

# Satisfying Hunger

## Healthy eating

Focus on healthy eating to lower your risk of heart attack and stroke. Your diet should be high in vegetables, fruits, peas and beans, nuts and seeds and whole grains.

Eat less red meat (pork, beef, goat). Eat less processed meats (corned beef, sausage).

Drink less sugar-sweetened beverages like sodas, energy drinks, iced teas etc. which do not satisfy hunger.

## Eat this not that

Eating healthy is an important step to a healthier and happier life. To Support your decision to make healthy food choices, consider the foods listed in the “green” column as healthier options, when compared to food items listed in the column shaded “red”. When making healthier food choices:

- Limit how often and how much of the foods you eat from the foods in the “red” column.
- Pay attention to the portion sizes of the foods in the “green” column.

### To Eat Healthy reduce intake of Fats and Oils

INSTEAD OF	TRY
Whole or full cream milk and other dairy	Low-fat milk (1% or 2%) or skimmed milk
Fatty meats, chicken with skin, gravy.	Meat with all fat trimmed off, chicken with skin removed
Processed meats (for example corned beef, frankfurter)	Fish and low fat meats or meat alternatives (e.g tofu)
Fried foods, oil, stick margarine, butter, mayonnaise.	Baked, steamed, grilled or roasted foods, fresh herbs & seasonings or non-fat spreads.

### To Eat Healthy reduce intake of Salty and Processed foods.

INSTEAD OF	TRY
Salted or pickled meat and fish, other processed meats (e.g. Sausages)	Fresh meats, fish and poultry
Seasoning salt, MSG, soya sauces, ketchup.	Vinegar, fresh herbs and spices.
Packaged and canned peas, beans and soups	Dried and fresh peas and beans.
Salted nuts and seeds	Unsalted nuts and seeds
Canned vegetables	Fresh Vegetables
Baked Products (e.g breads and biscuits)	Fresh fruit and Coconut water

*Canned fish such as sardine and mackerel are moderately high in salt (sodium)*

### To Eat Healthy reduce intake of sugary foods and drinks.

INSTEAD OF	TRY
Sweetened beverages, sodas and syrup.	Fresh fruit juice, coconut water.
Sweets, candies, chocolate	Fresh fruits or vegetables.
Cakes, pastries, frosted cereals, sweet biscuits and cookies.	Plain biscuits, crackers, plain cereals, nuts, seeds, peas & beans.
Ice cream or other desserts	Unsweetened jello, low-fat ice cream, fruits.

## Healthy Plate

Resources



Food Based Dietary  
Guidelines for Jamaica

### ACTIVITY ONE

## Video & Review

- 1 Watch the video “**Importance of Balanced Diet and Nutrition to Stay Healthy**” and suggest which foods in the passage from Exodus fit into the 5 food groups from the video.



Narayana Health

- 2 Review the following video to learn how to read food labels



Nutrition.org.uk

### ACTIVITY TWO

## Discussion

1. What can we learn from the passage in Exodus 16:1-21 about healthy and unhealthy eating?
2. Based on the dietary patterns discussed, state one dietary change you are willing and feel confident you can make over the next week.