

Top eating tips from dietitians



Eating healthily is essential for feeling your best, but many people don't eat as healthily as they should. Sometimes, we choose convenience over health, and that's why we asked dietitians how you can make better and easy choices.

Breakfast

Breakfast is the most important meal of the day: If you don't like having breakfast, a smoothie may be perfect as you can have it on the go. My favourite smoothie is frozen blueberries, half a banana, two tablespoons of natural yoghurt, a raw egg, $\frac{1}{4}$ cup of raw oats, and skinny milk. It's low GI and contains a bit of protein to keep me going all morning.

Dietitian and fitness lecturer, Vicky Kuriel

Lunch

Fast-food for lunch? "Fast food will never be as healthy as the food you can make at home. But with the right choices, you can enjoy your favourite fast food without too much guilt, as long as you don't make it a habit. Fast food is often packed with high GI carbohydrates like the roll the burger comes in and the fried chips that come with the burger. If possible, choose a wrap. Wraps, even those made with white flour, have a lot less of the unhealthy carbohydrates than a roll. You don't have to opt out of chips every time, but rather get a small chips and another, healthier side, like vegetables or salad."

Dietitian, Monique Piderit

Dinner

Stock the ingredients needed for a quick and balanced meal: "It's always best to ensure your

pantry is well-stocked with quick, easy, and nutritious staples so that you aren't reliant on takeaways after a busy day at work. Examples of these would be pasta, brown rice, tinned tuna or salmon, canned beans, eggs, cheese, and frozen vegetables. A variety of different, quick nutritious meals can be made with a combination of these ingredients. Always try to have a combination of carbohydrates, protein, and fruit and vegetables at hand to ensure that a balanced meal can be quickly whipped up."

Dietitian, Lindsay Archibald

Snacks

Keep your energy levels up during the day with healthy snacks like:

- Fresh fruit.
- Greek yoghurt.
- Raw and unsalted nuts.
- Trail mix made of mixed nuts, seeds, and dried fruit like cranberries.
- Boiled egg.
- Wholewheat cracker with cottage cheese, hummus, or sugar-free nut butter.
- Vegetable sticks like baby carrots, celery, mange tout, tomatoes, etc.
- Lean beef or game biltong.

Dietitian, Monique Piderit

Healthy eating can be easy and convenient. Make the right choices!