



Mental Health Monday

WEEKLY NEWSLETTER

HEALTHY DIET TIPS

1. Eat a variety of food

Some tips to ensure a balanced diet:

- In your daily diet, aim to eat a mix of staple foods such as wheat, maize, rice and potatoes with legumes like lentils and beans, plenty of fresh fruit and veg, and foods from animal sources (e.g. meat, fish, eggs, and milk).
- Choose wholegrain foods like unprocessed maize, millet, oats, wheat, and brown rice when you can; they are rich in valuable fiber and can help you feel full for longer.
- For snacks, choose raw vegetables, unsalted nuts, and fresh fruit, rather than foods that are high in sugars, fats, or salt.



2. Cut back on salt

Some tips to reduce your salt intake:

- When cooking and preparing foods, use salt sparingly and reduce use of salty sauces and condiments (like soy sauce, stock or fish sauce).
- Avoid snacks that are high in salt, and try and choose fresh healthy snacks over-processed foods.
- When using canned or dried vegetables, nuts and fruit, choose varieties without added salt and sugars.

3. Reduce use of certain fats and oil

Some tips to reduce fat consumption:

Replace butter, lard and ghee with healthier oils such as soybean, canola (rapeseed), corn, safflower and sunflower.

Choose white meat like poultry and fish which are generally lower in fats than red meat, trim meat of visible fat and limit the consumption of processed meats. Try steaming or boiling instead of frying food when cooking.

Check labels and always avoid all processed, fast and fried foods that contain industrially-produced trans fat. It is often found in margarine and ghee, as well as pre-packaged snacks, fast, baked and fried foods.

4. Limit sugar intake

Some tips to reduce sugar intake: Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and

juice drinks, liquid and powder concentrates, flavored water, energy and sports

drinks, ready-to-drink tea and coffee and flavored milk drinks.

Choose healthy fresh snacks rather than processed foods.

Avoid giving sugary foods to children. Salt and sugars should not be added to complementary foods give to children under 2 years of age, and should be limited beyond that age.

5. Avoid hazardous and harmful alcohol use

Remember, less alcohol consumption is always better for health and it is perfectly OK not to drink.

You should not drink alcohol at all if you are: pregnant or breastfeeding; driving, operating machinery or undertaking other activities that involve related risks; you have health problems which may be made worse by alcohol; you are taking medicines which directly interact with alcohol; or you have difficulties with controlling your drinking.

If you think you or someone you love may have problems with alcohol or other psychoactive substances, don't be afraid to reach out for help from your health worker or a specialist drug and alcohol service. WHO has also developed a [self-help guide](#) to provide guidance to people looking to cut back or stop use.

