy Dietary Practices

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- **Too much fat/grease**
- **Too much sugar**
- **Too much salt**
- **Too much calories**
- **Insufficient fruits**
- **Insufficient vegetables**
- **Insufficient water**
- **Insufficient whole grains**

# How Food & Lifestyle Choices Affect Health (RISK FACTORS)



**IT'S VERY IMPORTANT TO  
HAVE A BALANCED GIFT**





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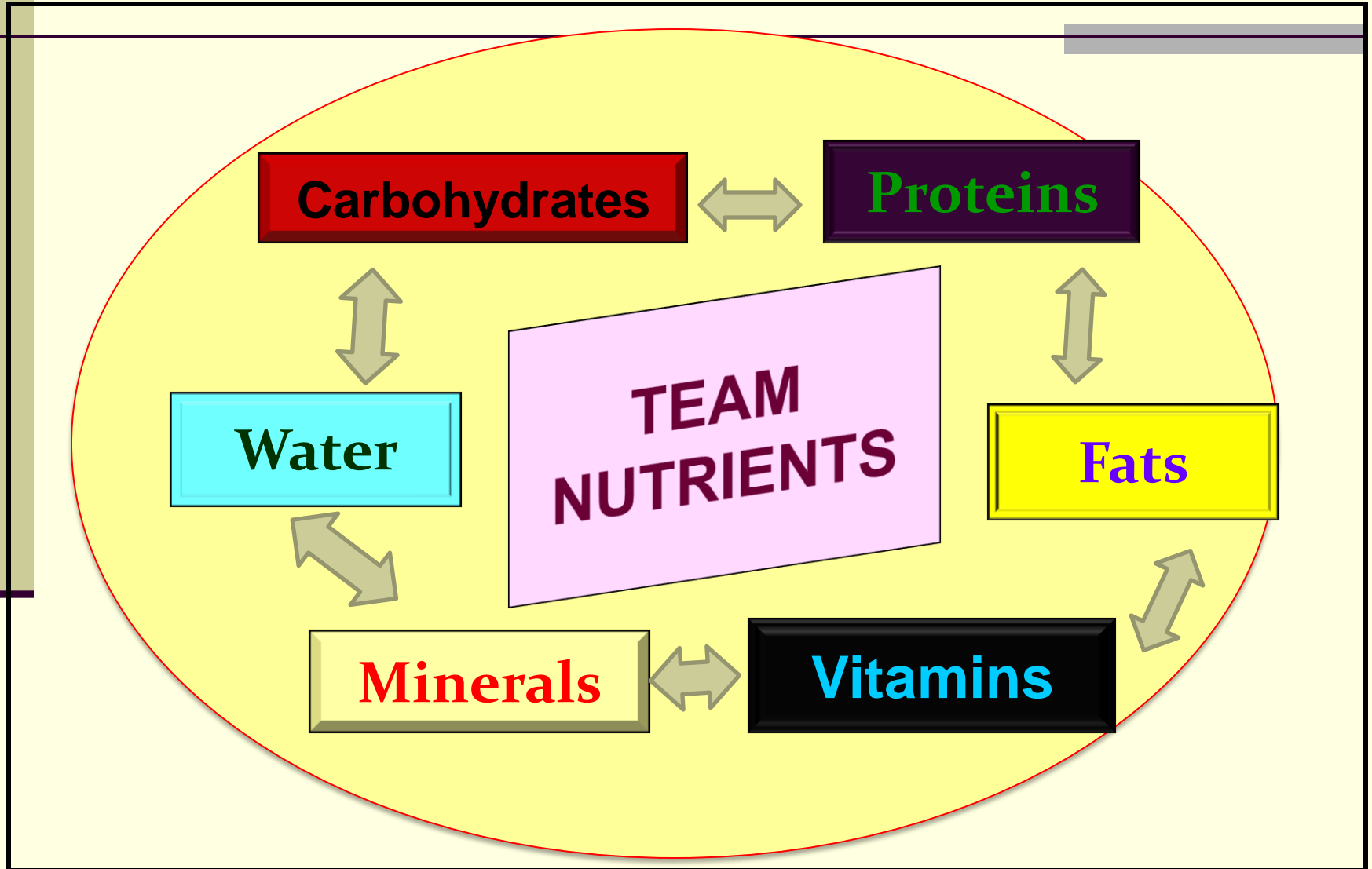
How can we  
correct these  
practices?

# What is a healthy/balanced diet?

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One that includes a  
**variety** of **nutritious**  
foods eaten in the right  
amounts at the **right**  
**times.**

# Nutrients work as a TEAM



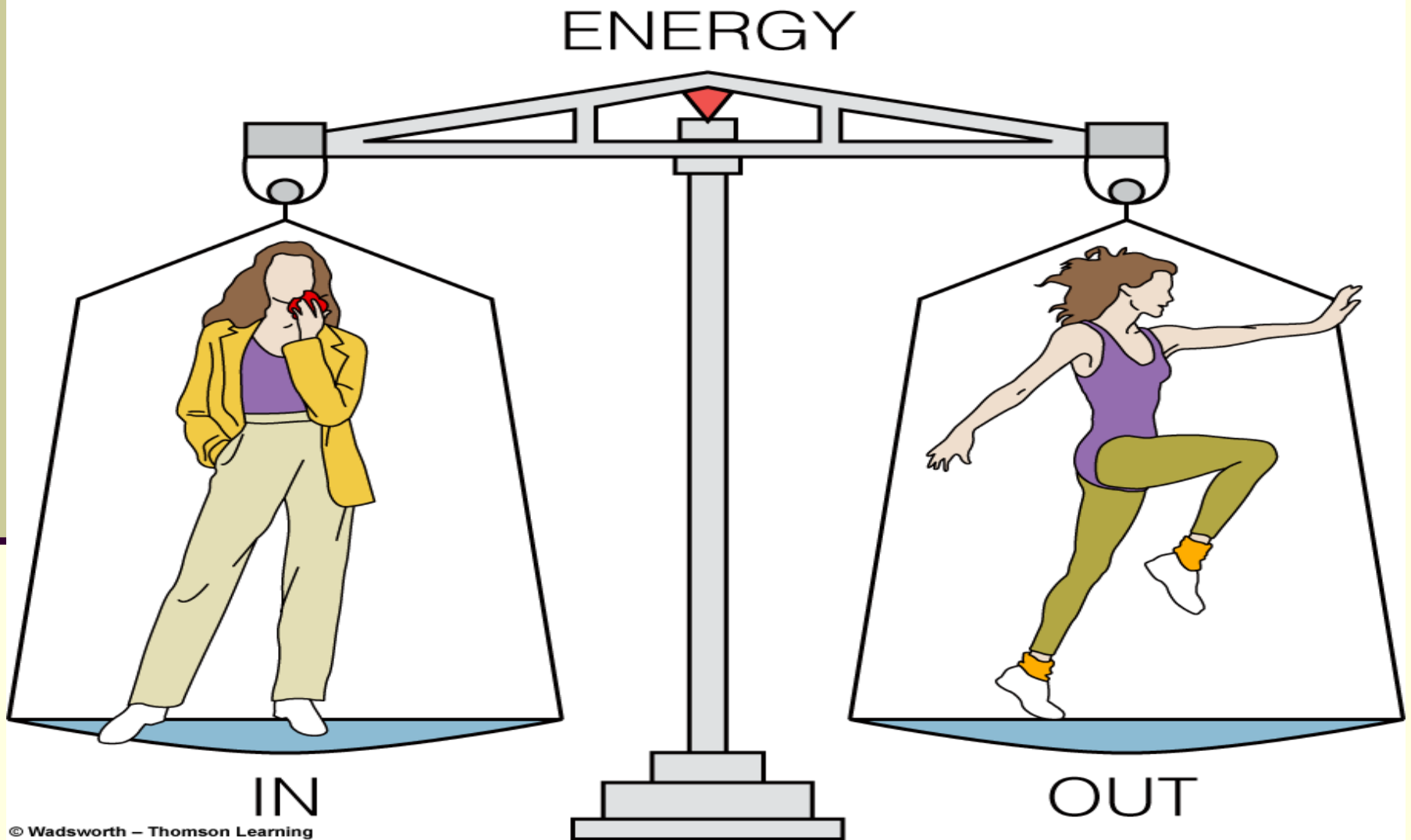
# How it fits into a healthy lifestyle

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- **Good nutrition is the FOUNDATION for optimal health.**
- **NOTHING replaces healthy eating.**



# ENERGY BALANCE CONCEPT

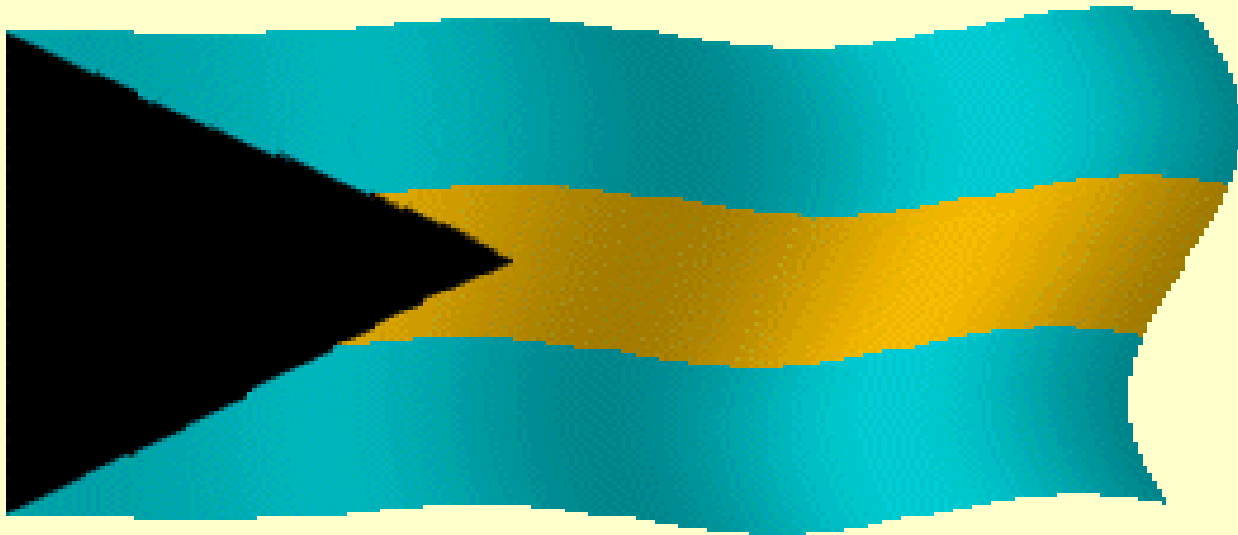


# Tools To Assist You In Planning A Healthy Diet

- **Dietary guidelines**
- **Plate Method**
- **Reading food labels**



# Dietary Guidelines For The Bahamas



# Go for the **GOLD** Standard for Healthy Living

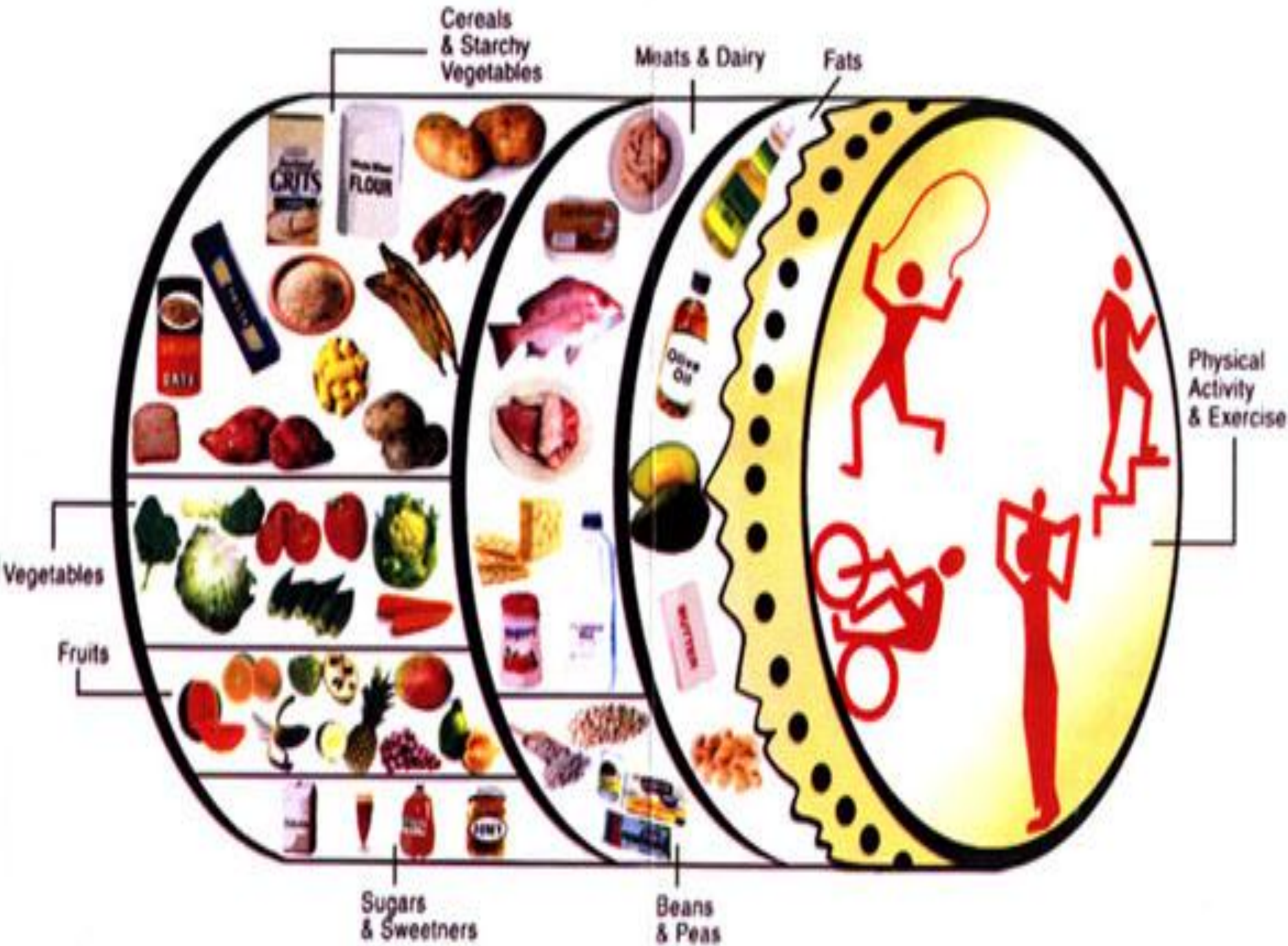
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**G** - Good health and well-being

**O** - Only one life to protect

**L** - Limit your intake of fat, sugars,  
and salt

**D** - the Drum gives us the guide for  
balanced eating



# DIETARY GUIDELINES

1. Use our drum to help you choose a ***variety*** of foods daily.
2. As often as possible, **limit** the amount of ***high fat and greasy*** foods you eat.
3. Make ***starchy vegetables, peas and beans*** part of your diet.

4. As often as possible, choose food with *less sugar and less salt*.
5. Choose a *variety* of fruits and vegetables everyday.
6. Drink *plenty* of water every day.

**7.** It is advisable *not to drink alcohol*, (but if you drink, do so in moderation).

**8.** Make physical activity & exercise a *part of your lifestyle*.

9. Choose foods for their nutritional value *not for their “name brand” or cost.*

10. Breast milk is the best choice for infants *to start a healthy life.*

# Three key concepts

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1. How frequently you eat.
2. How much you eat.
3. Types of food you choose to eat.

# Eating Patterns

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- **Eat breakfast like a KING or QUEEN.**
- **Eat LUNCH like a PRINCE or PRINCESS**
- **Eat SUPPER like a PAUPER**

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**DO NOT SKIP  
MEALS!**

# Staples



## Cereals:

Bread (from whole grain or enriched flour), wheat flour, corn (maize), corn-meal, dried cereals, macaroni, spaghetti, rice, cereal porridges.

## Starchy fruits, roots, tubers/ground

**provisions:** Banana, plantain, breadfruit, yam, potato, Sweet potato, coco/ eddoe, cassava.



# SERVING SIZES

## CEREALS & STARCHY VEGETABLES, STAPLES:

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### **Whole Grain Foods (at most meals).**

- 1 slice of bread
- 1/2 bun
- 1/2 cup grits, pasta, cereal
- 2 oz cassava
- 1 oz cereal
- 3 cups popcorn
- 1/3 cooked cup rice

***5 – 11 servings per day***

# How much?

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- **1/4 Plate**
- **2 – 3 servings for females**
- **3 – 4 servings for males**

# Legumes



Kidney beans, gungo/pigeon peas, black-eye peas, cow peas, other dried peas and beans, peanuts, cashew nuts, sesame seeds, pumpkin seeds.



# LEGUMES & NUTS:

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- ½ c pigeon peas (dry)
- ½ c cooked peas, beans
- 2 tbsp nuts (*amount in a closed fist*)
- 1 oz peanut butter

***2 – 3 servings per day***

# Foods From Animals



Meats, poultry, fish (fresh, canned, pickled, dried), liver, milk, cheese, yoghurt, egg.

# FOOD FROM ANIMALS:

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- **2 - 3 oz of meat, poultry, fish** is about the same size and thickness of a deck of cards, size of palm without fingers
- **3 oz of grilled fish** is the size of a check book
- **1 c milk**
- **1 c yogurt**
- **1 ½ oz cheese** is the size of a domino or 4 dice
- **1 egg**

***Use butter & red meat sparingly***

***2 - 3 servings per day***

# How much?

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- **1/4 Plate**
- **1 serving for females**
- **1 serving for males**

# Vegetables



## Dark green leafy and yellow vegetables:

Callaloo/spinach, water-cress, lettuce, dasheen leaves, cabbage, broccoli, string beans, pumpkin, carrot, squash

## Other vegetables:

cho-cho, (christophene, chayote), tomato, cucumber, cauliflower, egg plant

# VEGETABLES:

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- **1/2 cup cooked/raw**
- **1 cup leafy vegetables (raw)**
- **3/4 cup vegetable juice**



***Eat abundantly***

# How much?

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- **1/2 Plate**

# Fruits



Mango, guava, citrus (orange, grapefruit, limes, tangerine), pineapple, West Indian cherry, pawpaw/papaya, golden apple/June plum, sugar apple/sweet sop, sapodilla, 5 finger/star fruit etc.



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- **Eat at least one dark green and one orange vegetable each day.**
  - **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**
  - **Have vegetables and fruit more often than juice.**

# FRUITS:

- **medium apple, orange, banana**
- A medium-sized fruit is about the size of a tennis ball
- **$\frac{1}{2}$  c berries**
- **$\frac{1}{2}$  c diced, canned**
- **$\frac{1}{4}$  c dried**
- **$\frac{1}{2}$  grapefruit**
- **$\frac{3}{4}$  cup fruit juice**

***2 – 4 servings per day***



# Fats & Oils



Cooking and salad oils, butter, margarine, shortening, coconut cream/milk, meat fat, avocado pear, nuts, Jamaican ackee, cream-cheese, mayonnaise, salad dressings.

# FAT, OIL & SUGAR:

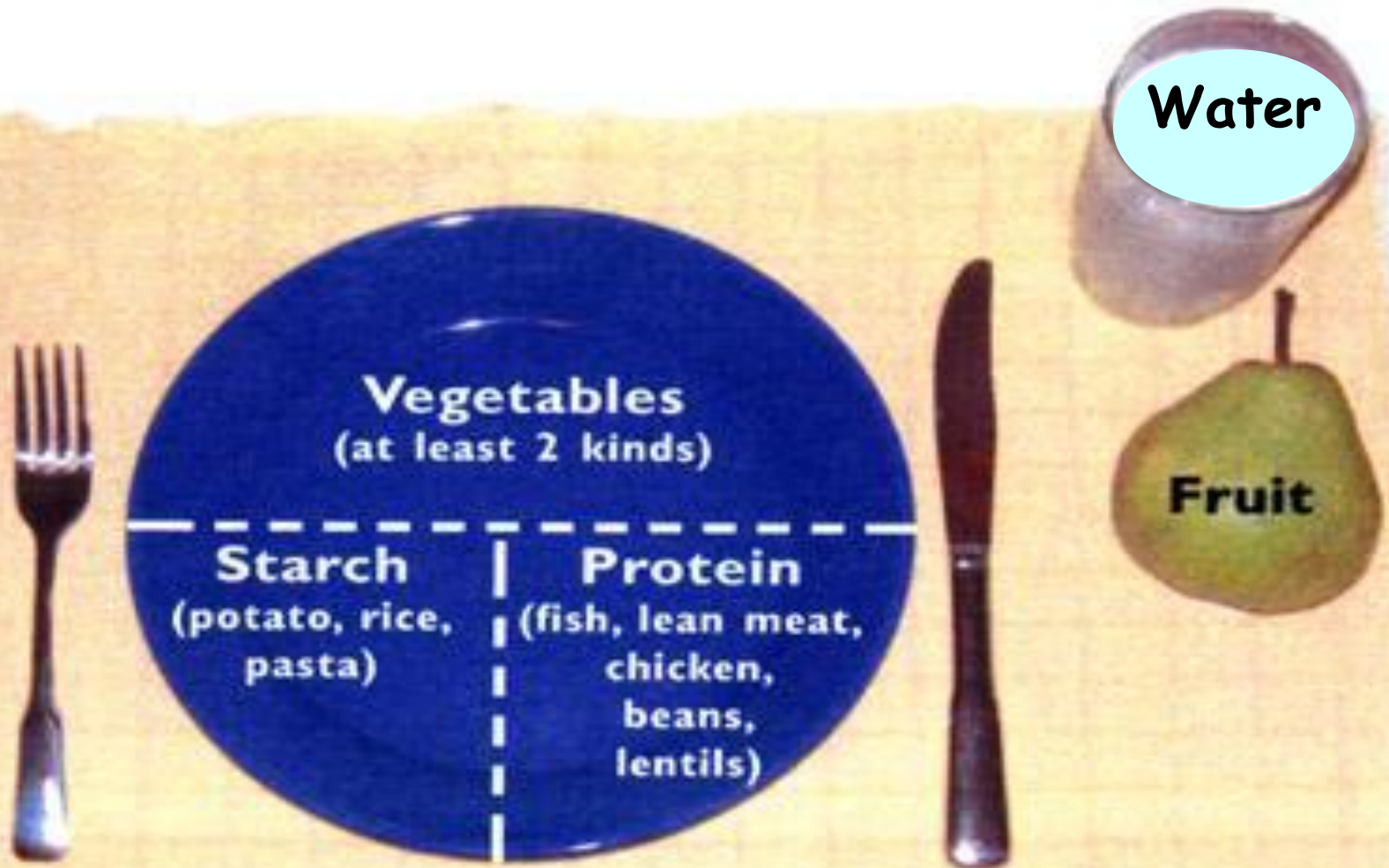
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**1 serving = 1 teaspoon**

**Choose more plant oils rather than animal fats.**

*Use these in absolute moderation!*

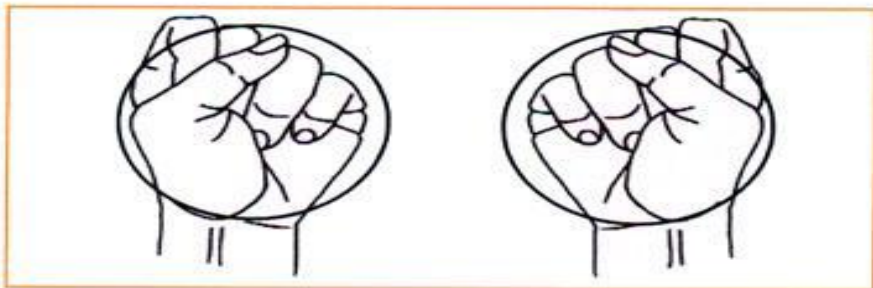
# Balanced Plate



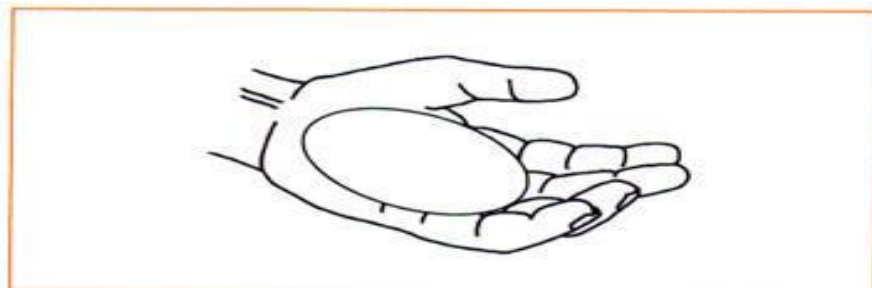
# Handy Portion Guide

YOUR HANDS. THEY'RE ALWAYS WITH YOU,  
AND THEY'RE ALWAYS THE SAME SIZE!

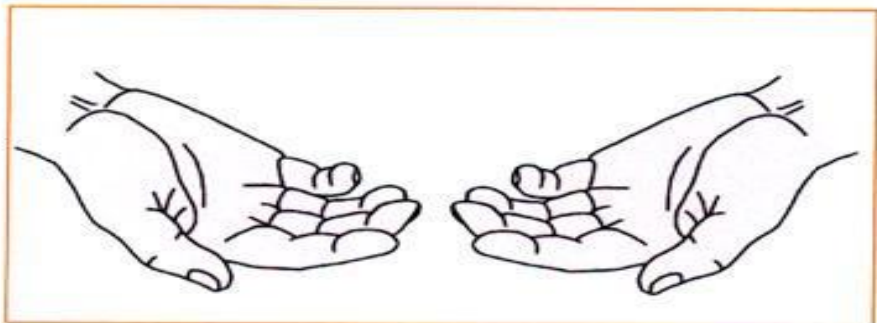
Your hands can be very useful in estimating appropriate portions. When planning a meal, use these portion sizes as a guide.



**CARBOHYDRATES** (grains and starches): Choose an amount the size of your 2 fists. For fruit, use 1 fist.



**PROTEIN:** Choose an amount the size of the palm of your hand and the thickness of your little finger.



**VEGETABLES:** Choose as much as you can hold in both hands. Choose low-carbohydrate vegetables (e.g. green or yellow beans, broccoli, lettuce).



**FAT:** Limit fat to an amount the size of the tip of your thumb.

# BEVERAGES

∞ Water

- Plant based milk /Low-fat milk
- 100% fruit juices
- **NO SODAS!**





# READ FOOD LABELS

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Use the “**5—20 Guide**” as a quick guide to label reading:

**5% or less is low:** For nutrients you need to limit like sodium, saturated fats, cholesterol eat plenty of foods with 5% or less Daily Value.

**20% or more is high:** For nutrients you need to eat more of like iron and calcium, eat plenty of foods with 20% or more Daily Value.

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# Healthy Eating Tips

# Choose the good carbs

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- Choose more complex carbohydrates like whole wheat, rye, barley and other grains
- Avoid or limit processed foods such as white rice, white bread and white sugar
- Limit sugar coated cereals

# Veggie tips

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- Choose more fresh and frozen vegetables rather than canned ones
- Examine fresh vegetables for bruises or damaged spots
- Use a sharp knife when cutting/chopping vegetables
- **DO NOT OVERCOOK VEGETABLES!**

# Fruity tips

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- Choose more fresh and frozen fruits
- If buying canned fruits, choose ones packed in its own juices or light syrup
- Go for 100% fruit juices

# Fatty tips

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- Use mostly olive, canola or peanut oil
- Used reduced fat food products
- Use plant oils
- Watch out for trans fats

# Preparation methods

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- Buy lean portions of meat, poultry
- Trim off as much fat as possible
- Avoid/Limit frying
- Bake
- Broil
- Grill
- Roast
- Boil



# Additional Healthy Eating Tips

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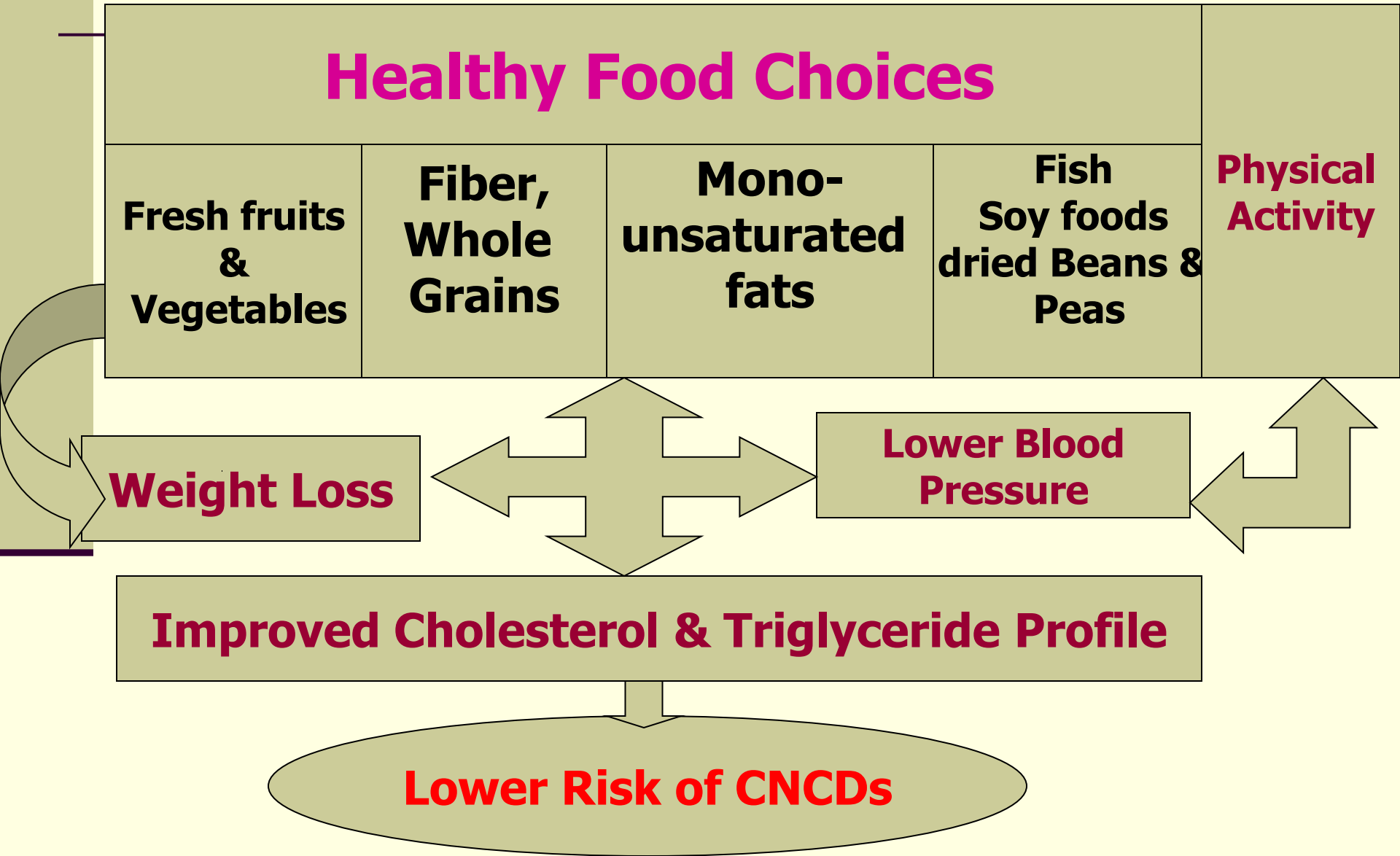
- **Plan healthy meals and eat together as a family**
- **Introduce new healthier options**
- **Drink plenty water**
- **Eat breakfast everyday**
- **Eat fast food less often**
- **Do not use food as a reward**
- **Limit sugar coated cereal**
- **Reduce portion sizes**

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- **Avoid or limit processed foods**
  - **Choose more complex carbohydrates**
  - **Reduce portion sizes**
  - **Use plant-based oils**
  - **Avoid trans fat**

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**bottom line**

# How Food & Lifestyle Choices Affect Health



- The choices we make today affect our health tomorrow!

