

Balanced eating for good health

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

Eat dry beans, peas, lentils and soya products regularly

These foods are called legumes. You can use them instead of meat to prepare a balanced meal that cost less. Try to eat them at least 3 times per week. Legumes are high in fibre, this helps prevent constipation.

If you have diabetes

Use legumes as part of your meals as these help keep your blood glucose levels constant.

Chicken, fish, meat, eggs or milk can be eaten every day

You can eat small portions of these foods every day, they help build strong muscles. Milk products help build strong bones and teeth. Choose low fat foods and prepare foods with as little extra fat and salt as possible. Remove fat from meat and the skin from chicken.

If you are overweight

Eat very small portions of these foods.

If you have high blood pressure (hypertension)

Eat fewer processed meats such as polony and bacon.

If you drink alcohol, drink sensibly

Limit your alcohol intake to 1-2 standard drinks per day. A standard drink is a small glass of beer, a tot of spirits or half a glass of wine.

If you have diabetes

Your body may react badly to alcohol if you are on certain types of medication. This may lower your blood glucose level. Check with your diabetes educator before you drink alcohol. If you have alcohol, always drink it with a meal, never drink it on an empty stomach.

If you are overweight

Alcohol is fattening if you drink as well as eating more than your body needs. If you are trying to lose weight, try to drink less alcohol.

If you have hypertension

Alcohol raises your blood pressure. Drinking too much alcohol increase your risk of having a heart attack and a stroke.

Be active

Good health is linked to activity and nutrition. The more active you are, the better your health. Increased activity will improve your blood sugar level, your blood pressure will come down and it will be easier to keep off any weight. Your heart will become stronger and you will feel great! Try to be physically active every day. For best results you will need to be active for 20 minutes at a time. Check with your doctor before starting any formal exercise program.

SWEETENING THE DIET

Some people believe that sugar causes diseases like diabetes, obesity and hypertension, this is incorrect. Eating sugar and sweetened foods doesn't cause high blood pressure, obesity or diabetes. When you eat more food than your body needs, you may become overweight and people who are overweight often get diabetes. Obesity can lead to problems of hypertension, stroke and heart diseases.

If you have diabetes:

For many years health workers told their patients with diabetes not to eat sugar. Now we know that many foods, such as maize and bread, raise blood glucose at the same speed as sugar does. We would never forbid these foods. The recommendations about using sugar have changed – you may use sugar, even if you have diabetes, but sugar must be used as part of a healthy balanced diet. Should you follow all these guidelines, you will be able to add a little sugar to your meals and achieve good control of your blood glucose levels.

Here are some examples of how you can use sugar with meals:

- Add sugar to oats porridge.
- Spread apricot jam thinly on brown bread.
- Eat canned beans in tomato sauce that has sugar added.

- Have custard with fresh fruit salad for pudding.

What about sugar in drinks?

It is usually better to drink water or diet cold drinks rather than sweetened cold drinks or pure fruit juice, this is because cold drinks and fruit juice contain a lot of carbohydrates. It is better to drink hot drinks, like tea, without added sugar.

What about artificial sweeteners?

You can use artificially sweeteners in moderation. Use no more than 8 - 10 tablets or sachets of artificial sweetener per day.

If you are overweight

If you want to lose weight, you must restrict your intake of all foods and use fat sparingly. You don't have to avoid sugar. In fact, research shows that people who continue to eat small amounts of sugar in a balanced diet, find it easier to stick to their diet and lose weight.

If you have hypertension

You do not usually have to limit your sugar intake, you can use sugar as part of your balanced diet.

Improve your health today. Become motivated, eat wisely and get active for best results. Following these guidelines will help you take control of your own health.

Jaarverslag van Ringerstraat Jeugsorgsentrum:

1 April 2018 tot 31 Maart 2019

• Fana Mathibela

1. Identifiserende besonderhede: Die Jeugsorgsentrum is geleë te Ringerstraat 40, Heilbron. Kinders word ingeneem van omliggende dorpe vanuit verskillende kultuurgroepe, geslagte en ouderdomme. Die ouderdomme wissel tussen 5 jaar en 19 jaar.

2. Projekte vir die jaar aangepak: Daar is gebruik gemaak van verskillende media om die sentrum te bemark. Daar is 'n Mandeladag-braai gehou vir die kinders en verskeie lede van die Heilbron gemeenskap het die funksie bygewoon.

3. Bestuur

Bestuurskomitee: Voorsitter: Johan Prinsloo (Het bedank), **O/Voorsitter:** Vakant, **Sekretaris:** Werner Botes, **Voorsitter van Kindersorgkomitee:** Fana Mathibela, **Finansies:** Joey Du Toit, **Geboue en eiendom:** Danie Hartzler, **Kindersorgkomitee: Voorsitter:** Fana Mathibela, **Sekretaris:** Werner Botes, **Addisionele lede:** Mathato Tieba.

Bestuurs-, Finansiële- en Kindersorgkomitee-vergaderings is kwartaaliks gehou.

4. Personeel: Mev. Mathato Tieba is aangestel as kindersorger in die plek van Ann Ebersohn. Die aftos-kindersorger is Paulinah Nkotho en Florina Nyokong is die algemene assistent. Florinah neem verantwoordelikheid vir die skoonmaak van die sentrum en was en stryk van die kinders se klere. Werner Botes is aangestel as die Maatskaplike Werker vanaf September 2018. Hy lewer 1 dag per week terapeutiese dienste aan die kinders. Mev. Antoinette Loots, die Prinsiaal-Maatskaplike Werker van die Fezile Dabi streek, het gereelde toesigkontak met die Maatskaplike Werker, kindersorger en ander personeel. Deurlopende konsultasies is gedoen met die personeel om hulle te bemagtig met die nodige kennis en vaardighede wat vereis word. Die aftos-kindersorger doen tans haar Negemadi-opleiding om haar kwalifikasie as gekwalifiseerde Kinder- en Jeugsorgwerker te bekom.

5. Gebied: Ons bedien hoofsaaklik Heilbron en die omliggende dorpe – Parys, Sasolburg en Oranjeville.

6. Fondsinsamelings: Die sentrum is baie afhanklik van skenkings en donasies vanuit die gemeenskap om in die sentrum se behoeftes te voorsien. Daar is verskeie donasies en skenkings ontvang vanaf verskillende

organisasies, persone en ander jeugsorgsentrums in Heilbron en omliggende dorpe.

7. Dienste gelewer: Dienste is gelewer aan 12 kinders, waarvan 4 seuns en 8 dogters is. Gedurende die afgelope jaar was daar wel kinders in tydelike veilige sorg. Een van die inwoners is in die tydperk uitgeplaas na 'n ander sentrum. Mediese en tandheelkundige dienste is deurlopend gelewer aan die kinders en die nodige verwysings na spesialiste is gedoen. Multi-terapeutiese span vergaderings is gehou om elke kind se vordering te bespreek en individuele ontwikkelingsprogramme op te stel. Die maatskaplike werker van die sentrum het gereelde terapeutiese sessies met die kinders gehou.

8. Samewerking: Goeie samewerking vind plaas tussen die bestuur, kindersorgkomitee en personeel van die Jeugsorgsentrum. Daar word gepoog om goeie kommunikasiekanale te behou tussen die skole, departement, hoofbestuur en gesinsherenigings-organisasies.

9. Evaluering: Vanuit bogenoemde is dit duidelik dat die Jeugsorgsentrum tot 'n groot mate in die behoeftes van die kinders voorsien het, danksy samewerking tussen al die betrokke partye, opleiding vanaf hoofkantoor, ondersteuning, fondse en hulp vanuit die gemeenskap.

10. Bedanking: Ons opregte dank aan ons Hemelse Vader wat steeds mildelik voorsien aan ons behoeftes. Groot waardering word ook uitgespreek teenoor diegene wat betrokke was by die sentrum en op welke wyse ookal 'n bydrae gemaak het om die sentrum 'n veilige hawe vir die kinders te maak, daarsonder sou die sentrum nie effektief kon funksioneer nie. Dankie aan elke vrywilliger wat bereid is om die ekstra myl te stap en vasbyt wanneer uitdagings oor ons pad kom. Julle is 'n span staatmakers.

"None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you." Harvey Mackay



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