



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

A TASTE OF THE 'LIVE WELL' CHALLENGE

Social Services Directorate: City of Cape Town

Making progress possible. **Together.**

**What is a
healthy diet?**



Number of meals



- 3 per day – for regular supply of nutrients to the body
- Large meals hinder digestion and the body's metabolism
- Small healthy snacks between meals

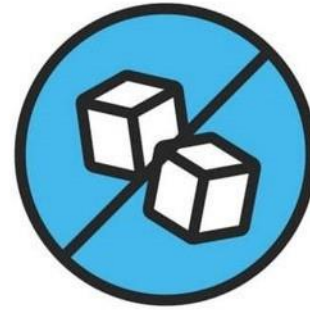
Don't believe in extreme diets



KETO



PALEO



NO SUGAR



LOW CARB



MEDITERRANEAN



RAW

A collage of various food items including meats, vegetables, fruits, and grains. The top half shows items like sausages, potatoes, leeks, red peppers, corn, and green apples. The bottom half shows items like tomatoes, mushrooms, yellow pasta, eggs, and fish. A central white box with a black border contains text.

Our key message is
not to ban or omit any foods.

We recommend a variety of foods
in the **right proportions.**

Culture and tradition deserve respect

We don't want to change people's culture or traditions.

In fact, the new diet habits we have embraced, are making us sick...

The Plate model

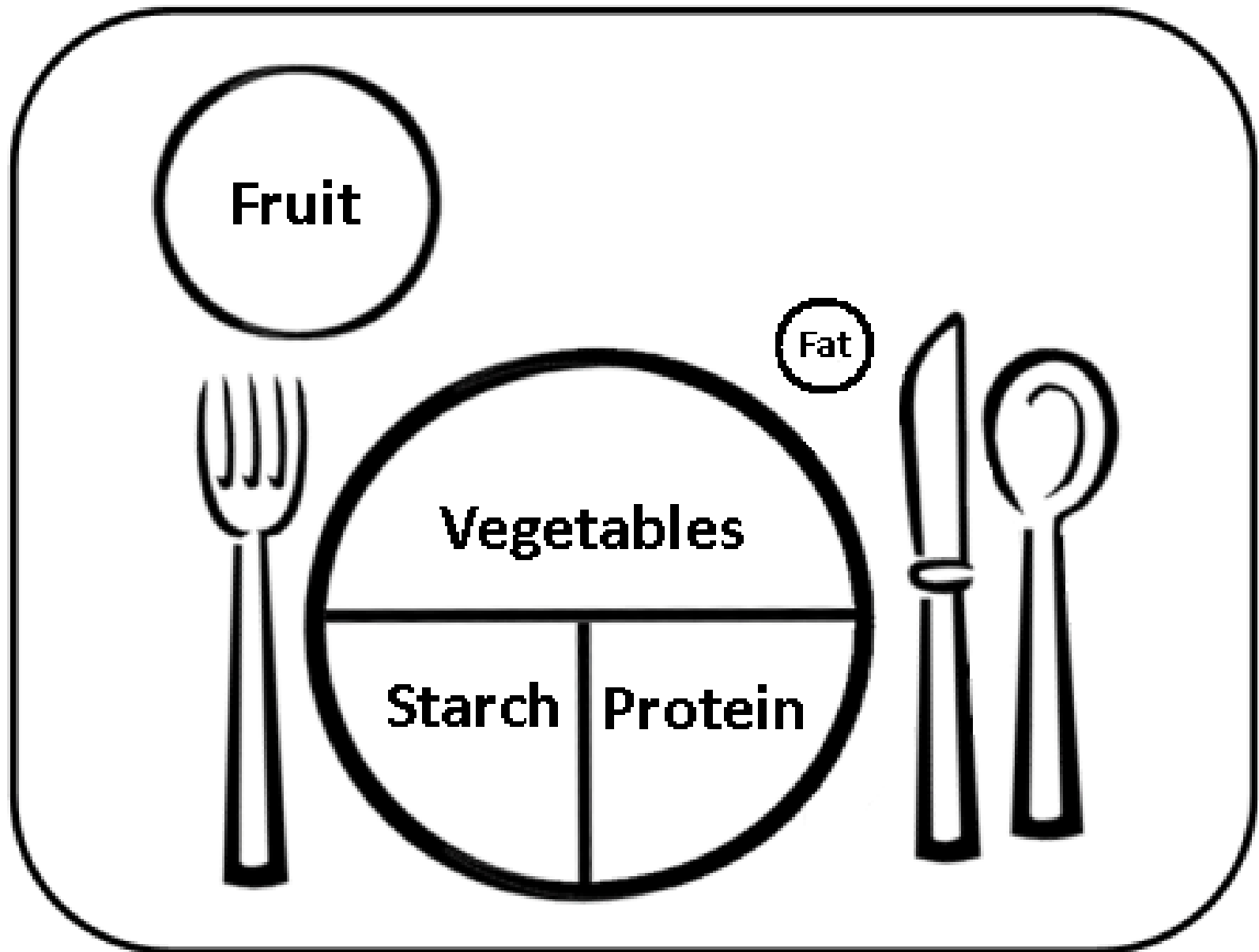


Plate model: Supper

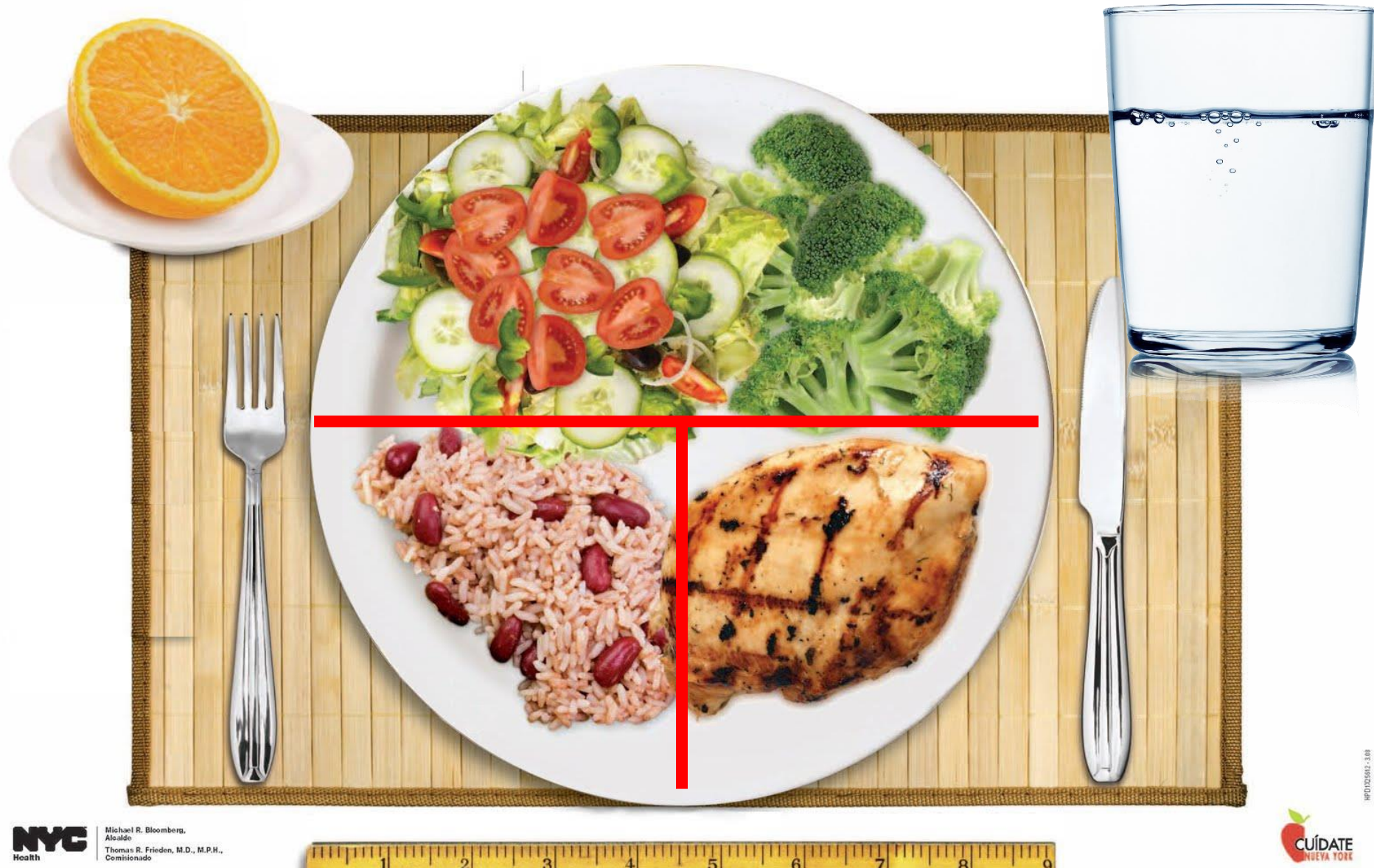
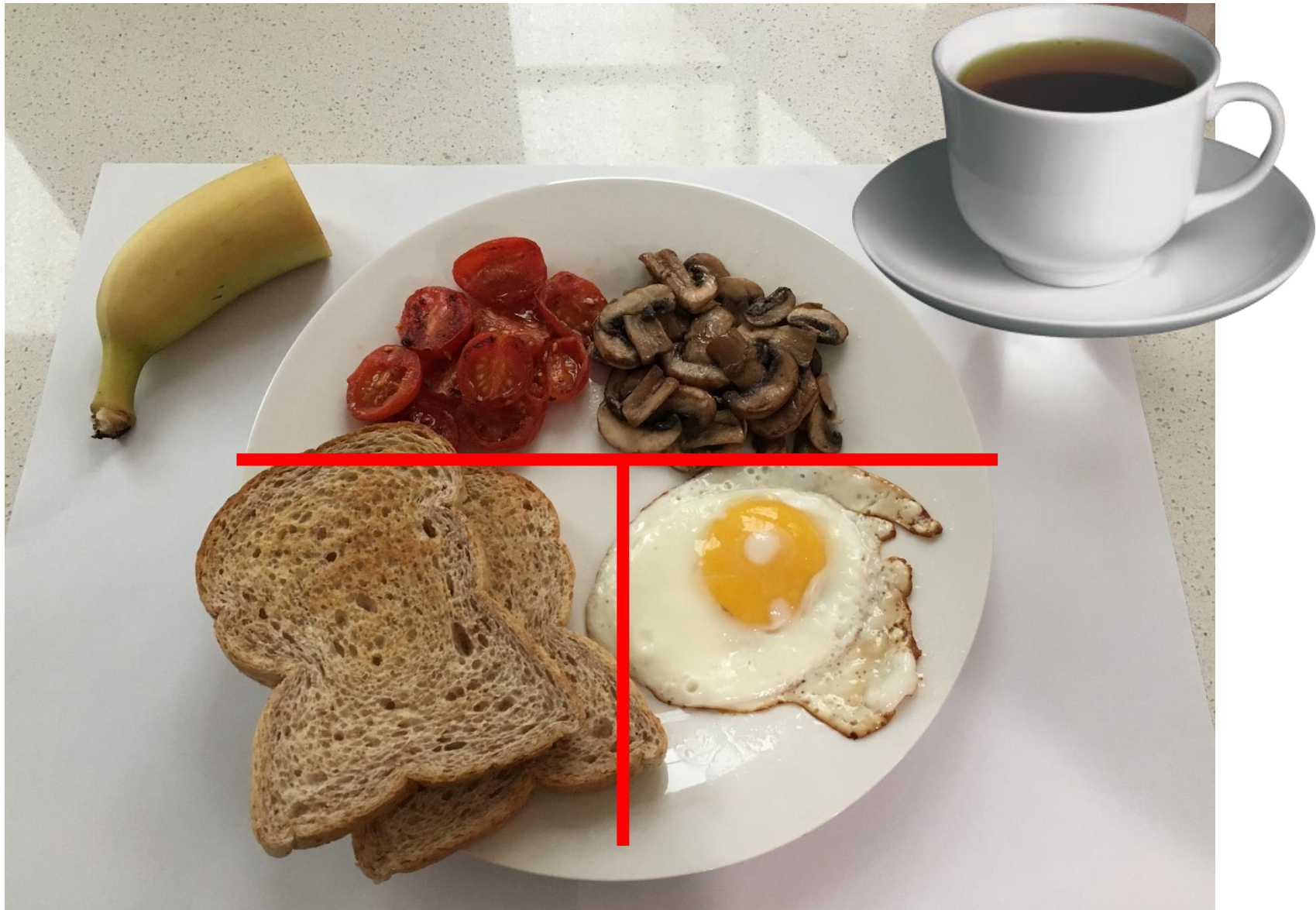


Plate model: Lunch

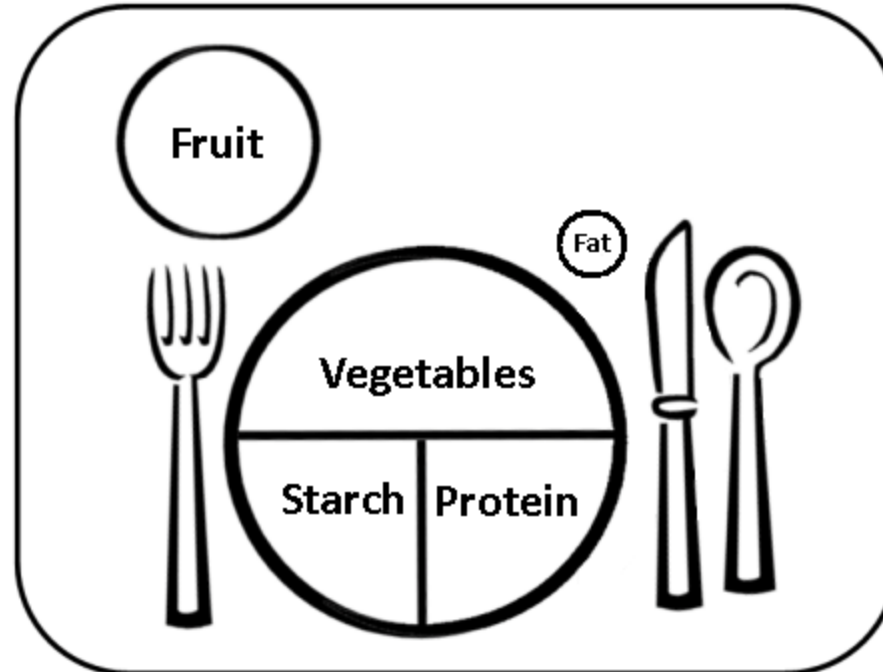


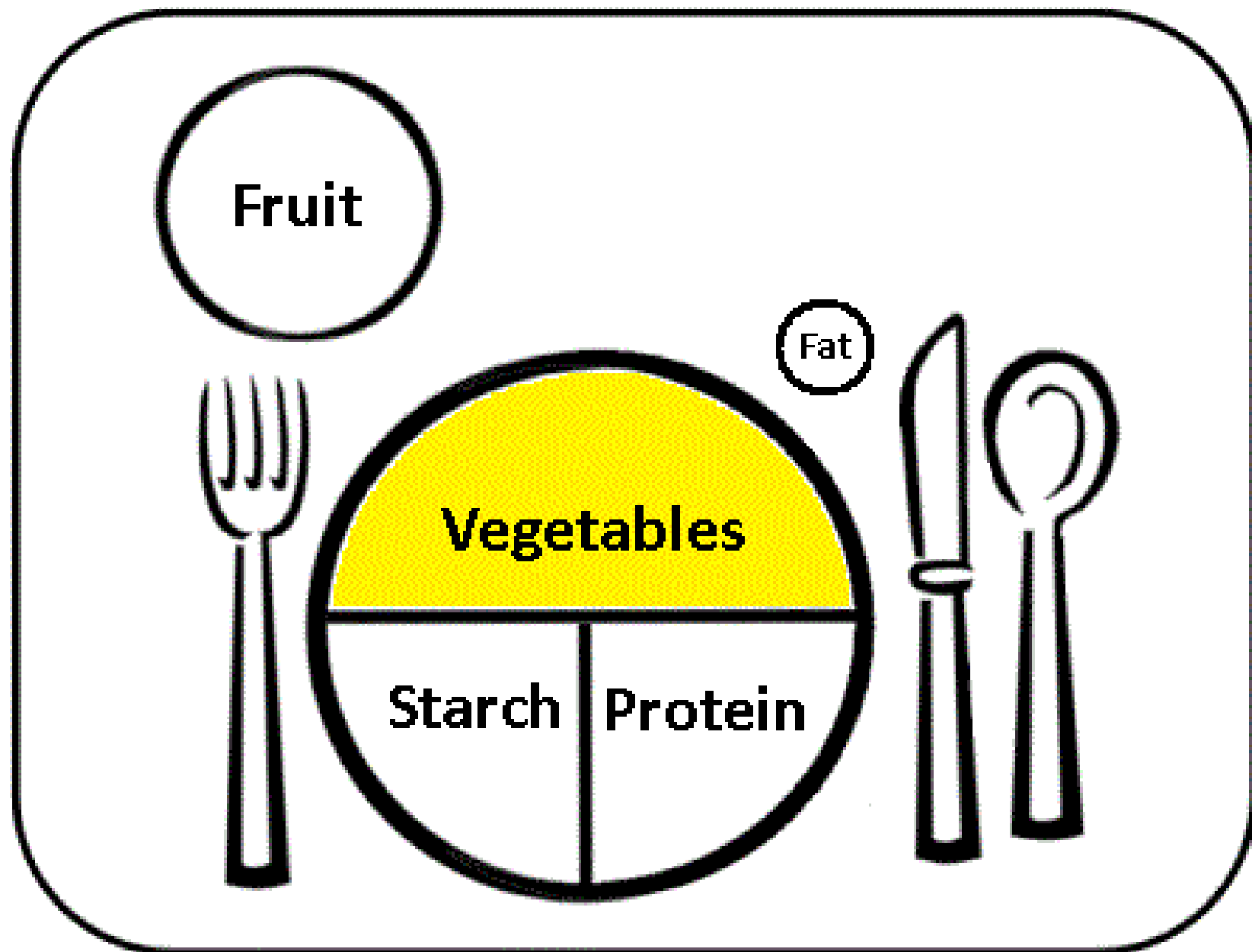
Plate model: Breakfast



You can continue eating your traditional foods.

Just make sure you fill your plate correctly.





Vegetables



Rich in nutrients and fibre

Fill half the plate with vegetables



Mielie



Parsnip



Potato



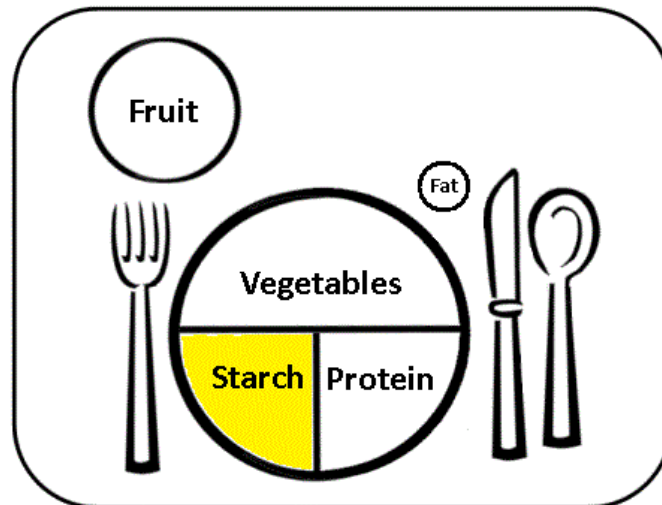
Butternut



Pumpkin



These are **not** vegetables, these are starches!!!



More starches

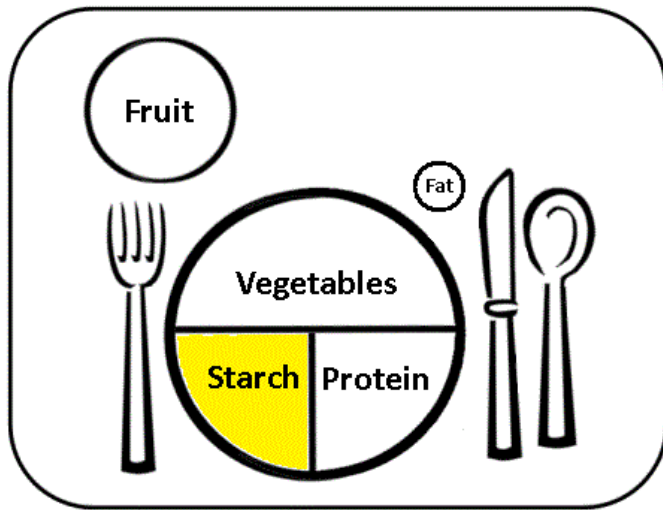


Which one to choose?



Contains more vitamins, minerals and fiber

How many slices?



For a normal meal: 2 slices

For a large meal: 3 slices

Never more than 3 slices, even if it is brown bread!

Make sure you fill up with healthy
vegetables



Which one to choose?

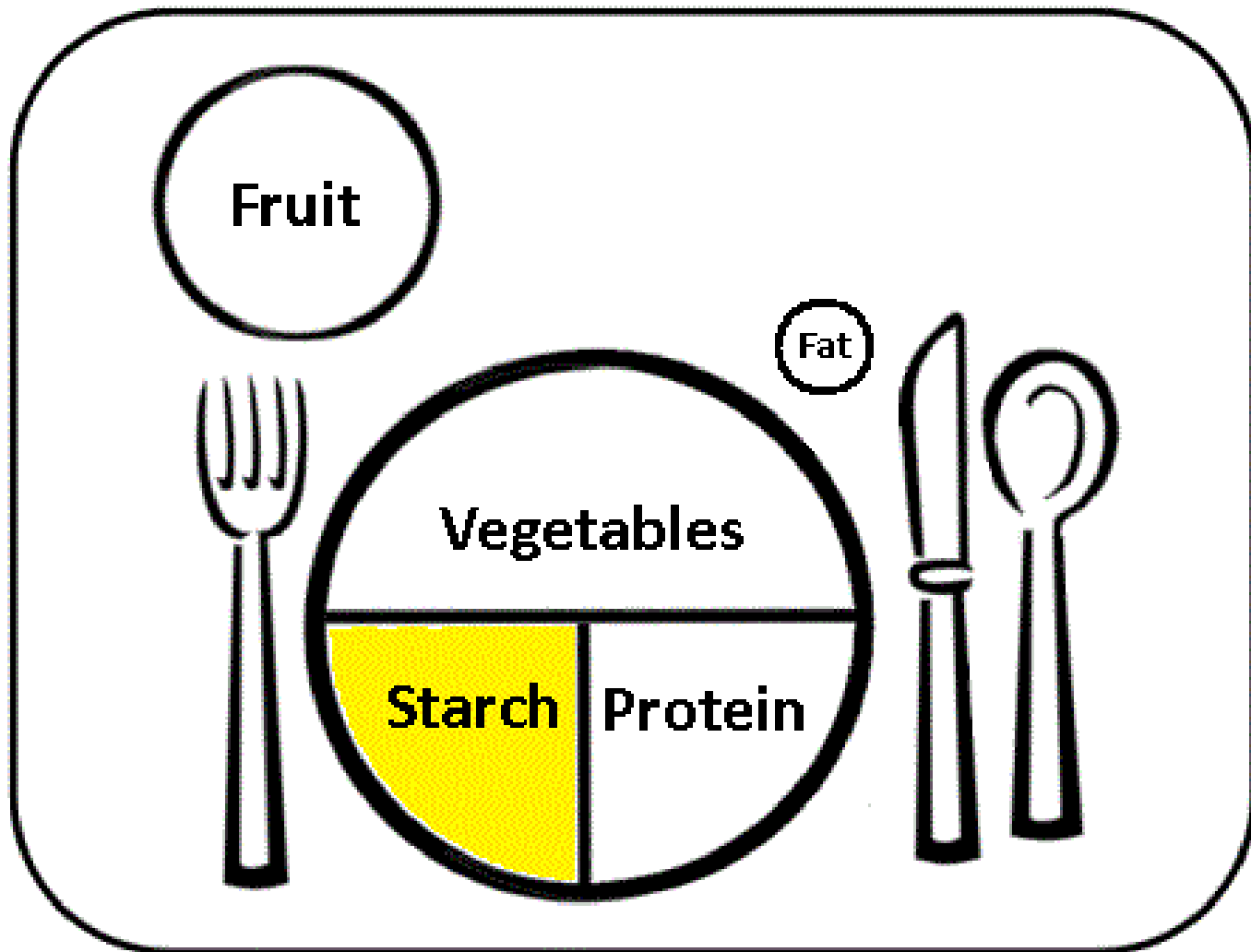


Contains more vitamins, minerals and fiber

Which one to choose?



Limit starch to a quarter of your plate!

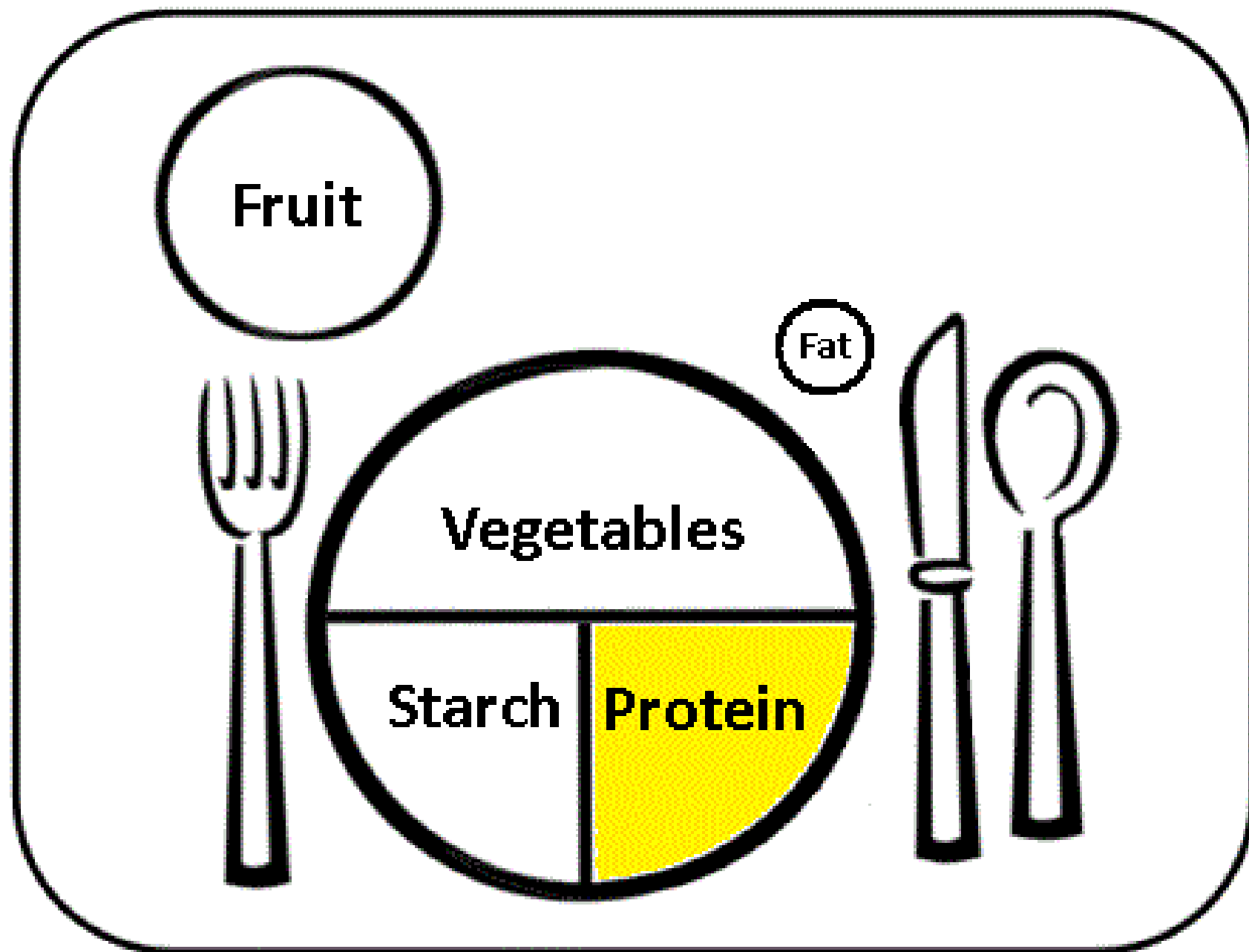


What do you think about this plate?



Eating too much starch
(particularly processed starch)
is one of the main reasons for
the increase in

Diseases of Lifestyle



Protein

Tuna



Chicken



Chicken livers



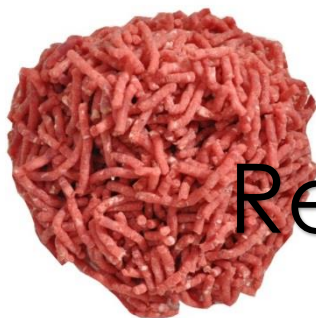
Chicken feet



Fish



Red meat



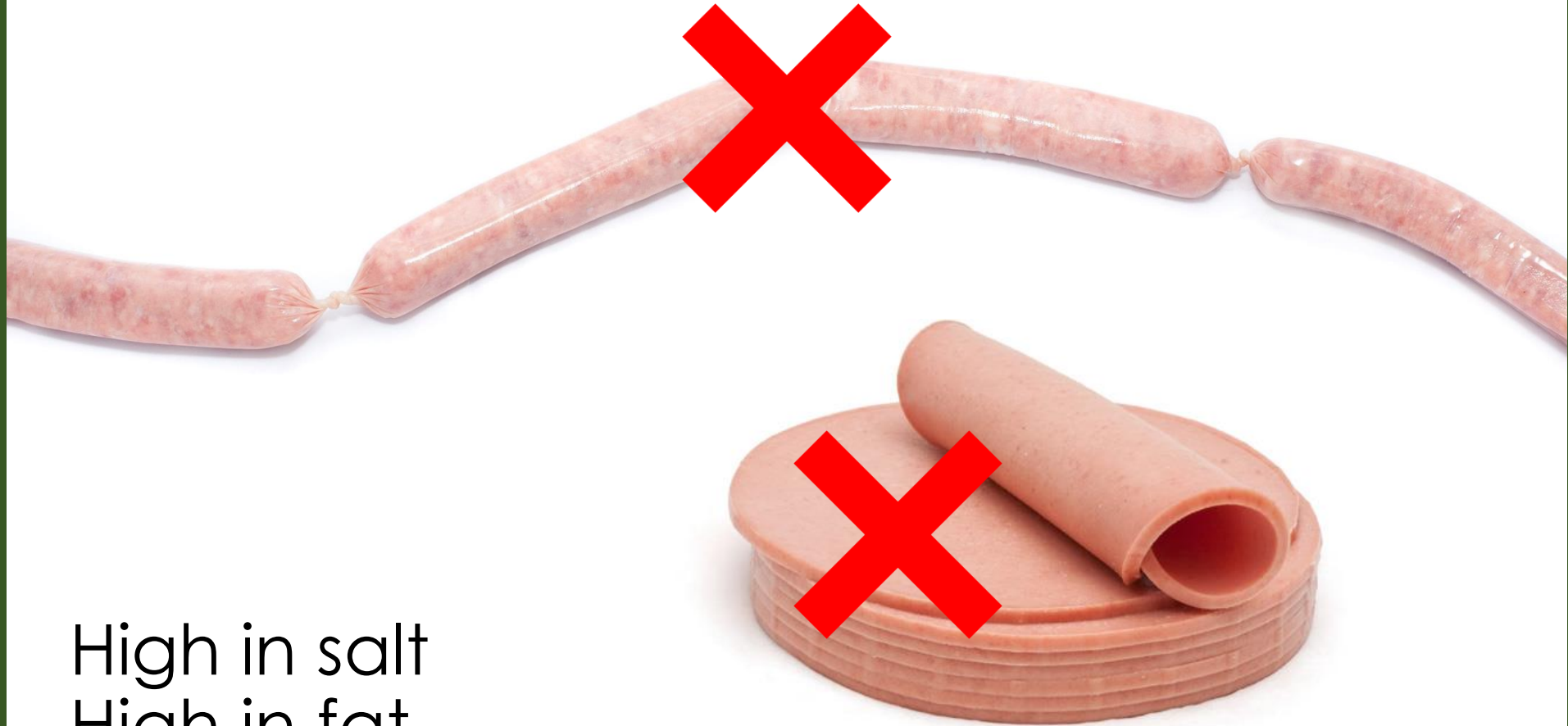
Trotters



Tripe



Protein



High in salt

High in fat

Contains colourants and preservatives

Protein

(Meat alternatives)



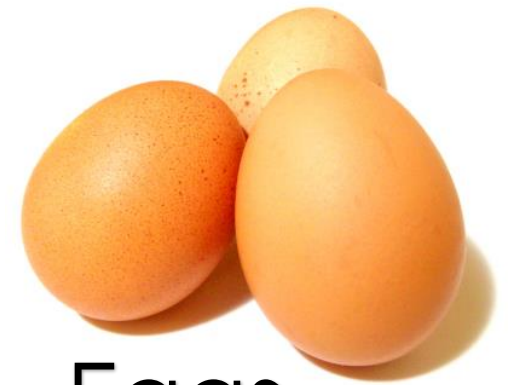
Beans



Lentils



Dairy
products



Eggs



Nuts

What do you think about this plate?

$\frac{1}{4}$ plate Samp and $\frac{1}{4}$ plate Beans mixed



Half a plate of vegetables!
Spinach, carrots and cabbage

The diagram is enclosed in a rounded rectangle. In the top-left corner is a circle labeled 'Fruit'. To its right is a larger circle representing a plate, divided into three sections: 'Vegetables' at the top, 'Starch' at the bottom-left, and 'Protein' at the bottom-right. To the left of the plate is a fork, and to the right is a knife and a spoon. Above the 'Protein' section is a small yellow circle labeled 'Fat'.

Fruit

Fat

Vegetables

Starch

Protein

A table spoon of **FAT**
is part of a healthy meal



Choose **HEALTHY FATS**

Avocado



**OLIVE
OIL**



**Peanut
butter**



**Canola
OIL**

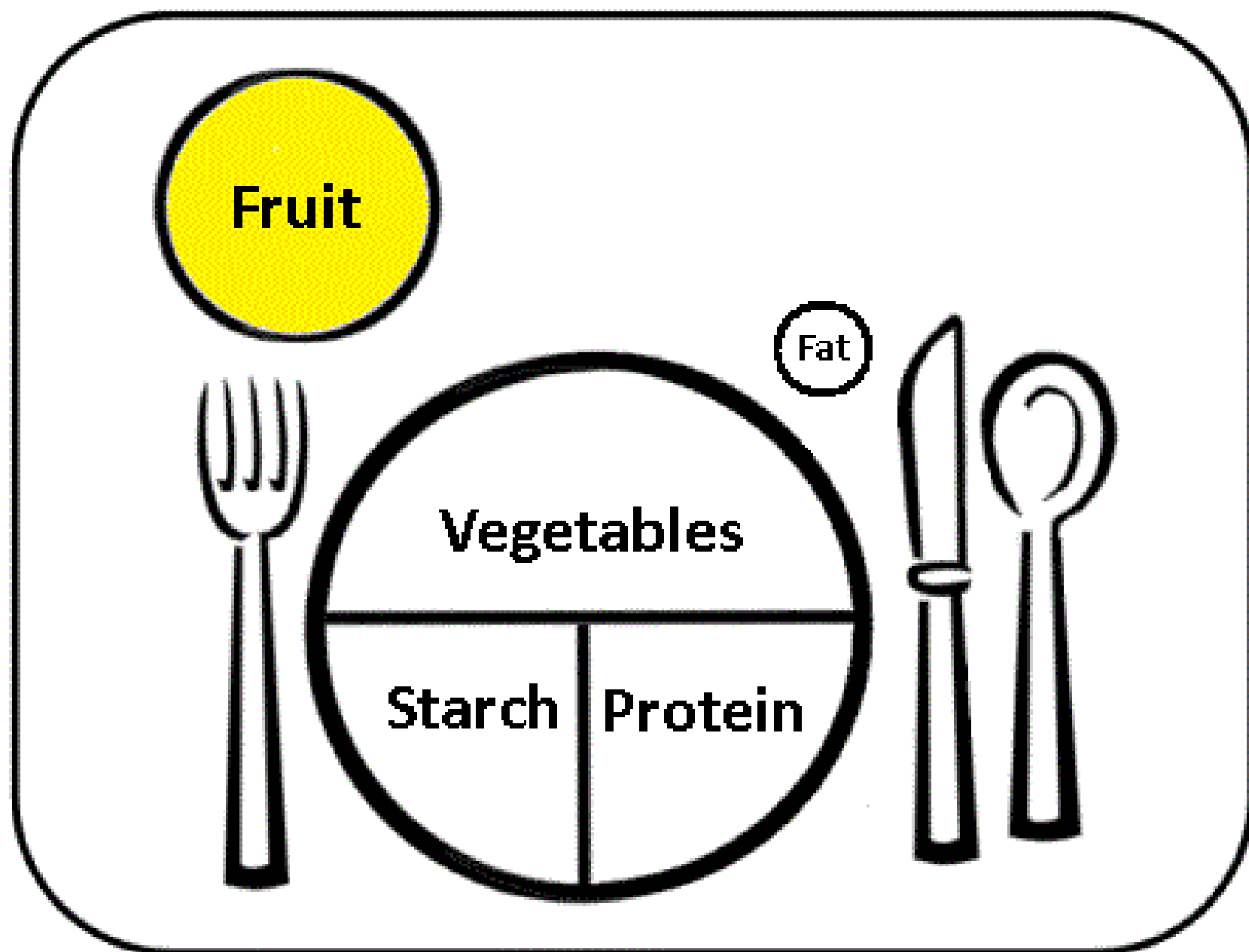


Nuts



**Coconut
OIL**





3 fruit per day



3 fruit per day



Meal sizes?

- Meal sizes have become larger over time.
- What we now consider to be a “normal” portion may be the equivalent of two or three servings!



Meal sizes

- Your stomach stretches and enlarges to accommodate large meals.
- If your stomach is stretched out, you will still feel hungry after eating a normal size meal.
- **This can be overcome!** If you reduce your meal sizes to healthy portions for a month, your stomach will shrink back to normal size and you will feel full after the healthy sized meal.

Sectional plates



- May help you follow the plate model.
- May help you eat smaller portion sizes.

To learn more about a healthy lifestyle

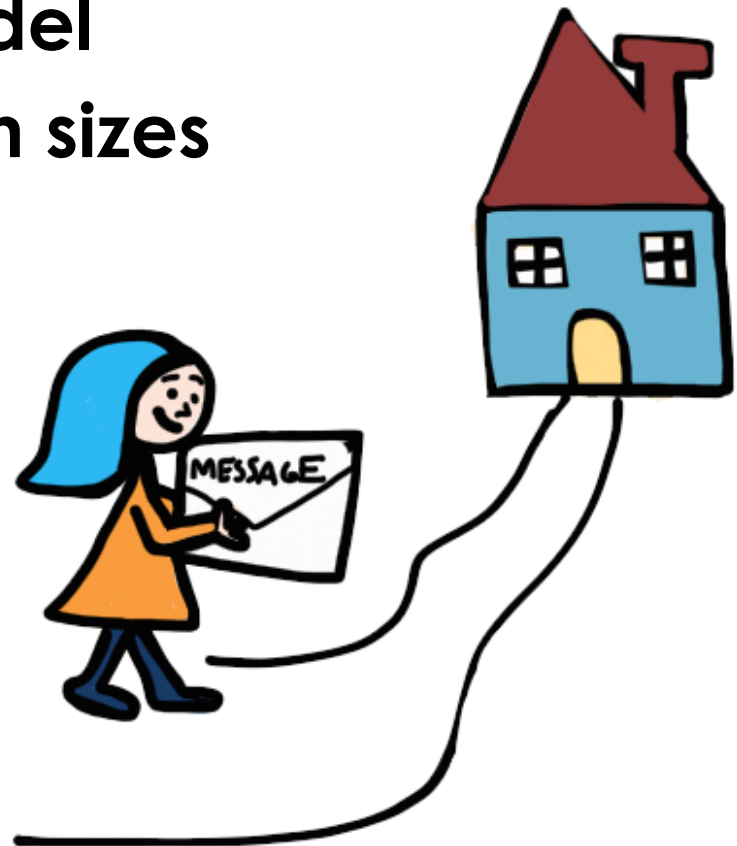
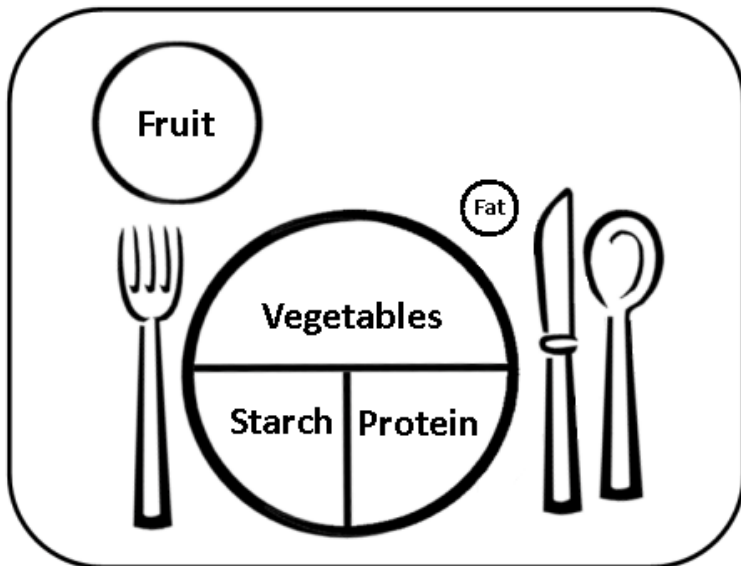
Register with your local library!

- find books on healthy diet
- gain access to healthy living magazines



3 Take Home Messages

1. Have 3 meals per day
2. Follow the Plate Model
3. Have smaller portion sizes



Getting active!



Physical activity = any activity that causes your muscles to work and burns energy.

Aim for at least 30 min per day for 5 days a week, such as walking or dancing.

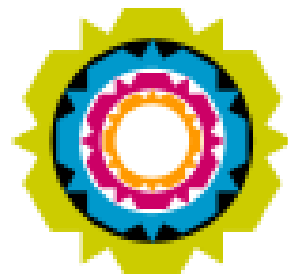


Any activity that increases your heart rate and makes breathing a bit faster counts towards achieving better health



Physical activity can take place as part of transport, work, recreation or household activities. Walking to and from the bus, taxi or train, or walking all the way to and from work, school, shopping or place of worship counts as physical activity





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