

HEALTHY LIVING



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Introducing Healthy Living Magazine

Our desire to impart useful health information has necessitated the start of this informative journal for patients. We hope that you and your family will benefit from the advice given herein and that you recommend them to subscribe to the regular journal through our website www.healthways.co.ke

Every issue shall contain a useful talk on one lifestyle disorder that is causing concern in management. For example diabetes, hypertension and other disorders. We shall start the series by focusing on diabetes and how to prevent it.

No: 1 Importance of diet in preventing lifestyle diseases

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle.

EATING RIGHT

Eating well to maintain a healthy weight is one of the most important things you can do to lower your risk for type 2 diabetes and heart disease.

It can seem hard to make healthy food choices, particularly if you are on a budget and short on time. But there are some simple steps you can take to help you and your family eat healthier. Choose 2 or 3 of these suggestions to start today. Then try a few more as time goes.

Build a Healthier Plate

Use a grocery list when shopping for food to help you choose more fresh vegetables, fruits, and whole grains.

Buy leaner meats (such as chicken, turkey and lean cuts of beef) and lower fat dairy products (like low-fat or skim milk and yogurt).

Buy whole grain breads and cereals and save money by buying less soda, sweets and chips or other snack foods.

Remember that special "dietetic" or "diabetic" foods often cost extra money and may not be much healthier than simply following the suggestions given here.



Shop Smart

Set aside some time to plan your weekly meals. You might want to start with just a few days. It may seem like a hassle at first, but having a plan (and writing your grocery list with it in mind) can save you time, stress and a lot of extra trips to the store.

Stock your kitchen with plenty of healthy basics, including brown rice, whole grain pasta, crackers and cereals.

Remember that fresh fruits and vegetables are usually healthier than canned or frozen, but it is

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better to have canned or frozen fruits or vegetables than none at all!

When you run out, put the items on your grocery list so you'll always have them on hand.



Shop only from your grocery list and avoid aisles that contain foods high in calories but low in vitamins and minerals such as candy, cookies, chips and sodas. Also avoid buying items promoted at the front of the store, on the "end-cap" displays at the end of each aisle, or at the cash register. These foods are usually low in nutrition.

Never shop when you are hungry and might be tempted by a less healthy food.

Eat Smart

To cut down on the sodium in canned vegetables, drain and rinse them before heating in fresh water. You can do the same to cut down on added sugar in canned fruits or better yet, buy them packed in juice (not syrup).

Try starting meals with a salad or a broth or tomato- based soup with lots of vegetables. This helps you eat more good-for-you veggies while filling you up before you get to the higher fat and calorie courses.

Make healthy snack foods easy to find in your kitchen. For example, when you get home from work or school, put some fresh carrots, apples or bananas on the counter instead of a bag of chips.



In restaurants, ask if meats can be grilled rather than fried, and request sauces and dressings on the side. Remember to choose fruit, salad or other vegetables as side items, rather than French fries. Order a salad or soup to start and then share an entrée. Save money, and lots of calories, by skipping dessert.

What else can you do to lower your risk for type 2 diabetes and heart disease? Stay active, don't smoke and lose weight if needed.

So, are you at risk of diabetes?? Find out your risk factors for diabetes in our next series on Monday 2nd October 2016

Please be advised that the information contained here is not meant to replace the regular talk and advice with your doctor.

Compiled courtesy ADA information

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