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vital info vital

**EAT RIGHT – IT'S A
SMART CHOICE**



SHOPRITE

Eat Right - it's a *Smart Choice*

Almost 90% of cancers are caused by environmental factors. The risk of developing cancer can be significantly reduced by making smart choices and leading a balanced lifestyle. This includes getting regular exercise, limiting alcohol intake, reducing sun exposure, avoiding tobacco, going for regular medical check-ups, and making healthy eating choices.

Make every meal a *Smart Choice*

Eating tips

- Eat fresh fruit and vegetables each day (*at least five portions*).
- Choose a variety of fruit and vegetables of different colours for different nutrients.
- Eat more fibre, e.g. fruit and vegetables with skins included and whole-grain foods such as mealie pap, brown rice and sorghum.
- Limit meat and rather eat more fish, beans, lentils and soya products.
- Avoid food that is fatty, sugary and salty such as chips, potato crisps, sweets and fast foods.
- Limit your intake of processed, cured and smoked foods such as biltong, bacon, polony, ham, russians and vienna sausages (*linked to colon cancer*).
- Choose low-fat milk and hormone-free dairy products.
- Use Canola oil with a high smoke point of 230°C in all food preparation. It is rich in Omega-3 and has the best ratio (2:1) of Omega-6 to Omega-3.
- Choose Canola margarine products that are trans-fat free and check labels of processed foods, like confectionaries, for trans-fat contents (*trans-fats are restricted to less than 2% by law*).
- Aim for three meals per day and snack in between meals on your favourite fruit or vegetable.

Make every meal a *Smart Choice*

One portion of protein

(Meat, fish, soya and milk products)

Choose one of the following:

- 30g meat, fish or soya (the size of your palm)
- One egg
- Low fat and medium fat hard cheese (not more than 30g/day)
- 1/4 cup low fat/fat free cottage cheese
- 1 cup low fat/fat free milk

1/4

Plate Protein

One slow release carbohydrate (starch) the size of your fist

Select one of the following:

- Rice, durum wheat pasta, baby potatoes, sweet potato, mealies, butternut, bran cereal, low GI muesli, rolled oats, low GI bread, seed loaf bread, rye bread, whole wheat crackers

1/4

Plate Carbohydrate (starch)

Fats

LOW FAT
FAT FREE
MILK



Make every meal a *Smart Choice*

One portion fats/oils:

Choose one of the following:

- 1 tsp vegetable oil (Olive or Canola oil)
- 2 tsp peanut butter
- 1 tbsp light mayonnaise/low oil salad dressing
- $\frac{1}{8}$ medium avocado
- 5 large olives
- 10 mixed nuts (raw)

$\frac{1}{2}$

Plate
Vegetables,
Salads and
Fruit

/Oils

One cup raw or $\frac{1}{2}$ cup cooked vegetables (roasted or steamed)

- As a snack between meals:
- One portion of fruit (size of tennis ball)
- Or $\frac{1}{2}$ glass of fruit juice (unsweetened)
- Or a handful of dried fruit

Cooking tips

- Eat raw fruit and vegetables daily.
- Prepare your food by baking or steaming.
- Cut down on frying and braaing. Cooking oil should not be re-used. If you braai, limit this to twice a week, cut off excess fat, keep the grill 12cm above the coals. Never eat burnt meat (*linked to colon cancer*). Consider braaing in foil.
- Store food with care - use clingwrap free of harmful plasticisers.

Drinking tips

- Drink 30ml of liquid per kg of body weight per day, 60% of which should be water. Drinking enough water not only keeps you hydrated, it also helps food move through the digestive system and carries nutrients to the cells.
- Alcohol (*like tobacco*) is linked to an increased risk of cancers of the mouth, throat, voice box, oesophagus, liver, breast, prostate, colon and rectum. Limit alcohol to one standard drink a day.
- Avoid fizzy sweetened drinks.
- If you have fruit juice, drink unsweetened pure juice and dilute with water.
- Drink rooibos tea, which is rich in antioxidants, low in tannin and caffeine free.



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