

YOUR HEALTHY EATING CHECKLIST



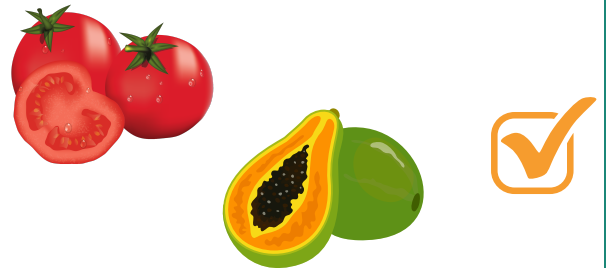
SOMALI DIETS

INCREASE PORTION OF VEGETABLES WITH ALL MEALS



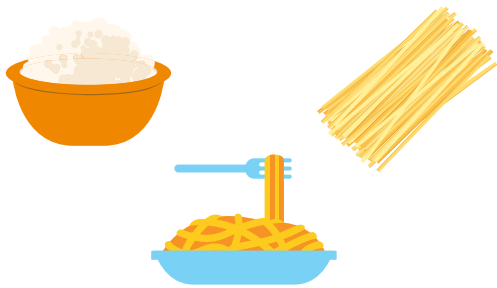
Adding vegetables to salads is a tasty and nutritious way of getting at least 2 servings of vegetables. Also, add vegetables to curry, rice, bariis, canjeero. Including a side salad with all meals is a good way to get increase vegetable intake.

MORE FRUIT & VEGETABLES



Eating at least 5 portions of a variety of fruit and vegetables such as spinach, onions, tomatoes, and pepper and fruits including Banana, papaya and grapefruit. Swap fruits for snacks.

CARBOHYDRATES



Foods, including rice, spaghetti, pasta, macaroni, are all sources of carbohydrates. Swap these for higher fibre carbohydrates such as brown rice, whole meal or multi-seeded flour.

GOOD FATS



Eat more Nuts and seeds as snacks including almonds, walnuts, peanuts, chia seeds, flaxseeds and chana. Oily fish including salmon, trout and sardines. Rapeseed oil and olive oil are better oils and can be used when cooking.

REDUCE THE AMOUNT OF OIL USED IN COOKING



Meat and chicken dishes can be prepared by using less oil. Try shallow frying, baking or grilling foods. Try measuring oil when cooking rice dishes, aim for one table spoon per person per dish.

DRINK 8 GLASSES OF WATER



Aim to drink at least 8 glasses of water. Avoid fruit juices and fizzy drinks. Try to swap to semi skimmed milk and reducing the sugar in tea and gradually having balck tea without sugar.

A healthy eating plan gives your body the nutrients it needs every day, and will also lower your risk for heart disease.