

Dietitian Danielle

Designing a Healthy Lifestyle



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Healthy Lifestyle Eating – Anti-inflammatory

Weight management, good heart health and good sugar control starts with a healthy lifestyle, ensuring that your carbohydrates, protein and fats are well balanced. This will help to balance sugar levels, prevent chronic diseases of lifestyle, decrease inflammation and promote weight loss if necessary. All your meals should contain carbs, protein and healthy fats according to your needs as discussed with your dietitian. A Mediterranean diet is best suited to a healthy anti-inflammatory lifestyle & health.

Carbohydrates: these are divided into refined sugars and starches

It is important to avoid foods high in refined sugar as they add excess kilojoules, and sugar is highly inflammatory and has no nutritive benefit to the body. Sugar also increases blood sugar levels and can increase triglycerides, increase the risk of insulin resistance, diabetes & cardiac disease.

For 90% of the time:

- Avoid all refined sugars: sugar, jam, honey, syrup, drinking chocolate, sweets, chocolate, ice cream, desserts, condensed milk, fudge, toffee, caramel, sweetmeats.
- Avoid the intake of sugar added to tea / coffee.
- Avoid all cold & fizzy drinks and fruit juices (including 100% fruit juices, and even 'no sugar added' juices. Diet cold drinks and sugar free drinks are allowed occasionally.
- Choose carbohydrates that are *high in fibre* to help prevent the absorption of cholesterol.

Healthy Low GI carbs and controlled portion sizes:

CEREALS & PORRIDGES	BREADS, PASTA, RICE	VEG & BEANS
1 cup high fibre bran 1 cup cooked oats 1 cup bran flakes ½ cup Granola: Mixed oats, nuts & coconut	Max 2 slice low GI or seed bread per day Small brown flour roti 1 wholewheat wrap 4-6 provita 2-3 ryvita ¾ - 1 cup cooked brown or basmati rice 1-2 cup wholewheat pasta cooked ¾ cup cooked Wild rice ¾ cup cooked Quinoa	200g sweet potato 3-4 baby potatoes (skin on) 1 sweet corn ¾ cup beans – all types (incl tinned) ¾ cup lentils / dhal Homemade popcorn
CARB REPLACEMENTS – to use instead of carbohydrates if triglycerides are very high: <ul style="list-style-type: none">• 2 cups baby marrow spaghetti (instead of pasta)• 1 cup butternut spaghetti or roast butternut or butternut mash• 1 cup cauliflower mash or cauliflower rice• Stuffed gem squash (with spinach)• Woolworths cauliflower-spinach noodles		

Only allowed ONE carbohydrate per meal. Ie. Cannot have potato & rice in the same meal.

Limit the amount of sugar, sweets and cakes. Eating sugar and foods with white flour causes your blood sugar to increase: (these are High GI)

- Limit all refined sugars: sugar, jam, honey, syrup
- Limit cakes, sweets, biscuits, doughnuts, pastries, chocolates, ice cream, tarts, snowballs, sweet meats, toffee, caramel to once a week or on occasion.
- Limit foods made with white flour: white bread, pies, cakes, biscuits, muffins, scones etc
- Avoid fizzy drinks with sugar eg Coke, Fanta, Sprite. Even avoid fruit juices and sports drinks
- Avoid adding sugar to tea / coffee / cereal. Use artificial sweeteners instead – stevia, xylitol, sucralose sweeteners.

Too much starch causes high blood sugar, high triglycerides, inflammation and can increase body weight:

- Starches are turned into sugar once the body has digested them. You need to eat low GI foods and in small amounts. ***The starch on your plate should be the size of your fist or less***
- Avoid refined starches: rice krispies, cornflakes, white porridges, white bread, instant noodles, cream crackers, special K, weetbix, flavoured oats & pronutro, biscuits, cakes and sweets
- Beans are also a starch, so eat in moderation. Potato, butternut, sweetcorn, peas and carrots also have starch, so only eat small portions.

Eat 5-7 servings of vegetables or salad every day

Vegetables and salads are high in anti-oxidants which help to combat cardiovascular disease, and fight inflammation on a cellular level. They also contain important micronutrients for the immune system, and promote good gut & brain health.

- Eat vegetables or salad daily – 5-9 servings a day (1 serving = ½ cup)
- Do not add butter or margarine. Avoid creamy sauces. Cook with olive oil.
- Use balsamic vinegar or lemon juice, and olive oil as salad dressings.
- Steam your vegetables, or boil, or bake, or roast them.
- Use herbs, spices, vinegar, lemon juice, chilli sauce, mustard, chilli and soy sauce to flavour foods.
- ***Half your plate should be vegetables or salad***
- ***Aim to “eat the rainbow” – choose colourful vegetables & salads.***

Have two fruits a day

- Fruit is also a carbohydrate (starch) which gets turned into sugar, so eat in moderation if you have high blood sugar levels.
- Avoid excess dried fruit as it is very concentrated in sugar.
- Avoid fruit juices, as it is very concentrated in sugar.
- Vitamin C rich foods are essential – citrus, pawpaw, kiwi, berries.

Use milk and dairy products in moderation

- Dairy products are high in animal fat, and milk sugars so need to be eaten in moderation.
- Dairy products can be highly inflammatory, and either should be avoided or decreased to one portion per day.
- Cheese, cream, cream cheese and cheese spreads are high in fat and should be avoided most of the time.
- Avoid high fat cheese dishes: pizza, lasagne, macaroni, cheese sauce, cheese pies.
- Coffee creamers are high in fat and should be avoided.

HAVE 1 PORTIONS PER DAY	AVOID
1 cup milk, low fat or limited full fat 100ml low fat or full fat plain yoghurt ½ cup low fat cottage cheese 30-50g cheese – white cheese is better eg. ricotta, paneer, cottage cheese, feta	Excess full cream milk Full cream milk powder, Ellis brown, Cremora Condensed milk Ice cream & sorbet Yogi sip Cheese spreads Processed cheese – cheddar, gouda

Use lean red meat, poultry, fish, legumes & eggs

- Meat, chicken, fish and eggs, beans and legumes are all proteins, and provide good building blocks for enzymes, hormones and lean muscle tissue.
- Only eat red meat 1-2 times a week. Use chicken & fish more often. Fish such as salmon and tuna are high in omega 3 fats which are natural anti-inflammatories.
- *Cut off some of the visible fat from meat, and remove most or all of the chicken skin.*
- Do not fry your meat – grill, bake, boil, stew, roast, poach OR you can use an air-fryer.
- You may have 4-6 eggs a week – boiled, poached or scrambled.

ALLOWED	TO AVOID – these are the bad “LDL” fats.
Leaner red meat / Extra lean mince Chicken – remove skin Turkey / ostrich Game meat Fresh / frozen fish (all types) Canned tuna in brine Pilchards in tomato sauce Eggs (boiled / poached / scrambled) Legumes – all types	Organ meat Sausages, boerewors, Russians, viennas, polony, salami, sandwich meats, fatty biltong Pies, sausage rolls, regular mince, samosas Crumbed meats / chicken / fish Fried meat / chicken / fish Fish canned in oil Fried eggs

Use moderate amounts of good fats

- Spread butter thinly on bread
- Margarine is processed and high in pro-inflammatory fats. Rather use butter sparingly, or even better use olive oil.
- Use cottage cheese or avocado instead of butter if possible.
- Olive oil and avocado oil are better oil choices – use in small amounts. Do not fry foods.
- Roast & grill foods rather. Only use 1- 2 teaspoons oil per person when cooking
- Brown meats and drain off excess fats before adding other ingredients

GOOD FATS – plant and fish fats are the better anti-inflammatory fats.	BAD FATS – to avoid or limit.
Olive oil Avocado oil MCT oil Butter & ghee to be used in moderation Olive oil mayonnaise Avocado Nut butters Nuts & seeds especially walnuts, almonds, pecans, brazil nuts, chia seeds, flaxseeds, pumpkin seeds.	Margarine & Hard brick margarines Mayonnaise, Orley whip, Creamy salad dressing Creamy sauces Cream Deep fried chips, crisps, samosas, chilli bites Pastries, pies, sausage rolls, pizzas Take – away foods eg KFC

Tips for shopping:

- Read ingredients and labels
- Low fat is considered 5g – 8g fat / 100g on a label – always read per 100g NOT per portion
- Low sugar is 5-10g per serving or less.
- Avoid items with words: ‘hydrogenated fat, coconut oil, palm kernel, whole milk solids etc

Tips for cooking & preparing food:

- Use small amounts of oil – 1 – 2 teaspoons per person. Do not fry foods – rather steam, boil, grill, roast.
- Brown meats and drain well before adding other ingredients.
- Try not to use mayonnaise, oils, cream or butter to season your food. Use herbs and spices, lemon juice, vinegar, garlic, chilli and salt in small quantities.
- Serve a large salad with your meals. Make your own salad dressing with olive oil, vinegar or lemon juice & mustards.

SHOPPING LIST

<u>Breakfast cereals</u> All Bran flakes, All Bran Fruitful High fibre bran Oats High protein future life	<u>Biscuits & crackers</u> Provitas, Ryvitas Seed crackers Brown rice or seed rice cakes
<u>Drinks</u> Rooibos, Herbal tea Tomato juice, pure lemon juice Brookes low – cal squashes Tab, Coke zero, sprite zero All ice tea lites Sparkling water	<u>Desserts</u> Dialite ice cream / sorbet Woolworths carb clever yoghurt Low-cal jelly Zero Ultramel custard
<u>Salad dressings</u> Olive oil Balsamic vinegar Lemon juice	<u>Oils & fats</u> Olive oil Avocado oil Peanut butter Hummus Coconut oil Butter in moderation
<u>Dairy</u> Fat free / low fat milk / almond milk Fat free / low fat yoghurt Low fat maas <u>Cheese</u> Cottage cheese White cheese	<u>Meat & Poultry</u> Extra lean mince Free range chicken (remove skin) Pork steaks / gammon steaks Turkey meat / Ostrich meat Lean cold meats Lean biltong

Mozzarella	Game meat
<u>Fish</u> Salmon, Pilchards, Tuna All fresh / frozen fish	<u>Canned goods</u> Canned tomato, tomato & onion Gherkins, pepper dews, Beetroot Bottled tomato-based pasta sauce Canned lentils, beans, chick peas Coconut milk
<u>Fruit & veg</u> All fresh fruit, Fresh fruit salad	<u>Condiments</u> Thai style sauces Bovril Soy sauces Lemon juice Pesto
<u>Breads</u> Seeded breads Low GI breads	<u>Rice, pasta and other starches</u> Barley Quinoa Brown / basmati rice, Wild rice / Rice mixed with lentils Pasta – durum wheat Sweet potatoes / baby potatoes

Drinks:

FREE DRINKS	DRINKS TO AVOID
Water, sparkling water Tab, Coke Zero, Coke Light, Sprite Zero, Fanta Zero (not more than 250ml a week) Lecol diet, Daly's Diet, Brooke's Low-cal Iced tea 'lite' Lite flavoured water Tea / coffee without sugar Soda water Tonic water LITE Best alcohol is a glass of red wine if you must have alcohol as it is high in resveratrol, a potent antioxidant.	Real fruit juice (100%) 'no sugar added' fruit juice Yogi sip Coke, Fanta, ginger beer, sprite, sparletta, crème etc Cordials (Oros, Halls) Tonic water Sports drink (Energade, Game, Powerade, Lucozade, Red Bull, bioplus) Ice tea, Flavoured water Drink alcohol in moderation. No more than 1-2 drinks a day (2 light beers / 2 tots of liquor / 2 x 180ml glass wine)

Ensure every meal is balanced, and keep portions under control:

- Each meal should have a small portion of starch (size of your fist, or a ¼ of the plate)
- Add a protein to each meal (size of the palm of your hand)
- Half your plate should be salads or vegetables

NB: A high fibre diet (veg, fruit, wholegrains, high fibre cereals etc) are low in fat and keep you fuller for longer. Make sure you take in 6-8 glasses water along with a high fibre diet to prevent constipation.

Meal Ideas to use as a Guideline:

<p>BREAKFAST</p>	<p><u>Choose one:</u></p> <ul style="list-style-type: none"> • 1 cup High Fibre bran. Add 10 almonds, chopped & teaspoon mixed seeds. Low fat Milk • 1-2 poached egg with 1 ladle tomato chutney. No bread or 1 slice seed bread • ½ cup mixed nuts, oats & coconut with 3 tbsp plain yoghurt. Can add berries • 2 boiled eggs on 1 slice low GI bread with 1 cup sauteed mushrooms in olive oil. • 1 cup cooked oats (in water) – add cinnamon. Add flax seeds. • Seed toast with rocket, avocado & sliced tomatoes. • Smoothie: handful baby spinach, frozen berries, whey protein or plant protein, water, chia seeds. 				
<p>SNACK Mid-morning</p>	<p>1 x fruit (any kind)</p>	<p>Closed handful mixed nuts</p>	<p>1 cup fruit salad (fresh fruit only)</p>	<p>3-4 provita or whole wheat crackers with low fat cottage cheese</p>	<p>100g plain yoghurt with tsp raw honey</p>
<p>LUNCH</p>	<p><u>Choose one:</u></p> <ul style="list-style-type: none"> • 1-2 slice low GI seed bread with: ½ tin tuna (in brine) –mayo OR Egg OR Avocado OR Chicken & salad. Use olive oil & lemon juice as a dressing. • Chicken - Salad Wrap (or health roll). • Baked sweet potato with grilled chicken & salad. • Raw cabbage salad – 2-3 cups sliced red or green cabbage, red or yellow peppers, mixed seeds, avocado, peas – can add any other vegetables eg. carrots etc). Dressing: olive oil, apple cider vinegar, honey. Add 100g grilled chicken fillet / ostrich / smoked salmon. • Can make in bulk enough for 3 days. Grain salad: ½ -1 cup cooked couscous / barley / quinoa / brown rice with 1 ½ cups chopped vegetables / salad (corn, carrots, tomato, cucumber etc). Tbsp pesto or dressing. Add protein – 2 boiled egg OR ½ cup lentils OR black beans. • Chicken or Tuna salad (lettuce, cucumber, tomato, onion, peppers, avocado, olives). • Take-out once a week: choose a flame-grilled option. No chips. Add vegetables or salads. 				
<p>SNACK mid afternoon</p>	<p><u>Choose an option:</u></p> <ul style="list-style-type: none"> • 1 fruit – example - orange • Mixed nuts & seeds • 2 provita with hummus or peanut butter • Handful lean biltong • 1 small bran muffin (occasionally) instead of cake • 3 cups popped popcorn (once a week) instead of chips • Future-life carbo-lite bar 				
<p>DINNER</p>	<p><u>Choose one:</u></p> <ul style="list-style-type: none"> • Vegetable & lentil Soup • 2 Piece roast chicken (remove the skin) with Greek salad (rocket, tomato, red onion, cucumber, olives, feta). 2-3 baby potatoes. • Red Lentil Coconut Curry – cook 1 chopped onion with teaspoon ginger, garlic, turmeric, curry powder, cumin, coriander. Add 1 cup split red lentils. Add tin tomato (400g), add tin coconut milk (400g), add 1 cup water. Simmer 20 minutes. Enjoy a nice bowl. • 100-200g grilled game or beef fillet or chicken fillet or fish with 2 cups roasted vegetables (onion, baby marrow, butternut, peppers) in little olive oil. • 100-150g salmon or pork or ostrich fillet with 2 cups steamed vegetables (broccoli, cauliflower, carrot) with 1 cup sweet potato wedges. • Baked sweet potato (200g) with 2 cups pan fried onion, mushrooms & baby spinach in 5-10ml olive oil. Add 2-3 tbsp cottage cheese. • Stir-fries. 150g beef or chicken strips with 2-3 cups – onion, carrots, broccoli, cabbage, mushrooms, peppers etc). Use a soy or other thai-style sauce. ½ -1 cup cooked basmati rice. • Grilled chicken: Make salads / bean salads / cabbage salads / corn-on-cob etc. • Two pieces roast chicken (remove the skin) with roast butternut and pan-fried green beans and baby marrow in olive oil, garlic & lemon. • Curry: use 1 tsp oil per person. 100-150g meat per person. Add veg. NO potatoes. Serve with 1 slice low GI bread OR fist basmati rice. Side Salad. • Dhal (use less oil) with 1 cup cooked brown or basmati rice & a side salad. 				