



ST. ANDREW'S
COMMUNITY HOSPITAL

HEALTHY EATING FOR PERSONS WITH CHRONIC CONDITIONS



Healthy eating

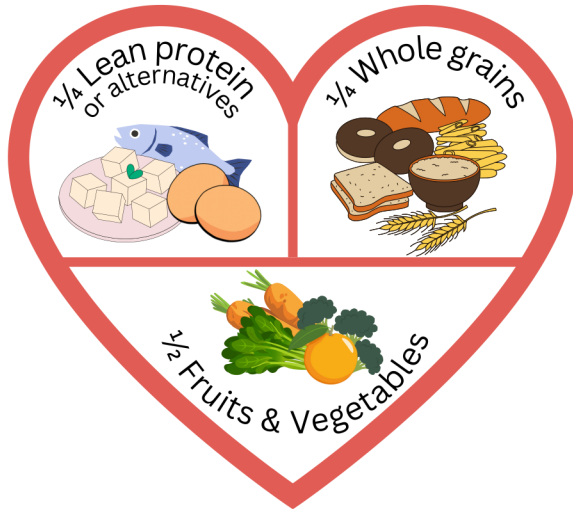
It is important to provide our bodies with the necessary nutrients to function properly and maintain good health.

By incorporating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into our diet, we can support our immune system, improve our energy levels, and help to manage chronic diseases.



My Healthy Plate

Follow My Healthy Plate by the Health Promotion Board (HPB).



General healthy eating principles

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'High's in

- fibre
- whole foods
- proteins

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'Low's in

- saturated and trans fat
- salt
- refined sugar
- dietary cholesterol
- alcohol



What to do



Choose healthier cooking methods such as steaming, grilling, poaching, or baking.

Choose healthier cooking oils with polyunsaturated or monounsaturated fats e.g. sunflower, peanut, or canola oil.



Use more herbs and spices instead of salt, sauces, and condiments.

Use fresh meat without skin or vegetables for soup bases.



Choose wholegrains (e.g. barley, brown rice), fresh fruits, and vegetables.

Have regular mealtimes with a balanced diet, as per My Healthy Plate.



Replace meat with fish or bean products a few times a week.

Increase fibre in your diet. Aim for two servings of fruits and vegetables each daily.

Note: Too much fruit can lead to increased blood glucose levels.

What to avoid



Food with excessive amounts of visible oil or fat.

Excess intake of soups, gravies and sauces (or ask for it to be served sparingly or on the side)



Processed foods, such as sausages, ham, fish balls.

Drinks high in sugar, including 3-in-1 drinks.



Salted or preserved food, e.g. ikan bilis, preserved fish, salted eggs.

Excessive alcohol consumption.

Instant food, as it is likely to have high sodium and additives.



Deep-fried food, as these tend to be high in trans fats.



Frequently asked questions on a heart healthy diet

What's the best way to reduce cholesterol in my diet?

Avoid trans fats, and limit your intake of saturated fats and dietary cholesterol. This includes fatty meat, skin, internal organs, seafood (prawns, squid, etc), and full-cream dairy products.

You should also manage your consumption of egg yolks - as recommended by the Health Promotion Board (HPB), limit egg yolk consumption to four per week.



Why is fibre important for heart health?

Fibre, especially soluble fibre, plays a crucial role in maintaining heart health by reducing cholesterol levels and regulating blood sugar levels. Soluble fibre binds to cholesterol and removes it from the body through the digestive system.

Examples of soluble fibre are oatmeal, beans, fruits and vegetables.

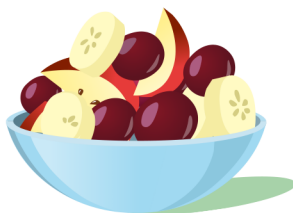


Frequently asked questions on diabetes

Can I take diabetic chocolates and sweets?

"Diabetic-friendly" doesn't mean it's healthy. Always check the ingredients list and nutritional information before consuming any food or drink, especially if you have diabetes, as most of these products do contain carbohydrates, and some may be high in fat.

Opting for whole, unprocessed foods and avoiding foods with refined sugar are a better choice for managing blood sugar levels and overall health.



What are some diabetes-friendly snacks?

Some options include vegetables (e.g. carrot sticks, celery and cucumber), nuts and seeds (e.g. almonds, sunflower seeds and pumpkin seeds), and fresh fruits (e.g. berries, apples and oranges). Do note that too much fruit can lead to increased blood glucose levels.

You can also pair a healthy carbohydrate like whole grain crackers with a protein-rich food like peanut butter, or low-fat or non-fat yoghurt.



Remember to pay attention to portion sizes and to choose snacks that are low in added sugars and saturated or trans-fats.



For more information,
please consult a dietitian.