

# YOUR CARE POLMED

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## Eat fresh this spring



One of the tools to a healthy life is eating nutritious and balanced meals. A healthy homemade plate of food can be easy to prepare, affordable, and delicious.



### Importance of a healthy diet

The right diet can provide your body with the necessary nutrients to keep it healthy. A healthy diet can reduce the risk of early death from any cause by 56%.



### Weight management

A healthy diet can help with weight management which is important, as being overweight or obese can increase one's risk of heart disease, diabetes, stroke, and breast and bowel cancer.



### Chronic disease management

Eating healthily can help to reduce your risk of chronic diseases. In fact, up to 80% of heart disease and stroke cases can be prevented by making lifestyle changes, which includes eating the right foods.

If you have been diagnosed with a chronic disease, a healthy diet can help you manage your disease and reduce the risk of complications.



### Heart disease

In South Africa, 225 people die from heart disease every day. However, a person diagnosed with heart disease can protect themselves by adopting healthy eating habits.

By doing this, they can reduce their blood pressure and LDL cholesterol levels, whilst increasing their HDL levels.



### Diabetes

Diabetics who follow the right diet can better manage their condition.

The right foods can help manage blood glucose levels, keeping them at a healthy weight as well as reducing their risk for heart disease.



## How to Prepare a Healthy Plate

"The ideal plate is one-half vegetables, a quarter protein, and a quarter starches, such as grains or starchy vegetables," explains dietician Natalie Rizzo. You can also substitute vegetables for fruits.

## Ideas for a Seasonal Meals

Here are some ingredients you can use to make a healthy seasonal meal that packs a nutritional punch. It's important to choose seasonal produce as they are naturally richer in nutrients and cost effective.



### Protein-packed Salad

- Chickpeas are a great protein alternative and can help manage your weight, as well as your blood sugar levels
- Avocados are fruits that are rich in fats and fibre that can help improve heart health
- Lettuce is rich in vitamin K, and this can help to reduce high blood pressure
- Sunflower seeds are rich in antioxidants and this can help to keep you healthy
- Extra virgin olive oil is rich in omega-3 fatty acids and can reduce the risk of heart disease and stroke

### Brown rice dinner bowl (with chicken breast or fish)

- Brown rice is high in fibre, which can help to improve heart and gut health and even help you live longer
- Lentils are a great source of protein and they are rich in phytochemicals that can reduce the risk for chronic diseases like cancer and heart disease
- Broccoli is rich in vitamins, fibre and minerals, helping to support heart health
- Green beans are rich in vitamins that can help maintain your weight and protect your heart
- Chicken breast/fish fillet: Lean protein meats that are rich in iron and lower in fat than other meats

**A healthy diet, supported with exercise, is the best way to take care of your health and it's easier and much more affordable than you might think.**

## References

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If you have any questions or need more information, please call POLMED on 0860 765 633 (select the option for the Disease Management Programme), or send an email to [polmeddiseaseman@medscheme.co.za](mailto:polmeddiseaseman@medscheme.co.za) with your membership number and contact details.