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HEALTHY DIET FOR A HEALTHY LIFE

To reduce the risk of
Non communicable diseases (NCD)
among yourselves



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What is NCD?

A medical condition or disease of long duration, generally slowly progressive and non infectious.

They include..... Diabetes mellitus, Hypertension, Heart diseases, Cancers etc.

TODAY THEY HAVE BECOME A MAJOR PROBLEM AMONG OURSELVES

What are the food related risk factors for NCD?

- More salt consumption
- More sugar consumption
- More fat food consumption
- Less vegetable and fruit consumption

Most of you are already exposed to above risk factors??????

So you are more prone to develop

- Diabetes
- Hypertension
- Heart diseases

And sometimes

- Cancers

Do you know?

There's no cure for NCDs. BUT they CAN be prevented

By practicing a healthy diet most of the above risk factors can be prevented!!!!!!!!!!!!!!!



1. Avoid excess salt in food

The recommended intake of added salt is $< 5\text{g/}$ day (~ 1 tsp).

More salt consumption can lead to hypertension.



- ✦ Add small amounts of salt during cooking. Learn to use spices and herbs, to enhance the flavor of food.
- ✦ When planning meals, consider fresh foods that are lower in sodium than ready-to-eat processed foods.
- ✦ Remember that fresh fish, poultry, and meat are lower in sodium than salted, canned or other processed products.
- ✦ When selecting canned foods, select those prepared with reduced or no salt.
- ✦ Limit sauces, pickles, *lunu dehi*, packaged mixes, chutneys, salad dressings, ketchup and mustard cream contain added salt.
- ✦ Choose fresh fruits and vegetables as a low sodium alternative to salted snack foods.

2. Avoid excess added sugar

The sugar you get from other food items during daily meals is sufficient to fulfill your daily need.

Excess sugar consumption can make you obese and will lead to several medical problems.



3. Consume 5 Servings of Fruits & Vegetables per day

Our country is rich in various varieties of fruits and vegetables. They are cheaper, healthier and easy to prepare.

Recommended amount is 400 gms of Fruits and vegetables per person per day,

1 - 2 medium size fruits (banana, orange, mango)

or 1 - 1 ½ cups of cut fruit/fruit salad

or 1-1 ½ cup of pure fruit juice

or 4 - 6 tsp of dried fruit per day.



Taking fruit; after every meal not only give you nutrition but also improve the digestion.

4. Avoid food with unfavorable fats

- ✦ Found in some commercially prepared fried food, short eats, pastries, cakes etc
- ✦ Deep frying using palm oil and other vegetable oils produces unhealthy fats (trans fats). Therefore these oils should not be used for deep frying or re-frying.
- ✦ The risk of formation of trans fats in coconut oil is minimum. Therefore, it is more suitable for deep frying.

Those unhealthy fats can deposit in your blood vessels and can lead to heart diseases.

- ✦ When you prepare meat remove visible fat, skin before prepare.



What are the healthy diet alternatives?

Breakfast ideas

- Red rice (2 tea cups), *kiri hodi*, *katta sambol*
- Red rice, *pol sambol*, *fish*
- Brown bread (3-4 slices), *dhall curry*
- Boiled pulses(1-2 tea cups)
mung, ulundu, chickpea (*kadala*), cow pea
- Sweet potatoes, manioc, yams (1-2 cups) with grated coconut
- String hoppers(5-10) with *kiri hodo* or *pol mallum*
- Hoppers(2-4) with *katta sambol* and *fish*
- Pittu(1-2 pieces) with *kiri hodi*
- *Kola kenda*, *Kurakkan kenda*(2 glasses)
- Milk rice(2 pieces) with *katta sambol*



Always try to use red rice or red rice flour to prepare your food. Otherwise use minimally milled or parboiled rice and rice flour.

If you use white bread, it should be consumed with vegetables and pulses/fish/meat/eggs(white).(Avoid eating only with spreads/ butter/ jam frequently)

Also add

- 1-2 plantains/ A piece of papaw or any other fruit



Lunch ideas

- Red rice(2-3cups), two varieties of vegetable curries, dark green leaves, fish/ meat/ egg(white)/ pulses
- **Dark green leafy vegetables**(1 cup)
kathurumurunga, *thampala*, spinach(*nivithi*), carrot & beet leaves, *gotukola*, *kankun* etc (as raw salad or *mallum*)

- **Other vegetables**(1/2 cup)
Carrot, pumpkin, Lotus stem (*nelum ala*), brinjal, capsicum, *polos* etc
- Fish, meat(without fat parts)(1-2 pieces),dried fish, egg (2-3 whole eggs per week or egg white daily can consume) or pulses(3 tbsp)



Also add

- Fruit salad (1 cup)
- Wood apple juice (1 cup)
- Any other fruits (mango, jack fruit, papaw)



banana,

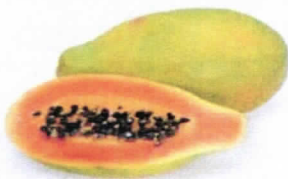
Dinner ideas

- Red rice(2-3 tea cups), two varieties of vegetable curries
- Two slices of bread and vegetable soup
- Noodles mixed with fried vegetables(1-2cups), fish/egg
- Steamed vegetables(1 cup) and two slices of bread
- String hoppers(5-10) with dhall curry
- *Kurakkan talapa*(1 1/2 cup) with *munata* curry
- *Rotti*(2-3) with vegetable curry or mixed with vegetables



Also add

- 1 plantain/ a piece of papaw/ 1 mango etc
- Fruit salad(1/2 cup)



Tea time

Around 10.30 in the morning and around 4.30 in the evening

• Snack ideas

- ✓ 3 crackers with 1 plantain
- ✓ Vegetable mixture filled pan cake(2)
- ✓ *Kurakkan halapa*(1)



- ✓ Vegetable mixture filled tossed bread(1)
- ✓ Curry *roti*(1)
- ✓ Aggala (with less sugar)(2)

• Healthy drinks

- ✓ King coconut(1)
- ✓ Homemade fruit juice (orange, papaw, passion fruit, mixed)(1 glass)

The above two are better to take in the mornings than in the evening

- ✓ Tea/ coffee(1 cup)
- ✓ *Ranawara/ Belimal/ Iramusu*(1 cup)
- ✓ *Kola kenda*(1 glass)



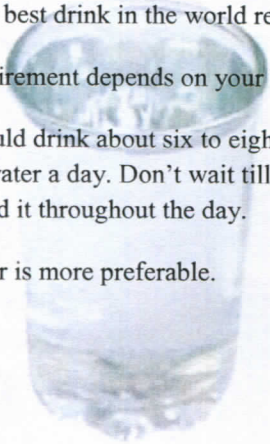
Water

Pure water is the best drink in the world relieve your thirst.

Daily water requirement depends on your body weight.

But an adult should drink about six to eight 200 ml glasses (~1.5 – 2 L) of water a day. Don't wait till you feel thirsty, but spread it throughout the day.

Boiled cool water is more preferable.



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