

# Simple Diet Sheet

Studies have shown that following a wholesome diet such as the Mediterranean Diet will promote good health.

This diet has colourful vegetables, fruits, beans, lentils and whole grains, with small servings of fish, eggs, dairy products and olive oil. A variety is important to get all the vitamins and minerals your body needs for health.

## **Make half your plate vegetables.**

Eating this way can help reduce weight and obesity, a leading cause of diabetes and heart disease.

It is best to prepare and cook meals yourself.

Eating wholegrains such as brown rice is better for you than white rice, as it has more fibre, takes longer to digest, helps lower blood sugar and keeps you feeling full for longer.

Limit foods made with flour, (use wholemeal or stone ground) as these raise blood sugar which adds to obesity. Have a maximum of 2 slices bread or 2 small roti or naan a day.

Steam, boil, grill or stir fry food. Do not deep fry, the heat damages the oil which is very bad for you.

Avoid takeaways and packaged foods as they are made from refined white flour, sugars, salt and fats that are bad for you.

Do not buy "Fast Foods" such as burgers, fish and chips or pizza. It is very unhealthy for you.

## **Mostly drink water, with small amounts of tea, especially green tea.**

Do not drink fruit juice, fizzy drinks or energy drinks. They are loaded with sugar and chemicals that are very bad for you, especially if you have diabetes or are overweight.

**Avoid alcohol and cigarettes, they are very bad for you.**