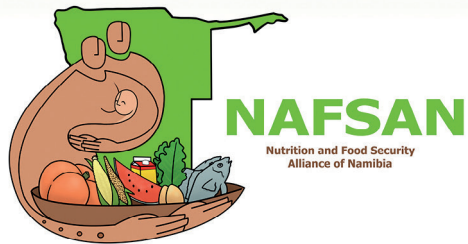


NUTRITION FOR HEALTH

EMBRACING OUR NAMIBIAN FOOD SYSTEMS



Set 2 =
**Food Groups
and Healthy
Eating**



Right Start
make a child's first steps
the right steps.

www.RightStart.com.na



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SLIDE 3.1. - SUGAR: NATURAL VS. ADDED SUGAR

- Natural sugar is mainly in fruits, yet also in milk or in starchy foods, such as bread, corn, pasta, legumes etc. - because starchy food is converted into sugar in the body during digestion.
- 100% pure fruit juice (freshly prepared – unlike most ones from the shops) contains no “added sugar”, yet the amount of natural sugar in it is still high, as one glass of apple juice contains the sugar of about 3-4 apples. We would not eat 3-4 apples (or oranges) at the same speed as we drink one glass of juice.
- A medium-sized apple contains $\pm 15\text{g}$ sugar, yet also healthy fibers and micronutrients.
- Added sugar is either visibly added (e.g., spoons in tea) but is most often hidden in beverages and in all kinds of food, especially processed food.
- Hidden sugar is not only in ‘sweet stuff’ (see picture), but also in other food, as we shall find out soon.



**Natural
Sugar**

**Added
Sugar**



SLIDE 3.2. - RECOMMENDED SUGAR INTAKE

- Healthy and recommended maximal total daily sugar intake:
under 2 years = no sugar at all!
- Maximum added sugar for adults: 50g (10 teaspoons) and
25g (5 teaspoons) for children (2-18 years).
- Young children are still developing their sense of taste, so they easily
get addicted to sugar at a very early age, yet when raising them
without or with less sugar, they will not like sweet stuff too much.

Recommendations for daily added sugar intake

Children
≤2 years



0 tsp/day

Children
2-18 years



≤ 5tsp/day

Adults
18 years and older

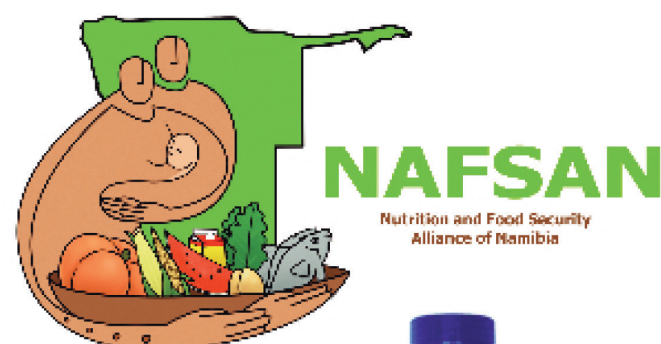


≤ 10tsp/day

SLIDE 3.3. - ADDED SUGAR: 'RETHINK YOUR DRINK'

- Invite participants to have a look at some of Namibian's most favorite beverages to see how much 'hidden' (= added) sugar they contain. Please note that 'Sunsation' contains so much total sugar because the milk in it already has natural sugar in addition to the added sugar.
- Facilitate discussions as needed, hereby include the question if drinking water instead may be a possible healthier thing to do, at least on some occasions?

SLIDE 3.3. - ADDED SUGAR: 'RETHINK YOUR DRINK'



October 2022

RETHINK YOUR FAVOURITE DRINKS!

WORLD HEALTH ORGANISATION'S RECOMMENDATION:
ADDED SUGAR PER DAY: MAX. 50G (=10 TEASPOONS) CHILDREN EVEN LESS.



SLIDE 3.4. - ARTIFICIAL SWEETENERS AND HONEY

- Artificial sweeteners are sugar substitutes, providing a sweetness similar to sugar yet with less food energy.
- Risks of artificial sweeteners are unknown and still being explored, with some – like Aspartame - having been linked to cause cancer and alzheimers, and they may affect our eating habits in other ways.
- Honey is good for medicinal purposes, yet it is still a form of ‘sugar’ and should not be overconsumed.
- Honey must not be given to children under 1 year of age!!!

SLIDE 3.4. - ARTIFICIAL SWEETENERS AND HONEY



Sugar



**Artificial
Sweeteners**



**Natural
Sweeteners**

SLIDE 3.5. - SUGAR IN OUR FOODS

- Even salty food – especially when processed – contains a lot of hidden sugars, such as tomato sauce, mayonnaise, flavored yoghurt, and breakfast cereals.
- Sugar is added in so many foods and drinks, it has become an often invisible addiction in our lives!

HIDDEN SUGAR IN FOOD



WHITE BREAD

2.1 grams

Per 1 slice, large (40 grams)



TOMATO SAUCE

6.8 grams

Per 60 grams



YOGHURT

23 grams

Per 170 grams



FLAVORED INSTANT OATS

20.2 grams

Per 100 grams



MAYONNAISE

11 grams

Per 100 grams

(6 Tablespoons)



SALAD DRESSINGS

1.22 grams

Per 1 Tablespoon

SLIDE 3.6. - OILS AND FATS: LOVE, LIMIT, LOSE

- Fats to 'Love' (= eat more of): nuts, oils and seeds, avocado
Benefits of unsaturated fats: reduce the risk of stroke, boost brain health, good cholesterol level
- Fats to 'Limit': cheese, butter, saturated fats (animal fats)
- Fats to 'Lose' (= avoid): fatty foods (deep fried), pastries (cookies, cakes), margarine, and also canola oil
Risks of saturated and artificial fats: risk of heart attacks, strokes, and type 2 diabetes
- Health Warning: Reusing (reheating) cooking oil increases risks for cancer, obesity, high blood pressure, strokes, diabetes, heart diseases, and acidity/indigestion (= burning sensation in throat and stomach).
Do not reuse/reheat oil more than 3 times!!!

SLIDE 3.6. - OILS AND FATS: LOVE, LIMIT, LOSE



American Heart Association
life is why™

Healthy For Good™

THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

LOVE IT

UNSATURATED (POLY & MONO)



- ✓ Lowers rates of cardiovascular and all-cause mortality
- ✓ Lowers bad cholesterol & triglyceride levels
- ✓ Provides essential fats your body needs but can't produce itself

LIMIT IT

SATURATED



- ✗ Increases risk of cardiovascular disease
- ✗ Raises bad cholesterol levels

LOSE IT

ARTIFICIAL TRANS FAT, HYDROGENATED OILS & TROPICAL OILS



- ✗ Increases risk of heart disease
- ✗ Raises bad cholesterol levels

EAT SMART ADD COLOR MOVE MORE BE WELL

LEARN MORE AT
[HEART.ORG/EATSMART](https://heart.org/eatsmart)

SLIDE 3.7. - LESSONS LEARNED FOR HEALTHY DIETS?

- Healthy means to eat enough (= 'Adequate'), different foods (= 'Variety') and not too much from the one or the other (= 'Balance').
- It also says food should come from "All Food Groups" - something we will explore next, after lunch.

Adequacy, Variety and Balance = Key Characteristics of Healthful Diets



6615 kJ

High energy
density and
low nutrient
density foods



6615 kJ

Lower energy
density and
high nutrient
density foods

Solid fat,
added sugar
and alcohol
reduce
nutritional
density

- ✓ Include a **Variety of Food** from **All Food Groups**
- ✓ Many **Combinations of Food** can supply **Adequate Nutrients**
- ✓ **High kilojoule diets or low nutrient density diets tend not** to supply enough vitamins and minerals
- ✓ **No single food** can supply all nutrients needed in meal / day

- Various food groups on a plate are often visible through different colors
- Eating a variety of food is important, ideally from each food group
- Portion sizes matter: $\frac{1}{2}$ plate = vegetables, $\frac{1}{4}$ = cereals (staple foods), $\frac{1}{4}$ = proteins
- Fruits should not be part of the main meal but rather as a snack, and if eating alongside the meal then they should be eaten before (or 30min after) a meal, because they are being digested much faster!

A Healthy Plate

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



- Staple Foods (cereals) in their most natural and unprocessed form (e.g., omahangu or maize, potatoes, brown bread, brown rice contain “complex carbohydrates” with healthy fiber and starch
- Important to give the body energy to support all bodily functions and physical activity = “GO-food”
- There are also “simple carbohydrates”, e.g., in fruits (yet here together with good fiber), milk and honey, but mostly in refined sugar and candy/sweets. This also gives us “energy” but only for a very short period, and here we can observe an unhealthy ‘sugar high’ or a ‘sugar rush’, especially among young children.
- Note, there is no real difference and no health benefit of ‘brown sugar’ compared to white sugar!

Cereals/Staple Foods = Go Foods



SLIDE 4.3. - PROTEINS: ANIMAL AND PLANT SOURCES

- Proteins help maintain life and help to build and repair damaged cells and tissues = “GROW-food”
- Sources = animals: beef, chicken, lamb, game, donkey, worms, frogs, eggs, milk, yogurt, omaere, ...
+ in plants: beans (fresh or dried, incl. oshingali), Bambara groundnut (eefukwa), lentils, split peas, nuts, sesame seeds, peanuts, ...
- Peanut butter is the healthier/better option on bread, instead of margarine, especially for children
- Consuming more plant-based protein is recommended, as red (beef, game, pork) and processed meat increase health risks, e.g., for inflammations, heart disease, cancer, diabetes, and premature death.

Proteins = Grow Foods



SLIDE 4.4. - VEGETABLES AND FRUITS

- Importance of vegetables and fruits: provide us with important micronutrients (= minerals + vitamins) to strengthen our immune system and to maintain healthy hair, eyes and skin = “GLOW-food”
- Examples of local vegetables: ombidi, ombowa, mutete, cabbage, pumpkin, lettuce, peppers, tomatoes, ...
Dark leafy vegetables such as kale, spinach (ombidi/mutate/ombowa) and lettuce = good sources of iron, calcium, and Vitamins A, C, and K. They strengthen the immune system, slow down signs of ageing, and help to prevent heart diseases, high blood pressure, and cancer.
- Examples of local fruits: eembe, monkey orange, grapes, oranges, lemons, mango, pawpaw, guava, ...

Vegetables and Fruits = Glow Foods



SLIDE 4.5. - FATS, OILS AND SUGAR

- Importance of fats: help the body take in Vitamins A, D and E, and provides the body with energy.
- Ideal sources of fats: nuts, avocado, natural local oils, fish and also in natural butter.
- Limit consumption: oils (especially canola oil mixes), margarine, baked goods, fatty meat, cheese etc.
- Caution = unhealthy hidden fats: fat cakes & warm chips (fries) & fried foods (e.g., sausages, 'russians')

FATS AND OILS

Trans Fats

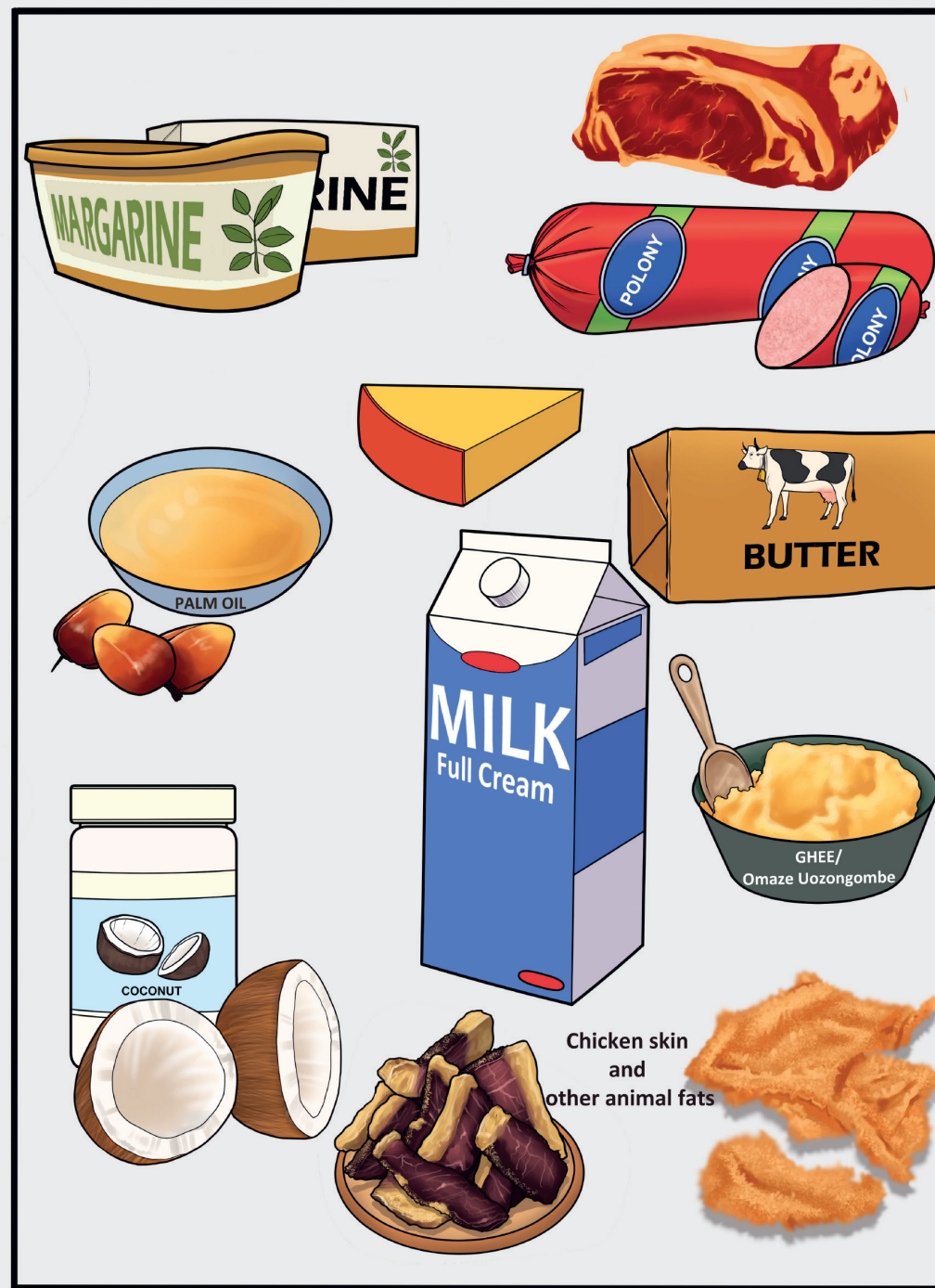
Fried & Processed Foods



Saturated Fats

Vegetable Fats

Animal Fats



Unsaturated Fats

Most Healthy



SLIDE 4.6.- BENEFITS OF DRINKING WATER

- Importance of water = prevents dehydration, allows us to have enough blood, saliva, sweat and tears; ensures healthy body functions, such as digestion and helps keep our body at a normal temperature.
- Drink 2 liters of water a day (= 8-10 glasses/cups), most of it in the morning, because our body needs overall about 3-4 liters of water a day, including water intake through other liquids.



SLIDE 4.7. - WATER AND DEHYDRATION

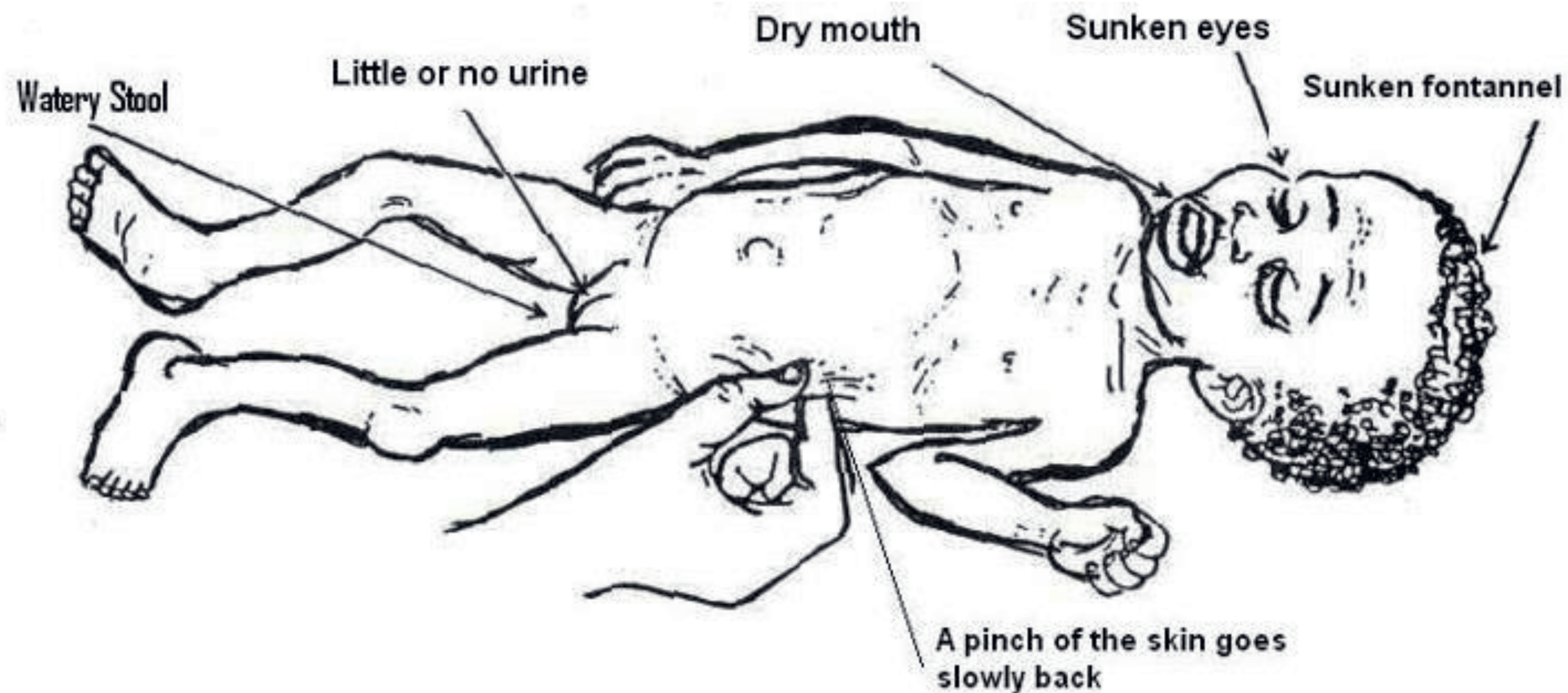
- Water must be clean and safe, otherwise it makes us sick, and we won't be able to make use of it.
- Define dehydration as a lack of water and other fluid in the body as a result of not drinking enough water.
- Show how dehydration can be detected through the skin-test and other symptoms.
- Urge people to take dehydration seriously, especially for babies, young children, mothers and the elderly.

Skin turgor (elasticity)



Symptoms of Dehydration:

- Dry or sticky mouth / dry lips
- Difficulties walking or falls
- Lethargy: fatigue, drowsy, dizzy
- Weight loss / dark yellow urine
- Rapid heartbeat / low blood pressure



- Dehydration - First Aid:
 - Move to a cool and shaded place, consider lying down and raising legs,
 - Drink plenty of water (no drinks with alcohol or caffeine!),
 - Prepare home-made ORS - use the slide to explain how to prepare the solution.
- Cases of severe dehydration must be treated with intravenous fluids at clinics or hospitals!

Home-made remedies for mild/medium cases of Dehydration:

- 

1. Take 4 cups of clean drinking water.
- 

2. Mix $\frac{1}{2}$ small spoon of salt.
- 

3. Add 6 small spoons of sugar.
- 

4. Mix it thoroughly.

HOMEMADE ORS

CURE FOR DEHYDRATION AND DIARRHOEA



- 5.** Drink this homemade ORS several times a day until you recover completely.

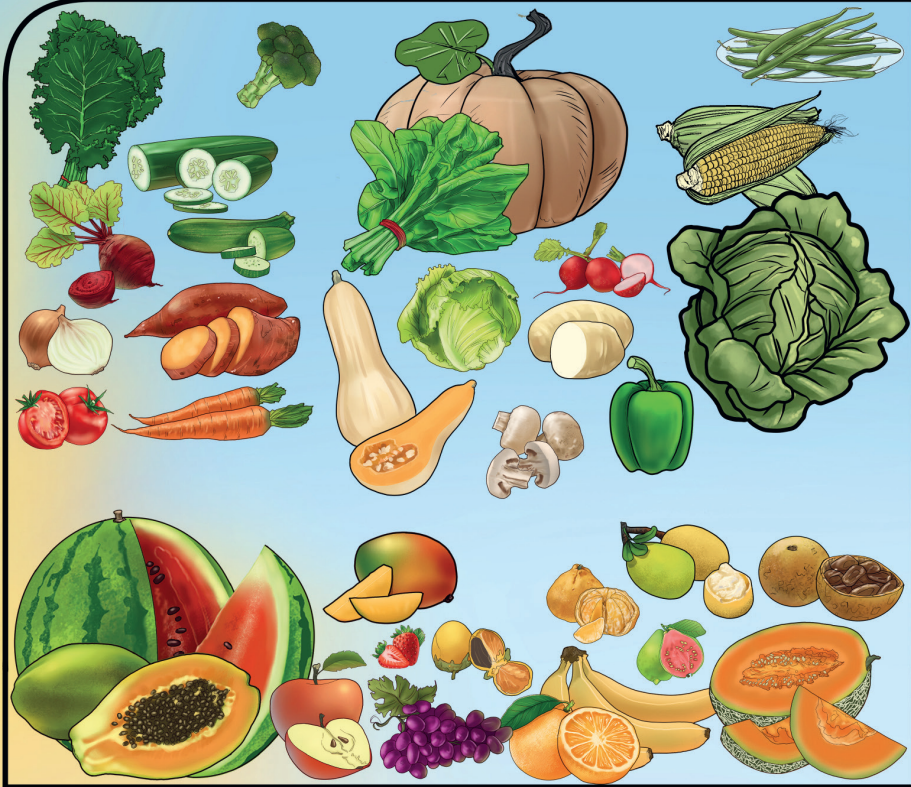
- Have a variety of foods from different food groups (various colours = “eat a rainbow”) throughout your day.
- Sweet or salty snacks should only be consumed in small amounts and on rare occasions.
- Oils, spreads and sauces should also be used sparingly – don’t reuse oil more than 3 times.
- Always read your food labels! Note that Namibia has so far very limited food label regulations, so we don’t know all ingredients and additives that are in our foods and beverages.
- Drink lots of water and reduce the number of sugary drinks, including fruit juices.
- Dilute fruit juices or other sugary drinks with water (50/50)

SLIDE 4.9. - THE NAMIBIAN FOOD GUIDE

NAMIBIAN FOOD GUIDE

Meeting all your daily needs - local & healthy

Vegetables and Fruits
GLOW Foods



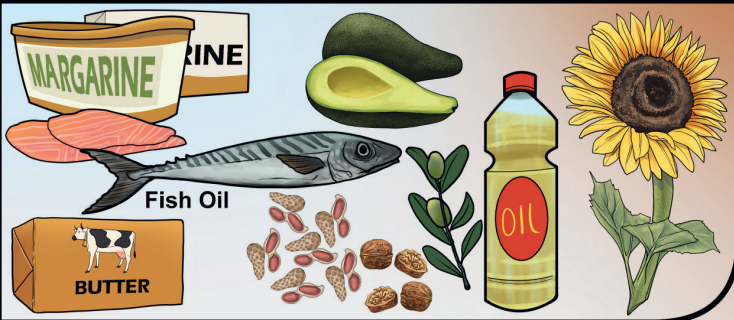
Proteins
GROW Foods



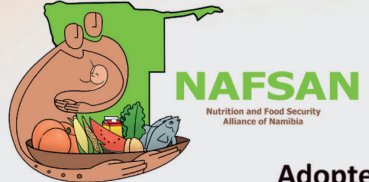
Cereals and Staple Foods
GO Foods



Fats and Oils







Adopted from the Food & Nutrition Guidelines for Namibia (2000)
More information: www.nafsan.org/resources