

# Balanced eating for good health

## Information on wise food choices for people with Type 2 Diabetes, Obesity or High Blood Pressure (Part 1)

### • Heilbron Clinic

If you have diabetes, hypertension or are overweight, it is possible to live a normal life.

Here are the health targets which you should aim for:

- If you have diabetes, you need to try to have a normal blood sugar level.
- People with high blood pressure must aim for a blood pressure of 135/85 mmHg.
- Overweight people must aim to lose 10% of their body weight. Men should aim for a waist measurement of less than 100cm and women a waist measurement of less than 95cm.
- Right body weight: if you have diabetes, hypertension or are overweight, you need to reach a reasonable body weight. You must try to stay at the right weight. Your weight will affect your health and the control of you illness.

The guidelines and information in this article will help you make good food choices so that you can reach the above targets.

### Eating for good health

Food is essential for life: Our bodies get the energy and the nutrients they need to grow and develop, to move, work, play, think and learn from food.

There are no good or bad foods. You do not need to include expensive foods or foods which are difficult to get in your diet. These guidelines will help you eat the best diet using foods which are available to you and which are most suitable for your health.

Everyone should follow a wise eating plan. You do not need to eat different food from the rest of the family. Rather, show them how to improve their eating habits.

### Try to follow these ideas:

#### • Enjoy a variety of foods

Try to eat as many different types of food as you can every day. There are no good or bad foods so you can eat foods which you can afford and which are easy to get. Aim to eat 2 - 3 meals a day.

#### If you have diabetes

The following rules are important for good blood sugar control. If you follow them, your insulin will work better.

- Space your meals evenly throughout the day.
- Eat them at the same time each day if possible.
- Make each meal more or less the same size.
- If you need snacks, make sure you don't take in too much food each day. Choose low

fat snacks like fresh fruit or low fat milk.

#### If you are overweight

Cut down on the total amount of food you eat at each meal.

#### Make starchy foods the basis of most meals

Starchy foods like maize, meal, bread, rice, samp, potatoes, porridge, pasta and breakfast cereal are important foods in a healthy, balanced diet. These foods are usually the staple (main) food in the diet. They should be the central part of each meal.

#### If you have diabetes

Some people with diabetes think that eating starchy foods will make their blood glucose too high. This is not true. If you don't eat enough starches you will get ill. Eat regular meals that have a similar amount of starch to help control your blood sugar.

#### Does eating starch lead to being overweight?

You may worry that you will get fat if you eat starchy foods. This is not true, as long as you balance the amount of food you eat with the amount of energy you use.

Each meal should have starchy foods, but the total meal size must not be too big.

#### Eat plenty of vegetables or fruit every day

Vegetables and fruit should be an important part of your daily diet. They contain nutrients that our bodies need. You must eat them every day, if possible at each meal. Aim to eat a total of 5 servings a day.

Do not add extra fat, oil or salt to vegetables when you cook or serve them.

#### If you are overweight

To lose weight, eat lots of vegetables before eating other foods.

#### Eat fats sparingly

You need some fat for good health. But eating too much fat will cause you to become

overweight and will increase your risk of hypertension, heart disease and stroke. Fat also prevents insulin from working properly. For good health, you should eat as little fat as possible.

#### Think of ways to eat less fat. Here are some ideas:

- Always choose low fat foods.
- Cook with less fat.
- Remove any fat from meat and the skin from chicken before cooking
- Spread margarine and spreads very thinly, or not at all.
- Use low-fat milk or skim milk powder rather than coffee creamers of full cream milk in tea or coffee.
- Buy fruit or maas instead of fried snack foods from vendors.
- If you buy sandwiches, remember that un-toasted sandwiches have less fat than toasted sandwiches.

#### Use salt sparingly

Foods high in salt and fat can affect blood pressure and increase the risk of stroke and heart diseases. It is sensible to choose foods low in salt.

#### Try these ideas:

- Use small amounts of salt in cooking and none at the table. Rather use a lot of herbs and spices for flavour.
- Use very few processed salty foods like packets of soup, canned vegetables and meat extracts.

#### If you have hypertension

It is especially important for you to use salt sparingly. Using less salt can reduce some people's blood pressure.

#### Drink lots of clean safe water

Drink clean water every day. Water helps your kidneys get rid of the waste products that build up in your body. Sometimes, you may feel hungry but are actually thirsty. Drinking enough water will stop overweight people from eating when their body is thirsty.

# TERUGBLIK



HEILBRON HERALD, 27 MAART 2015.

Riana Mouton het Donderdag haar lyf aktrise gehou vir die maak van haar eerste musiekvideo. Dit was vir die titelsnit van haar 2de solo cd "Maak 'n verskil" wat verlede jaar Junie vrygestel is. Eon de Bruin van Xrossbeat het die video geskiet en dit was op 'n paar plekke gedoen, oa OJ's restaurant ook. Die musiekvideo sal die eerste week in April beskikbaar wees op Kruis Kyk TV en ook op You Tube op die web.

## Briewe aan:

### Redakteur



Die volgende skrywe is ontvang van Heléne Howell van Huis Bron-van-Heilgerig aan die redakteur.

'n Pastoor sê eendag, u weet mos hoe maak klein kindertjies as hulle nog nie baie vas is op hulle beentjies en as hulle begin loop dan steek hulle hulle handjies in die lug op, en, sê hy, ek onthou van my 3-jarige seuntjie toe hy begin loop het, en hy my sien, hy sy handjies in die lug opsteek en al waggelende na my toe gekom het en met 'n laggende gesiggie uitgeroep het "Pappa!" Dan het hy verlang na my, en was bly om my te sien. So kan ons ons hande in gebed ophef na ons Hemelse Pappa toe. Hy ken ons verlanse en behoeftes, en Hy gee nie om wie of wat jy is nie, en al strompelend ons hande na Hom toe uitsteek nie. Jy gee mos nie om hoe vuil jou kindjie is nie, al is sy mondjie en handjies

vol sjokolade, hy mag maar kom. die Here gee ook nie om hoe ons lyk nie, ons mag kom net soos ons is.

'n Predikant het eendag gesê, die Here sal ons nie los wanneer ons agterbly en struikel nie. Hy sal teruggaan na jou, jou "optel" en vorentoe lei.

'n Bietjie humor: Jan Pohl vertel dat sy pa tog so vreeslik vals gesing het, en eendag in die Kerk sing hy weer so vals dat hy skoon die gemeente verwar het, en van koers bring. Hy sie sy ma stamp toe aan sy pa, hewig ontsteld en sê: "Ou man, ek dink jy moet maar liever stil bly, die Here sal verstaan".

Ingestuurd deur Heléne Howell.

# 87 Eenhede bloed ingesamel



**SANBS BEDANK ALLE BLOEDSKENKERS:** Die Suid-Afrikaanse Nasionale Bloeddiens (SANBS) het gister 87 eenhede bloed in Heilbron ingesamel. SANBS wil graag alle bloedskenkers hartlik bedank vir hulle ondersteuning en hulle aanmoediging om aan te hou om gereeld bloed te skenk. SANBS moet ten alle tye 5 dae se bloedvoorraad handhaaf, deur 3 000 eenhede daagliks in te samel om aan die vereistes te voldoen. Hierdie is 'n spesiale beroep op die publiek om 30 minute af te knyp om bloed te skenk. Die minimum vereistes om 'n bloedskenker te wees, is: Wees tussen die ouderdom van 16-75 jaar; Weeg meer as 50kg; Geniet goeie gesondheid; Leef 'n veilige seksuele leefstyl. SANBS nooi die gemeenskap van Heilbron om bloed te skenk hierdie jaar by die NG Suid Kerkzaal vanaf 13h00 tot 18:30. Die datums vir die jaar: 24 Maart, 26 Mei, 28 Julie, 22 September, 24 November. Vir meer inligting, besoek ons gerus by [www.sanbs.org.za](http://www.sanbs.org.za) of skakel tolvry 0800 11 90 31. Op die foto vl: Salomie Viljoen en Dirk van der Westhuizen.