

Importance of healthy balanced eating:

We definitely are what we eat.

Our bodies and mind work together as one. It is therefore important that we treat it that way. By feeding our bodies with nutritious food it will also lead to having a better functioning brain and mind and we will look and feel great. If we on the other hand feed ourselves with unhealthy food, we will feel tired and sluggish and make it difficult for us to do anything during the day.

We have the choice to feed our bodies with the right nutrients as well as positive thinking and we can be in charge to make a conscious decision daily to do so.

Emotional eating:

Emotional eating always start in the head. If you do not feel good or stress, we believe that food would be able to fill that hole. On the contrary, it just leaves us feeling worse.

It's important to find healthy ways to handle our emotions in order to prevent over- or even undereating. Eg: exercise, time with friends/ family, reading, praying/ meditating or doing something that you love.

For more information or to book a consultation, please contact me at the below details.



Estée van Lingen Inc.
dietitian

Practice number: 0633518
Cell: 082 555 2762
Email: esteevl9@gmail.com

Randburg Virgin Active
Cnr of Malibongwe &
Hans Schoeman Drive, Randburg

The Ridge Wellness Centre
Cnr Dale Lace ave & Ateljee Str
Randpark Ridge

Food for a Healthy Body & Mind



A guide to healthy eating in order to feed our bodies as well as our minds

Introduction

Many of us go through a day just eating because “we have to eat”. Very few actually take note of what they are eating and if it is nourishing to their bodies or not. Eating unhealthy is not just about gaining weight or not. What actually happens in our bodies in the long run is what matters as a poor diet can lead to far more problems in the long term as well as have a negative effect on our minds.

Good nutrition includes WHAT you eat as well as HOW MUCH you eat of it. Our bodies are like a car. If you put the right type of fuel into it as well as the right amount, it will take you far. If you do not look after it and put the wrong fuel in, you might cause more harm than good.

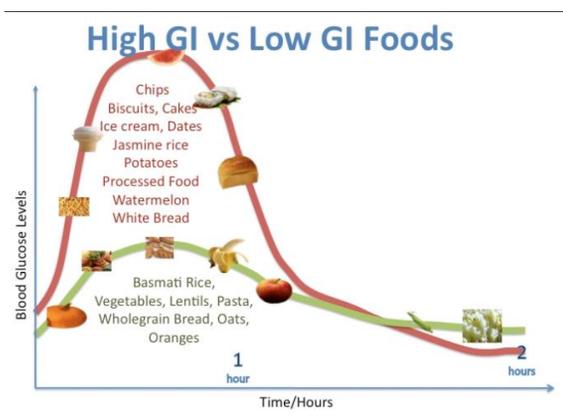
We do need to consume a variety of food but in the right portions. Our bodies only need a certain amount of food from each food group per day in order to survive otherwise it starts compensating in other ways to try and make up for what it lacks.



Glycemic Index (GI)

The Glycemic Index (GI) is used to describe the rate at which sugar is released into the blood stream.

A high GI food has a rapid release of sugar into the blood stream that causes a quick “sugar high” where after it also drops quickly to give you an energy low. A low GI food on the other hand has a much slower release of sugar into the blood stream causing a much lower “high” and then it also drops more gradually.



When combining certain foods it can also help to lower the GI of foods for example if you add a fat or protein to a carbohydrate food. A good example is: eating eggs with a slice of Low GI Bread instead of just a plain slice of toast or toast with jam.

It is thus very important to make Low GI foods our primary intake as it helps to keep us fuller for longer as well as enrich our health.

Healthy eating guidelines/ tips:

- Have 4-5 smaller meals per day
- Drink plenty of clean water
- Have 5-9 servings of fruit & vegetables per day
- Eat more high fibre foods eg: Oats, whole grain cereals, beans, lentils & legumes
- Have a small portion of lean protein with each meal
- Avoid foods high in sugar, fat & salt
- Avoid sugary drinks and alcohol
- Include 2 servings of Calcium rich foods per day
- Include more plant based fats (nuts, seeds, avocado). Stay away from too much animal fats (chicken skin, fat cuts of meat or processed meats)
- Plan your meals ahead and cook in advance. Freeze the extras for a quick meal.
- Prepare smoothies using fruit, vegetables, milk, yoghurt, nuts and seeds for a quick and nutritious breakfast

