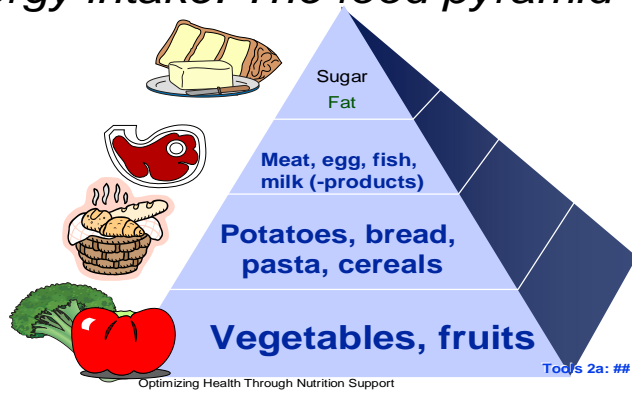


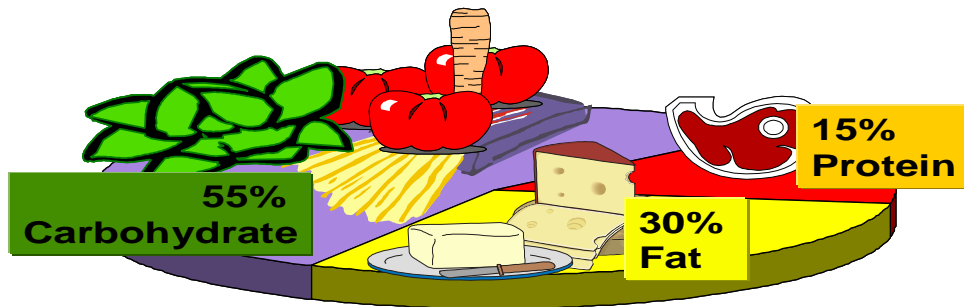
RECOMMENDED DIETARY MODIFICATIONS

- Establish routine or regular meals; breakfast lunch and dinner.
- Avoid eating when surrounded by distractions.
- Serve smaller portions on smaller plates.
- Include generous portions of fruit and vegetables in meals [*If diabetic have only ½ fruit per meal e.g. apple and one for each snack time e.g. banana*].
- Ensure vegetables are always cooked with a little oil or minimal oil dressing is used in vegetable salads.
- Avoid added table salt, rich creamy soups, sauces or salad dressings.
- Include a moderate portion of a starchy food at each meal.
- Ensure your starches are whole grain e.g. brown bread/chapatti/rice/ugali.
- Avoid adding sugar to drinks and sugary soft drinks.
- Avoid sugar and sugary foods/sweets e.g. chocolates, ice creams, milkshakes.
- Avoid large portions of meat and trim all meat of fat before preparation.
- Remove chicken skin before boiling or preparing the chicken.
- Spread butter on bread very thinly or change to a low fat spread.
- Avoid in between snacks. If they are necessary take a piece of fruit.
- Avoid fried foods e.g. deep fried fish/chicken/meat, french fries, samosas and manadazi.
- Avoid processed foods e.g. sausages, hotdogs, salami, bacon, smokies etc.
- If necessary, choose low-fat cheeses and eat smaller portions of them.
- Avoid all forms of pastry, cakes and biscuits as part of your daily meal plan.
- Change to low-fat milk [preferably skimmed], maximum 2 glasses per day.
- Take at least 8 glasses of water daily i.e. approx. 2Lt., and 1lt. for every half hour of exercise.
- Reduce intake of alcoholic beverages; they contain empty calories.
- If you smoke make it your aim to quit; smoking constricts blood vessels & may cause elevated blood pressure.
- Exercise at least 30 min target DAILY a week e.g. brisk walking, jogging, and swimming.
- Avoid hunger by: -
 - Increasing the intake of fresh fruits and vegetables
 - Eat Whole grain and whole-meal bread and breakfast cereals instead of the refined forms.
 - Try and begin each meal with a serving of clear soup or a glass of water; this helps some individuals.
 - Take unsweetened drinks e.g. tea, coffee or eat raw vegetables between meals.
 - Avoid picking at little bits of food. Use cutlery whenever possible.
 - Don't go shopping when you are hungry; have a fruit before you go.

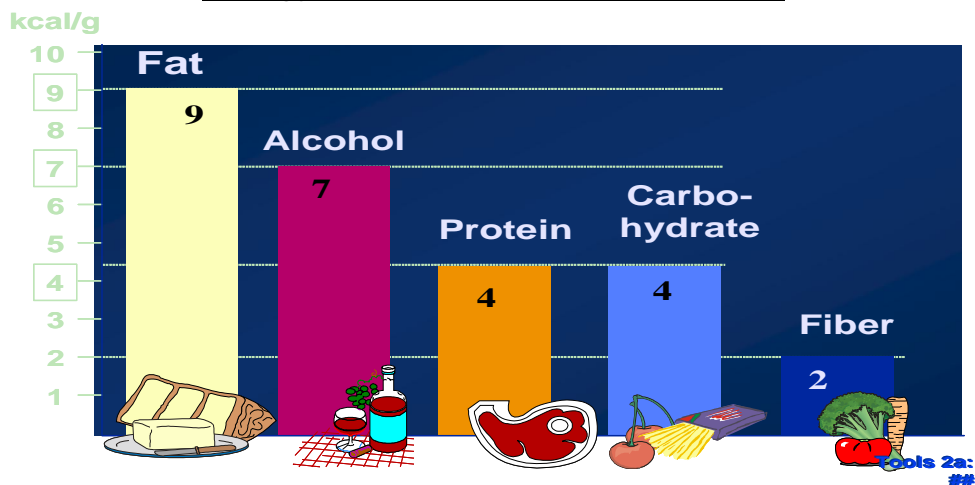
Energy intake: The food pyramid



Recommended Meal Composition



Energy Content of Macronutrients



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