

# HEALTHY EATING GUIDELINES

During this COVID-19 pandemic healthy eating is very important to keep your immune system strong. For effective meal plan make it simple just choose the right ingredients and know how to prepare it as part of a healthy diet. Here are some helpful tips you need:

## 1. FRUITS AND VEGETABLES

Are very important because they have vitamins, minerals and antioxidants to keep you healthy, strong and help you fight illnesses.

It is important to use fresh ingredients when cooking. But remember **DO NOT OVERCOOK** the vegetables, as this will take out some of the nutritional value.

### ➤ GREEN FRUITS & VEGETABLES

Are rich in vitamins, minerals and phytonutrients such as vitamin A, vitamin C, antioxidants, fiber, vitamin K, magnesium, calcium, iron and potassium. (malunggay leaves, gabi, ampalaya, kangkong, patchay, camote tops, spinach, lettuce, broccoli, cabbage, avocado, okra, green beans, asparagus etc.)

### ➤ YELLOW AND ORANGE FRUITS & VEGETABLES

Rich in vitamin C and carotenoids, including beta-carotene, which promotes healthy vision and cell growth and crucial roles in the body's fight against free radicals.

(squash, orange, carrots, corn, mango, pineapple, lemons, papaya, sweet potatoes etc.)

### ➤ RED FRUITS & VEGETABLES

Lots of vitamins and minerals like vitamin A, vitamin C, and potassium. It also contains compounds called phytochemicals include flavonoids and lycopene. It reduces the risk of diabetes and heart disease.

(tomato, watermelon, strawberries, apples, red onions, red peppers, cherries etc.)

### ➤ BLUE AND PURPLE FRUITS & VEGETABLES

Contain anthocyanins powerful antioxidants that may protect cells from damage and could reduce the risk of cancer and anti-inflammatory. (eggplant, purple cabbage, beetroot, blueberries, purple grapes etc.)

### ➤ WHITE AND BROWN FRUITS & VEGETABLES

Contain anthoxanthins which may reduce the risk of cardiovascular disease and arthritis. (garlic, cauliflower, banana, lychees, white onion, dates, mushroom and brown lentils)

## 2. MEAT, POULTRY, EGG & SEAFOOD

Great source of protein. Provide lots of nutrients your body needs like iodine, iron, zinc, vitamin E, vitamin B6, vitamin B12 and essential fatty acids. These should be cooked thoroughly to kill the bacteria and needs special care to be taken when preparing, cooking & storing food for these groups.

**Remember,**

**"DO NOT OVERCOOK the eggs"** when you boil eggs, hydrogen sulphide- a toxic gas is released in the whites of the egg. This happens especially when you overboil the eggs. If you have noticed, overcooked eggs have a green coating on their yolk, which is unsafe for consumption.

### ➤ Egg cooking preparation

It is important that all eggs in saucepan immersed in water. Cook the eggs at simmering temperature.

Soft cooked eggs is done after simmering for 5 minutes while hard cooked egg needs 15 minutes. To achieve the desired results, cooked egg must be dip in cold water to prevent overcooking.

**Recommended intake of eggs 2-3 pieces per week.**

## 3. RICE

A good source of B vitamins (vitamin B1, B2, B3), iron, manganese & magnesium. Ability to provide instant energy, regulate and improve bowel movements.

**Brown rice or unpolished rice** is healthier option to white rice. Rich in minerals like selenium, manganese and high in fiber content. Also it is a good antioxidant that can reduce the risk of cardiovascular diseases.

## 4. FATS AND OIL

Supply calories, essential fats help your body absorb fat-soluble vitamins such as vitamin A, vitamin D, vitamin E and vitamin K. You only need a small amount of fat in your diet for healthy functioning. It is important to choose healthier unsaturated fats (oil, canola oil, peanut oil, avocado, nuts & fish)

**Remember,**

Limit yourself from eating highly processed foods such as hotdog, burgers, cakes, French fries, cold meats and deli meats (luncheon meat, salami, ham, sausage etc)

By limiting these highly processed foods the amount of saturated fat you eat will decrease as well as sugar, sodium and trans fats.

Source: FNRI-DoST and Food revolution network