

DIET

Eating is one of life's greatest pleasures. It's a powerful way to enhance (or impair) your health as overtime, the food you eat affects your physical, mental and emotional health as well as your weight and immune system. In fact, WHO (World Health Organization) estimates that about 2.7 million deaths are caused by poor diet per year. Thus, eating healthy is key to our continuing health throughout life hence the need for a balanced diet. According to biology online, a balanced diet is a diet that contains adequate amounts of all the necessary nutrients (such as proteins, carbohydrates, fats, vitamins, minerals and water) required for healthy growth and activity. Such a diet contains all the ingredients needed for our body to healthy continues its daily functions in most efficient way.

In view of this therefore, the WHO makes the following 5 dietary recommendations with respect to both populations and individuals and they are:

1. Achieve an energy balance and a healthy wealth
2. Limit energy intake from total fats and shift fat consumption away from saturated fats to unsaturated fat and towards the elimination of trans-fatty acids
3. Increase consumption of fruits and vegetables, legumes (such as beans), whole grain and nuts
4. Limit the intake of simple sugar – a 2003 report recommends less than 10% simple sugars
5. Limit salt / sodium consumption from all sources and ensure that salt is iodized

Maintaining an overall healthy diet not only offers your body the energy and nutrition that it needs to function but offers several health benefits as well. Below, therefore, is a list of some of those foods that are best for the body and their health benefits:



1. *FRUITS AND VEGETABLES – (e.g. pineapple, lettuce, orange, pawpaw, pumpkin leave, carrot, tomato, okra, etc)*

HEALTH BENEFITS

Eating a diet high in fruits and vegetables, which are rich in dietary fiber, vitamins such as A, E, C, folic acid and potassium may:

- Reduce risk for stroke and other cardiovascular diseases
- Reduce risk for type 2 diabetes
- Protect against certain types of cancers, such as mouth, stomach and colon-rectum cancer
- Reduce the risk of coronary artery disease
- Helps decrease bone loss (osteoporosis) and reduce the risk of developing kidney stones
- Helps keep eyes and skin healthy as well as protect against infection.

2. *WHOLE GRAINS – (wheat, oat, barley, maize, brown rice, millet)*

HEALTH BENEFITS

- Helps reduce the risk of developing chronic disease and coronary artery disease
- Helps with weight management
- Helps reduce constipation

Hence, a healthy diet can be said to be one that;

- i. Is rich in whole grains, fruits and vegetables
- ii. Is low in saturated fats, which is found in fatty meals and full-fat dairy food
- iii. Provides adequate but not excessive calories
- iv. An adequate amount of water

In conclusion, one can therefore see the gains of a healthy diet and one can only hope that our esteemed STAFF will recognize such gains or benefits and inculcate healthy foods into their diet in order to live healthy and fulfilling lives free from disease and pain.