Mite: Vleis is sleg vir jou gesondheid.

Feit: Mie is in die wyenskawe deel van die mens se kroon. By die opleg van die mens se voet, het die vleis se deel wat met mie gevaar is.

Mite: Vleis is altyd beter as bloëbos.

Feit: Bloëbos is altyd beter as bloëbos.

Mite: Leef met die etikette op. Bloëbos stels 'n geneeskundige probleem en die vettes van die bloëbos is lede van die mens se kroon.

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**Myth: Carbohydrates (starches) are fattening. You should limit them when trying to lose weight.**

**Fact:** Carbohydrates (starches) are the body’s main source of energy. You have to burn all carbohydrates to lose weight. Foods that are high in complex carbohydrates such as whole grain breads, brown rice, sweet potatoes, lentils, beans, fruits, and starches such as potatoes and pumpkin provide a healthy supply of fiber, minerals, and vitamins. Simple carbohydrates from sugar, cake, cold drinks, sweets, cookies, and sugar sweetened desserts and drinks (including alcohol) are very high in energy, but low in nutrients.

**Tips:** To lose weight, reduce the total energy content of your diet and increase the amount of physical activity you do each day. Eat a mix of low-fat or low-calorie milk and milk products, fruits, vegetables, and whole grains. Limit added sugars, cholesterol found in foods derived from animals, salt (sodium), and saturated fat (e.g., most animal fats, butter, chocolate, cheese, lamb or mutton, eggs). Eat low-fat protein foods, eggs, fish, lean meats, nuts, and poultry.

**Myth: Low-fat—or fat-free—means you can eat as much as you like.**

**Fact:** A serving of low-fat or fat-free food may be lower in energy than a serving of the full fat product, but many processed low-fat or lean foods have just as much energy as the full-fat versions of the same foods—or even more calories. These foods may contain added fat, sugar, salt, or sugar to improve flavor and texture after fat is removed. Examples include: a low-fat bacon dressing is still high in energy and should be eaten in moderation.

**Tips:** Read the food label on a food package to find out how much energy (kilocalories) are in a serving. Check the serving size box. It may be less than you are used to eating. Check the food labels on canned, dried, and frozen items. Look for items that are high in vitamins, minerals and fiber. Also check for items that are low in added sugars, saturated fat, and sodium.

**Myth: Takeaway, over the counter or fast foods are always an unhealthy choice.**

**Fact:** Many fast foods are unhealthy and may affect health and weight gain. However, if you do eat fast food, choose menu options with cycles. Choose healthier fast foods that are not rich in fat, and small in portion size such as grilled fish, thin cakes or fruit salad.

**Tips:** Limit these meals for special occasions only. Choose healthier, lower energy options that contain fruit and vegetables such as salad. Avoid supersize or “value” combo meals, which have more energy than you need in one meal. Choose less full items or low-fat yoghurts for dessert. Limit soft drinks that are high in fat and sugar like cola, salted, sugar, and saturated fat (e.g., most animal fats, butter, chocolate, cheese, lamb or mutton, eggs). Pick steamed or baked items over fried ones. Drink water or fat-free milk instead of cold drinks.

**Myth: “Fresh” products are always better than canned or frozen products.**

**Fact:** Many people think that fresh foods are healthier than canned or frozen items. Canned vegetables, fruit, and legumes can be consumed as part of the daily vegetable and fruit recommendation, in addition to a variety of vegetable and fruit intake, and contribute significantly to the overall nutrient content of your diet. Healthy options include frozen vegetables, low-salt canned vegetables and fruit canned in its own juice or water packed. Canned fish such as salmon and sardines are also affordable and excellent sources of omega 3 and calcium. Canned or dried beans, lentils, and peas are healthy sources of affordable protein.

**Tips:** Check the nutrition facts on canned, dried, and frozen items. Look for products that are low in added sugars, saturated fat, and sodium. Using canned vegetables and beans in soups and stews provides similar nutritional value as the fresh ingredients would provide, sometimes at a lower price. Because canned foods are already cooked, they require only minimal further cooking.

**Myth: Eating meat is bad for your health.**

**Fact:** Eating lean meat in small amounts can be part of a healthy diet. Chicken, fish, pork, and red meat contain some cholesterol and saturated fat. But they also contain healthy nutrients like iron, protein, and zinc.

**Tips:** Choose cuts of meat that are lower in fat, and trim off all the fat you can see. Choose healthier leaner meat that include chicken breast, pork loin and beef round roast, flank steak, extra, and lean minced meat. Also, watch portion size. Try to eat meat or poultry in portions of 80g (the size of three matchboxs) or less.

**Myth: Milk and dairy products are fattening and unhealthy.**

**Fact:** Milk should form part of your diet. Most South Africans don’t get enough calcium, and vitamin D. Dairy products are the best way to get all these nutrients. Children should eat at least 3 to 5 portions of low fat dairy products per day. Dairy products offer protein to build muscles and help organs work well, and contain important nutrients such as choline.

**Tips:** Slim milk powder can be an economical form of milk. Look for the ideal milk: Dairy milk as this guarantees that it is real milk. Coffee creamers are usually not made from milk and they don’t contain any. The nutrition value of milk powder is the same as normal milk. To make the calculation to see if fresh or powdered milk works better: cheaper. Emulsified products such as cheese and yogurt are good for gut health. Drink low fat milk instead of cow's milk.

**Myth: Margarine is bad for you and butter is better.**

**Fact:** Butter is a saturated fat. If you eat your diet, you eat to your diet already quite high in saturated fat. Brick type margarines are less healthy. But, rather than type margarine, high in polyunsaturated fatty acids or monounsaturated fats, in tubs spready instead of butter. Opt for light or reduced oil options — it contains less fat. Most South African margarines do not contain trans fats. Always read product label and check the nutritional relationship. They claim that a product is “free of trans fat”, the content of trans fats must be less than or equal to 0.01 g of trans fat per 100 g of the end product consumed. Furthermore, the manufacturing of margarine products that contain more than 2 g of trans fat per 100g is prohibited in South Africa.

**Tips:** Fats such as margarine are high in energy. Take small amounts and less in small amounts. Rather use sunflower or canola oil to reduce the need for fats. Eat a variety of oils in polyunsaturated or monounsaturated fats, thinly on bread or crackers to add taste and palatability to meals and snacks.

**Best Tips:** There are no good or bad foods. The overall diet pattern is important. All foods can be enjoyed as part of a healthy diet.

**Guidelines for Healthy Eating:**
- Drink lots of clear, safe water.
- Make healthy foods part of most meals.
- Eat plenty of vegetables and fruit every day.
- Eat dry beans, split peas, lentils and soy regularly.
- Fish, chicken, lean meat or eggs could be eaten daily.
- Have milk, maize or yoghurt every day.
- Use fat sparingly; rather choose vegetable oils and limit hard fats that become solid at room temperature or below — e.g., most animal fats, butter, chocolate, cheese, lard or shortening.

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*Mites en Feite oor Kos* 

For more information on healthy living kindly contact

Nutritionist Xolile Cele

E: xolile@nucode.co.za

T: 011 374 1489 or 083 583 6532

Shepherd Choisnides Communications Department, P.O. Box 12005, Randburg 2125, South Africa

www.nucode.co.za

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*Should you have any comments or a range of questions on nutrition or health, please contact:*

Nutritionist Xolile Cele

E: xolile@nucode.co.za

T: 011 374 1489 or 083 583 6532

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