




HEALTHY EATING TIPS FOR ADULTS

Brought to you by:



Prepared By:
Shashikala Sivapathy
Department of Food Science,
Faculty of Applied Sciences
UCSI University



A top-down view of a diverse selection of fresh ingredients. In the upper left, there's a piece of raw salmon. Next to it is a block of Swiss cheese with holes, garnished with green herbs. Below the cheese are several brown eggs. To the left, there are two small terracotta bowls containing white cream or yogurt, one topped with green seeds. In the bottom left, there's fresh green broccoli and artichokes. In the bottom center, a small metal tray holds a mix of nuts and seeds. The background is a light-colored wooden surface.

Eat a variety of food to provide you with energy and nutrients for overall good health. The best way to meet your daily requirements is to eat food that includes grains, lean meats/beans, vegetables, fruits and dairy products.

It is important to maintain a healthy body to prevent health problems. Be mindful of eating the appropriate food portions for your activity level. Overeating and being less active will cause you to gain weight. Also, if you do not eat enough food, you risk being underweight.

Two ways to see if you have a healthy body weight is to know your Body Mass Index (BMI) and waist circumference. A high BMI or waist circumference measurement puts you at a higher risk for certain health conditions such as heart disease, high blood pressure and Type-2 diabetes.



THE FORMULA TO CALCULATE YOUR BODY MASS INDEX IS:

BMI = WEIGHT (KG)

height (m) x height (m)

Your BMI reading will indicate if you are:

< 18.5 = underweight

18.5 to 22.9 = healthy weight

23 = overweight

23.1 and above = obese

To calculate your waist circumference, measure your waistline using a measuring tape. If you have a measurement that is >80cm for women or >90cm for men, that means that you have an increased risk for diseases.

The Health Ministry's 'My Healthy Plate' is a guide to eating a balanced meal. Its hashtag #sukusukuseparuh reflects the proportions of a meal:

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

1/4 of the plate for rice and other grains

1/4 for protein foods such as meat, eggs,
legumes

1/2 for vegetables and fruits

Choose
whole grain
foods





Dietary fat is important as it provides energy, essential fatty acids and fat-soluble vitamins A, D, E and K. But excess fat in our daily diet can cause weight gain and affect the heart. So avoid eating a lot of deep-fried food.



Salt, marinades, sauces and seasoning cubes, which we use as flavour enhancers, all contain sodium. However, too much sodium in your diet can lead to high blood pressure. So be careful and be mindful not to add too much salt to your cooking.





Aim to accumulate at least 30 minutes of physical activity daily. To avoid being sedentary, be sure to limit television or electronic media time to no more than two hours per day. Exercising regularly and being active have many benefits. These include helping you to maintain a healthy body weight, strengthening muscles and bones and lowering your risk factor for cardiovascular disease, diabetes and cancer. Other benefits include improving mental health and moods, improving joint health and flexibility and increasing longevity.



**One of the easiest ways to increase your activity level is to walk!
It is easy and does not require any equipment. It helps you to
burn calories, builds stamina and strengthens your heart. The
Health Ministry recommends that you aim to walk 10,000 steps
per day. Use smart phone apps or smart watches to keep track
of the number of steps to take each day.**



HERE ARE SOME WAYS YOU CAN INCREASE YOUR NUMBER OF STEPS DAILY:

1. Park your car further away from your destination.
2. Walk around your neighbourhood and use the staircase instead of the lift or escalators.
3. Walk around the office when you need to communicate with your colleagues instead of sending emails or using the telephone.





The Malaysian Dietary Guidelines by the Health Ministry recommends that at least half of your grain intake should be in the form of wholegrains.. Wholegrains are grains that contains bran (which contains fibre, B vitamins, iron, zinc and other important minerals), endosperm (mainly carbohydrates, a little protein, some vitamins and antioxidants) and germ (vitamin E, B vitamins, unsaturated fats and antioxidants).

Make sure to include lots of high fibre foods such as wholegrains (i.e. unpolished rice, oats and whole wheat), fruit and vegetables in your daily diet. There are two main types of fibre — soluble and insoluble. Insoluble fibre helps to reduce constipation while soluble fibre is associated with lowering high cholesterol levels and also stabilising blood glucose.





There is no need to avoid carbohydrates such as rice and other grains if you want to lose weight. You gain weight when you eat more calories than what your body requires. It is our sedentary lifestyle coupled with overeating that cause us to gain weight.

Make sure that you drink at least eight glasses of water per day. Water is required for important body functions such as digestion, regulation of body temperature, nutrient absorption and the excretion of waste matter from the body.





Thank You

UCSI  CARD

 **UCSI University**[®]
FACULTY OF APPLIED SCIENCES