DHMOSH Public Health Conversation Series: Nutrition & Healthy Eating

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7 April 2021
Presentation Outline

• Principles of a Healthy Diet
• Conversation with Dr Haiat
• More Resources
WHO’s 5 Keys To A Healthy Diet

**EAT MODERATE AMOUNTS OF FATS AND OILS**

- Use unsaturated vegetable oils (e.g. olive, soy, sunflower or corn oil) rather than animal fats or oils high in saturated fats (e.g. butter, ghee, lard, coconut and palm oil)
- Choose white meat (e.g. poultry) and fish, which are generally low in fats, in preference to red meat
- Eat only limited amounts of processed meats because these are high in fat and salt
- Where possible, opt for low-fat or reduced-fat versions of milk and dairy products
- Avoid processed, baked and fried foods that contain industrially produced trans-fat

**EAT LESS SALT AND SUGARS**

- When cooking and preparing foods, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce)
- Avoid foods (e.g. snacks), that are high in salt and sugars
- Limit intake of soft drinks or soda and other drinks that are high in sugars (e.g. fruit juices, cordials and syrups, flavoured milks and yogurt drinks)
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate
WHO’s 5 Keys To A Healthy Diet

**BREASTFEED BABIES AND YOUNG CHILDREN**
- From birth to 6 months of age, feed babies exclusively with breast milk (i.e. give them no other food or drink), and feed them “on demand” (i.e. as often as they want, day and night).
- At 6 months of age, introduce a variety of safe and nutritious foods to complement breastfeeding, and continue to breastfeed until babies are 2 years of age or beyond.
- Do not add salt or sugars to foods for babies and young children.

**EAT A VARIETY OF FOODS**
- Eat a combination of different foods, including staple foods (e.g. cereals such as wheat, barley, rye, maize and rice; or starchy tubers or roots such as potato, yam, taro and cassava), legumes (e.g. lentils and beans), vegetables, fruit and foods from animal sources (e.g. meat, fish, eggs and milk).

**EAT PLENTY OF VEGETABLES AND FRUIT**
- Eat a wide variety of vegetables and fruit.
- For snacks, choose raw vegetables and fresh fruit, rather than foods that are high in sugars, fats or salt.
- Avoid overcooking vegetables and fruit because this can lead to the loss of important vitamins.
- When using canned or dried vegetables and fruit, choose varieties without added salt and sugars.
My Plate Replaces the Food Pyramid
Physical Activity Recommendations – For Different Age Groups

CHILDREN AND ADOLESCENTS (6-17 YEARS)

60 mins (1 hour) or more of moderate-to-vigorous intensity physical activity daily

A variety of enjoyable physical activities

As part of the 60 minutes, on at least 3 days a week, children and adolescents need:

- Vigorous activity such as running or soccer
- Activity that strengthens muscles such as climbing or push ups
- Activity that strengthens bones such as gymnastics or jumping rope

ADULTS (AGES 18-64 YEARS)*

At least 150 minutes a week of moderate intensity activity such as brisk walking

At least 2 days a week of activities that strengthen muscles

* Aim for the recommended activity level but be as active as one is able

PRESCHOOL-AGED CHILDREN (3-5 YEARS)

Physical activity every day throughout the day

Active play through a variety of enjoyable physical activities
Further Resources from WHO

• WHO on Nutrition [https://www.who.int/health-topics/nutrition#:~:text=Nutrition%20is%20a%20critical%20part,cardiovascular%20disease)%2C%20and%20longevity](https://www.who.int/health-topics/nutrition#:~:text=Nutrition%20is%20a%20critical%20part,cardiovascular%20disease)%2C%20and%20longevity)

• WHO on Physical Activity [https://www.who.int/news-room/fact-sheets/detail/physical-activity](https://www.who.int/news-room/fact-sheets/detail/physical-activity)