

### **Fats, Oils, Sweets and Alcohol –**

While fats and oils are necessary to your diet, the benefits of a low fat diet have been known for sometime. It is important to be aware of your fat and oil intake, understanding the different types and limiting the intake of potentially harmful ones. Saturated fats, sometimes referred to as 'bad fats,' contribute to the production of cholesterol. They don't only occur in the products which we use to cook our food. Meat and poultry, whole or reduced-fat milk, and butter contain saturated fatty acids. Unsaturated Fatty Acids – Also known as 'good fats,' help lower cholesterol levels and decrease risk of heart disease. It is important to remember that fats are a valuable source of energy to the body. Fats also enable the body to use vitamins, cushion organs and keep the body warm.

Your diet should be comprised of a variety of foods from the various food groups, with the majority of servings coming from fruit, vegetables, and whole grains. Less of your diet should come from milk and cheeses and meat, and a very small amount from the fats, sweets and alcohol. Nutritionists recommend eating a variety of foods, balancing eating with physical activity.

**Water** – Drinking eight glasses of water each day is essential to maintaining good health and enabling your body to function properly.

Are there special dietary considerations as we get older?

Nutritional requirements change as we get older. Metabolism slows, and we need fewer calories – or more exercise – to maintain a healthy weight. At the same time, your need for certain nutrients can increase. Learning to eat a balanced diet early on will help you adapt to the physical changes that come with age and still meet your nutritional needs.

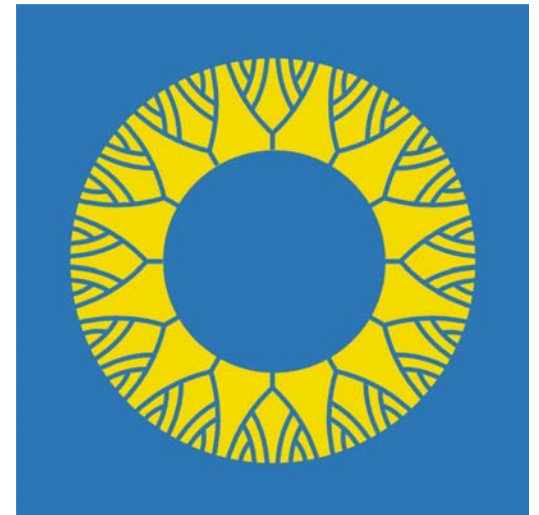
To find out other ways in which to stay healthy speak to the Chiropractors at:

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## **GOOD NUTRITION**



**PETROZZI HEALTH**

**CHIROPRACTIC**

## What are the benefits of a healthy diet?

Having a healthy diet is one of the most important ways you can maintain an active lifestyle and protect against health problems. Eating well also increases energy, improves the way the body functions, strengthens your immune system and prevents weight problems.

### A healthy diet helps you:

**Meet your nutritional needs** - A varied, balanced diet provides the nutrients you need to stay healthy.

**Enjoy life** - Food is an important part of social and cultural events. Cooking fresh, healthy meals can also be an enjoyable way to spend time, either on your own or with others.

**Feel energetic and manage your weight** - A healthy diet may also make you feel better, provide you with more energy, and help you fight stress.

## What makes up a healthy diet?

Eating well means focusing on a balanced diet that will meet your nutritional needs. Several factors determine nutritional requirements – age, gender, lifestyle, activity level and overall health are a few of these factors. Talking with your doctor or a

nutritionist might be helpful if you think you have special dietary needs.

The Healthy Eating Pyramid developed by Nutrition Australia is a good place to start when thinking about what you eat. Many of us will be familiar with The Healthy Eating Pyramid which is set up so that the food groups you need more of each day are at the bottom of the pyramid and those that you need less of are towards the top. It is helpful to know the basic food groups and how some foods within them are better than others.



The Healthy Eating Pyramid

## Food Groups

The six food groups contain all the nutrients our bodies need to operate effectively and efficiently. A basic knowledge of the food groups can help you understand why it is important to include them in your diet.

## Whole grains, cereals, and bread (wheat, rice, oats, bran, and barley)

– these foods contain carbohydrates. Carbohydrates are the body's main source of energy and they generally come in the form of starches and sugars. It is important to pay attention to what types of foods you eat from this group. Whole wheat and multi grain breads are much more nutritious than white breads. Brown rice is better than white rice. Try to choose foods that provide the most benefit for your body in terms of calories, fiber and nutrition.

**Fruits and vegetables** – choosing a variety of fruits and vegetables to will ensure that you get a healthy combination of vitamins, minerals and antioxidants. Vitamins and minerals are necessary for normal growth and health maintenance. A well-balanced diet will satisfy the vitamin and mineral requirements of most people. Certain groups of people (young children, pregnant women, older people) might benefit from additional vitamins and minerals in their diet.

**Dairy products** – Choices include whole or skim milk, cream, cheese and yoghurt.

Meats, fish, poultry, eggs, dried beans, and nuts – these foods contain protein. Protein helps the body's tissue grow and repair.