



## Diet & Nutrition

Liven up your plate and body !

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

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Diet plays a very important role in healthy living. A good diet can help control triglycerides, cholesterol and blood sugar – preventing or delaying diseases like hypertension and diabetes. For an optimal diet, proteins should provide 15% to 20% of total calorie intake per day. Saturated fats should provide less than 10% of the total calories. 60% to 70% of the calories should come from complex carbohydrates and monosaturated fats. If you are diabetic, a high fiber intake (20-35 gms per day) and a low cholesterol intake (<300 mg per day) is recommended.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. A healthy meal should include fruits, vegetables, whole grains and should be low in saturated fats and cholesterol.

Focus on fruits and vegetables. Eat at least 3 cups of vegetables and 2 cups of fruit each day. Eat more dark green veggies such as broccoli and spinach. Get 2-3 cups of low-fat or fat-free milk.

Make half your grains whole. Go lean with proteins. Choose chicken and fish over beef and lamb. Greatly limit intake of butter, cheese and other saturated fats. Choose to bake or broil your meat over deep frying it.

Know the limits on fats, salt, and sugars. If you are hypertensive avoid salt rich foods. If you are diabetic, restrict your sugar intake and use sweeteners where needed.



## Are you drinking enough water?

If you're not, you could end up with excess body fat, poor muscle tone, digestive complications, muscle soreness - even water-retention problems.

A normal adult is 60 to 70 percent water. We can go without food for almost two weeks, but without water only a few days. Yet most people have no idea how much water they should drink. The minimum for a healthy person is 35 to 50 fluid ounces per day. We recommend roughly 0.5 fluid ounce per pound of body weight.



Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.