

Daar is tale mites en foutiewe inligting oor kos. Dit is soms moeilik om tussen feit, foutiewe inligting en fiksie te onderskei. Kom ons stel 'n paar mites aan die kaak:

Mite: Koolhidrate (*stysel*) maak jou vet. Jy moet die inname daarvan beperk as jy probeer gewig verloor.

Feit: Koolhidrate (*stysel*) is die liggaam se vernaamste bron van energie. Jy hoef nie alle koolhidrate te vermy as jy gewig wil verloor nie. Kos wat baie komplekse koolhidrate bevat, soos volgraan- of bruinbrood, mieliemeel, stampmielies, rys, graankos, vrugte en styselgroente (*aartappel* en *pampoen*), bied gesonde vesel, minerale en vitamiene. Eenvoudige koolhidrate uit suiker, koek, koeldrank, lekkergoed, koekies en suikerversoete nagereg en drankies (*ook alkohol*) bevat baie energie, maar min voedingstowwe.

Wenk: As jy gewig wil verloor, verlaag die totale energieinhoud van jou dieet en verhoog die hoeveelheid fisiese aktiwiteit wat jy daagliks doen. Sluit 'n mengsel van vetrye of laevetmelk en -melkprodukte, vrugte, groente en volgraankos by jou daagliks dieet in. Beperk bygevoegde suiker, cholesterol (*kom voor in kos wat van diere verkry word*), sout (*natrium*) en versadigde vette (*soos die meeste dierevet, botter, sjokolade, kaas, varkvet of bakvet*). Eet laevet-proteiene: bone, eiers, vis, maar vleis, neute en pluimvee.

Mite: "Laevet" of "vetry" beteken jy kan eet soveel as wat jy wil.

Feit: 'n Porsie laevet- of vetrye kos bevat moontlik minder energie as 'n porsie van die volvet-produk, maar baie geprosesseerde laevet- of vetrye kos het net soveel energie as die volvet-weergawes van dieselfde kos – of selfs nog meer kilojoules. Hierdie kos kan bygevoegde meel, sout, stysel of suiker bevat om die geur en tekstuur te verbeter nadat die vet verwyder is. Voorbeeld: 'n Laevet-slaaisous bevat steeds baie energie, en moet matig gebruik word.

Wenk: Lees die etiket op die verpakking om te bepaal hoeveel energie (*kilojoules*) 'n porsie bevat. Kyk ook na die porsiegroottes – dit kan dalk minder wees as wat jy gewoonlik het. Lees die etikette op blikkies-, gedroogde en bevore kos.

Wees op die uitkyk vir items wat baie vitamiene, minerale en vesel bevat, en vir items wat min bygevoegde suiker, versadigde vet en natrium bevat.

Mite: Wegneem-, toonbank- of kitskos is altyd 'n ongesonde keuse.

Feit: Baie soorte kitskos is ongesond en kan jou gesondheid benadeel en jou laat gewig optel. As jy egter kitskos eet, moet jy met sorg kies. Kies gesonde kos wat ryk is aan voedingstowwe en in klein porsies bedien word, soos geroosterde vis, viskoekies of vrugteslaai.

Wenk: Beperk hierdie maaltye tot spesiale geleenthede. Kies gesonder, lae-energie-opsies wat vrugte en/of groente bevat, soos slaai. Vermy oorgroot- of 'waarde'maaltye, wat meer energie bevat as wat jy in een maaltyd benodig. Kies vars vrugte of vetrye jogurt vir nagereg. Beperk bestanddele wat baie vet en energie bevat, soos spek, salami, kaas, gewone mayonnaise, slaaisous en ander souse. Kies gestoomde of gebakte items bo gebraaide kos. Drink water of vetrye melk in plaas van koeldrank.

Mite: "Vars" produkte is altyd beter as blikkies- of bevore kos.

Feit: Baie mense dink dat vars kos gesonder is as blikkies- of bevore kos. Groente, vrugte en peulvrugte in blikkies kan as deel van die aanbevole daagliks porsies groente en vrugte geëet word, voeg verskeidenheid by jou groente- en vrugteinname en dra aanmerklik by tot die algehele voedingstofinhoud van jou dieet. Gesonde opsies sluit in bevore groente, laesout-blikkiesgroente en vrugte wat in sap of water ingelê is. Blikkiesvis soos sardyne, sardientjes en tuna is bekostigbaar en uitstekende bronre van omega 3 en kalsium. Blikkies- of gedroogde bone, lenses en ertjies is gesonde bronre van bekostigbare proteiene.

Wenk: Lees die voedingstof-feite op blikkies-, gedroogde en bevore items. Wees op die uitkyk vir produkte wat min bygevoegde suiker, versadigde vet en natrium bevat. Gebruik blikkiesgroente en bone in sop en bredies, aangesien dit soortgelyke voedingswaarde as die vars weergawes bied, en soms teen 'n laer prys. Omdat blikkieskos reeds gekook is, verg dit slegs minimale verdere gaarmaaktyd.

Mite: Vleis is sleg vir jou gesondheid.

Feit: Maer vleis in klein hoeveelhede kan deel van 'n gesonde dieet wees. Hoender, vis, varkvleis en rooivleis bevat wel cholesterol en versadigde vet, maar ook gesonde voeding-stowwe soos yster, proteïen en sink.

Wenk: Kies snitte vleis wat min vet bevat, en sny al die vet wat jy kan sien af. Vleis wat min vet bevat, sluit hoenderborries, varklendevleis, maar biefstuk en ekstra maer maalvleis in. Hou ook 'n oogje oor porsiegroottes. Probeer om vleis of pluimvee in porsies van 90 g (*die grootte van drie vuurhoutjie-dosies*) of minder te eet.

Mite: Melk en suiwelprodukte maak vet en is ongesond.

Feit: Melk behoort deel van jou dieet te vorm. Die meeste Suid-Afrikaners kry nie genoeg kalsium en vitamiene D in nie. Suiwelprodukte is die beste manier om meer van hierdie voedingstowwe in te kry. Volwassenes en kinders moet ten minste twee tot drie porsies laevet-suiwelprodukte per dag inneem. Suiwelprodukte bevat proteïen om spiere te bou en organe te help werk, en kalsium versterk die beendere.

Wenk: Afgeroomde melkpoeier kan 'n ekonomiese vorm van melk wees. Wees op die uitkyk vir die Egte Suiwel-teken, want dit waarborg dat dit regte melk is. Koffieverromers word gewoonlik nie van melk gemaak nie en bevat nie altyd die nodige voedingstowwe om beendere en tandte te versterk nie. Kyk of vars of poeiermelk die goedkoopste uitwerk. Gefermenteerde produkte soos suurmilk en jogurt is goed vir jou dermkanaal. Drink laevetmelk in plaas van koeldrank.

Mite: Margarien is sleg vir jou en botter is beter.

Feit: Botter is 'n versadigde vet. As jy vleis eet, bevat jou dieet reeds baie versadigde vet. Blokmargarien is minder gesond. Eet eerder die sagte soort margarien met baie poli-onversadigde of mono-onversadigde vette in bakkies in plaas van botter. Kies die soorte met min of verminderde olie – dit bevat minder vet. Die meeste Suid-Afrikaanse margarien bevat

nie transvette nie. Lees altyd die etikette op produkte. As 'n produk as "transvet-vry" beskryf word, moet die inhoud van die transvet minder as of gelyk aan 0.01 g transvet per 100 g van die eindproduk wat verbruik word, wees. Die invoer of vervaardiging van produkte wat meer as 2 g transvet per 100 g bevat, is verbode in Suid-Afrika.

Wenk: Vette soos margarien bevat baie energie. Gebruik altyd vette en olie in klein hoeveelhede. Gebruik eerder sonneblom- of canolaolie in resepte indien nodig. Smeer sagte margarien met baie poli-onversadigde of mono-onversadigde vette dun op brood en beskuitjies om maaltye en versnappings smaaklik te maak.

Beste Wenke:

Daar is geen goeie of slechte kossoorte nie. Die algehele dieetpatroon is belangrik. Alle kossoorte kan as deel van 'n gesonde dieet geniet word.

Riglyne vir gesonde eetgewoontes:

- Drink baie skoon, veilige water.
- Maak styselkos deel van die meeste maaltye.
- Eet elke dag baie groente en vrugte.
- Eet gereeld droëbone, split-ertjies, lenses en soja.
- Vis, hoender, maar vleis of eiers kan daagliks geëet word.
- Maak melk, suurmilk of jogurt deel van jou daagliks dieet.
- Gebruik vet spaarsamig; kies eerder groente-olies en beperk harde vette (*vette wat teen of onder kamertemperatuur hard word, soos die meeste dierevet, botter, sjokolade, kaas, varkvet of bakvet*).



Vir meer inligting oor gesonde lewenstyl, skakel gerus die Nutrition Information Centre Stellenbosch University (*Nicus*) by **021 933 1408** of stuur 'n e-pos aan nicus@sun.ac.za

Indien jy enige kommentaar oor ons reeks verbruikersbrosjures het, tree asseblief in verbanding met Sarita van Wyk by: Shoprite Checkers Kommunikasiedepartement, Posbus 215, Brackenfell 7561 www.checkers.co.za



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There are many myths and misinformation about food. It is difficult to distinguish between fact, misinformation and fiction. Let's debunk a few myths:

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 don't have to limit all carbohydrates to lose weight. Foods that are high in complex carbohydrates such as whole grain or brown bread, maize meal, samp, rice, cereals, fruits and starchy vegetables (*potato and pumpkin*) provide a healthy supply of fibre, 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.

Tip: 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 fat-free or low-fat milk and milk products, fruits, veggies, 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, lard or shortening*). Eat low-fat protein: beans, 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 fat-free foods have just as much energy as the full-fat versions of the same foods — or even more kilojoules. These foods may contain added flour, salt, starch, or sugar to improve flavour and texture after fat is removed.

Example: A low fat salad dressing is still high in energy and should be eaten in moderation.

Tip: Read the food label on a food package to find out how much energy (*kilojoules*) are in a serving. Check the serving size too, 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 care. Choose healthy foods that are nutrient rich, and small in portion size such as grilled fish, fish cakes or fruit salad.

Tip: Limit these meals for special occasions only. Choose healthier, lower energy options that contain some fruit and/or vegetables such as salad. Avoid supersize or "value" combo meals, which have more energy than you need in one meal. Choose fresh fruit items or non-fat yogurt for dessert. Limit toppings that are high in fat and energy like bacon, salami, cheese, regular mayonnaise, salad dressings, and sauces. 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 ones. Canned vegetables, fruit, and legumes can be consumed as part of the daily vegetable and fruit recommendation, add a greater variety to 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 pilchards, sardines and tuna are affordable and excellent sources of omega 3 and calcium. Canned or dried beans, lentils, and peas are healthy sources of affordable protein.

Tip: 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 time.

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.

Tip: Choose cuts of meat that are lower in fat, and trim off all the fat you can see. Meats that are lower in fat include chicken breast, pork loin and beef round steak, flank steak, and extra lean minced beef. Also, watch portion size. Try to eat meat or poultry in portions of 90 g (*the size of three matchboxes*) 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 more of these nutrients. Adults and children should eat at least 2-3 portions of low fat dairy products per day. Dairy products offer protein to build muscles and help organs work well, and calcium to strengthen bones.

Tip: Skim milk powder can be an economical form of milk. Look for the Real Dairy mark as this guarantees that it is real milk. Coffee creamers are usually not made from milk and don't always contain the nutrients that build bones and teeth. Make the calculation to see if fresh or powdered milk works out cheaper. Fermented products such as maas and yogurt are good for gut health. Drink low fat milk instead of cold drinks.

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

Fact: Butter is a saturated fat. If you eat meat, your diet is already quite high in saturated fat. Brick type margarines are less healthy. Rather eat soft type margarine, high in polyunsaturated fatty acids or monounsaturated fatty acids, in tubs

sparingly 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 labels. In order to claim that a product is "free of trans fat", the content of trans fat must be less than or equal to 0.01 g of trans fat per 100 g of the end product consumed. Furthermore the import or manufacturing of products that contain more than 2 g of trans fat per 100 g is prohibited in South Africa.

Tip: Fats such as margarine are high in energy. Always use fats and oils in small amounts. Rather use sunflower or canola oil in recipes when needed. Spread soft type margarine, high 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 clean, safe water.
- Make starchy foods part of most meals.
- Eat plenty of vegetables and fruit every day.
- Eat dry beans, split peas, lentils and soya regularly.
- Fish, chicken, lean meat or eggs could be eaten daily.
- Have milk, maas or yoghurt every day.
- Use fat sparingly; rather choose vegetable oils and limit hard fats (*fats that become solid at room temperature or below – e.g., most animal fats, butter, chocolate, cheese, lard or shortening*).



For more information on healthy living kindly contact Nutrition Information Centre Stellenbosch University (Nicus) on **021 933 1408** or send an email to nicus@sun.ac.za

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Should you have any comments on our range of consumer leaflets, please write to Sarita van Wyk at: Shoprite Checkers Communications Department, PO Box 215, Brackenfell 7561 www.checkers.co.za



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