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FROM THE AMERICAN PEOPLE



9. Use fats sparingly. Choose vegetable oils, rather than hard fats. **Vegetable oils are better for you than hard fats.** Use canola or olive oil instead of sunflower oil, and use peanut butter instead of margarine. Choose polyunsaturated instead of saturated fat.

10. Use sugar and foods and drinks high in sugar sparingly

Sure, sugar gives us energy, but it has no other nutrients. Avoids sweets, cakes and sugary drinks. They might taste good but they can cause tooth decay.

11. Use salt and food high in salt sparingly

Don't cook with salt and just add a little to your meal. Rather use herbs, salt-free spices and flavourings. Also avoid processed foods with a high salt content.

12. Alcohol - Alcohol is high in energy and contains no other nutrients. Nobody has to drink alcohol, but if you do, only drink a little (one drink for women and two drinks for men per day). **You may not how much you can drink before getting tipsy.** Take it from us - too much alcohol causes impaired judgement and you can be at risk of unsafe sex, or having an accident. You should not be drinking at all if you are not yet 18.

This list is based the South African Guidelines to a balanced diet. (<http://www.adsa.org.za/Portals/14/Documents/FoodBasedDietaryGuidelinesforSouthAfrica.pdf>)

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Keep track of your goals

Write a food journal and take note of when and why you eat. For example, do you eat junk food like sweets and cakes when you're sad, bored, or stressed out? Noticing what triggers you to make bad choices will help you change them.

Also keep track of your healthy habits. Your journal can track your weight goals so that you can see how you are doing over time.

Stay Positive

Making the decision to be healthier and take care of yourself better is always a good one so never stop trying. If you feel like you've slipped into old habits, simply start again.

Recommit and believe in your ability to achieve your health goals no matter what!

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Check list:

Am I living healthily?

You are if...

- you are eating a variety of healthy food
- you are drinking enough clean water
 - you are exercising regularly
- you are not using tobacco, alcohol and drugs
 - you are taking the time to relax, de-stress and have fun
- you are getting enough sleep every night

Why you should choose a healthier lifestyle...

- You will feel and look great!
- You will have more energy
- Your heart gets fitter and stronger the more you exercise
- If you eat less bad fat you can lower the cholesterol levels (LDL) that's bad for your heart
- You could reduce the risk of diabetes
- Your body will fight off colds and flu more readily
- Your skin will look healthier, your nails will be stronger and your hair and eyes will be shiny
- You'll look stronger and more toned
- You'll be happier and more positive
- You will sleep better
- You will have better concentration
- Your creativity and problem-solving skills will be better
- Stress will be easier to handle
- You will feel emotionally stronger and your self-confidence and self-esteem will improve

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EXERCISING AND EATING RIGHT FOR A HEALTHY LIFE

MOVE more
eat right

HEALTH & NUTRITION



MOVE more



1 In your teenage years your body starts changing. There is a new more grown up you emerging. Now is the time to dump the junk food that makes you fat, sluggish and unhealthy (and may give you pimples)! Girls can gain weight and boys suddenly become lanky and thin. Eat the right food and get enough exercise to keep fit and healthy and watch your self esteem grow!

Health and exercise tips to kickstart a healthy lifestyle:

Start slowly

If you haven't exercised in a long time start off slowly so that you don't burn out or become discouraged. Increase the speed you walk or run gradually over time and then increase the distance. Make it a habit to do at least 30-45 minutes physical-activity session every day, or three short 10-minute sessions during the day. Make use of every opportunity to move. Soon you won't feel right unless you are moving!

Heres the best reason to start moving! When you exercise, the brain releases 'feel-good' hormones (endorphins) which will make you feel good and happy.

Want to lose weight?

It's simple! Eat less and move more!

Here's some ideas that will help you reach your goal!

- Stop or reduce sugar in your tea
- Have 2 slices of bread not 4!
- Swop unhealthy snacks like chips and biscuits with fruit and yoghurt.

Keep at it!

You'll soon see a difference! They say it takes six weeks to create a new habit so keep at it and you'll see the results.

Team up! Start exercising with a friend. Share diet tips and recipes with each other, set weekly challenges and encourage each other to keep going. **You don't need to do it alone!**

Get fit through sports or hobbies

Getting fit is fun. Find out what sports are available at your school, local gym or community centre. Start your own after school sports team with your friends.

Try boxing, dancing, soccer, running, netball, karate, swimming - the list is endless. **Remember every body started somewhere!**

What you put in you get out!

A healthy diet = a healthy body!

eat right

1. Eat and enjoy a variety of foods.

Variety means eating different foods within a meal, on different days and preparing food in different, healthy ways. Recipes are a great way of mixing it up! The more colourful a plate of food, the better the variety of nutrients and it's more enjoyable. Cooking can be creative and fun even with the most simple ingredients.

2. Be active. We've talked about this already - keep moving to regulate your weight, and reduces stress.

3. Drink lots of clean, safe water. Drink at least six to eight glasses of clean, safe water every day, or more if you are thirsty or very active. This also includes tea, with no added sugar. Sugary drinks like sodas should be avoided.

4. Eat starchy foods as part of most meals - Choose unrefined starchy foods that are high in fibre since these help us stay full, and support healthy & regular bowel movements. Unrefined starches include whole-wheat bread, brown rice, whole-wheat pasta, high-fibre cereals, oats and course maize meal. Starchy foods are rich sources of carbohydrates, our main source of energy, and

should be eaten with every meal. Refined starchy foods include maize meal, cereals, samp, bread, rice, pasta, potatoes and sweet potato and should be eaten in moderation.

5. Eat plenty of vegetables and fruit - Always have something green on your plate, spinach, cabbage, green beans. Fruit and vegetables are full of vitamins and we need them in our diet. Eat 5 portions of fruit and veg every day if you can.

6. Eat dry beans, split peas, lentils and soya regularly - Eat two to three times per week. They're affordable, high in protein and fibre and low in fat. Mix with vegetables like spinach, cabbage and tomatoes to make delicious soups and stews.

7. Have milk, maas or yoghurt every day

8. Eat fish, chicken, lean meat or eggs - Animal-based foods are higher in fat (saturated fat) and we tend to eat more of these foods than we need to. You only need to eat these foods daily in small quantities or even better just eat them one or two times a week. Include more vegetables in your meals and eat less red meat.