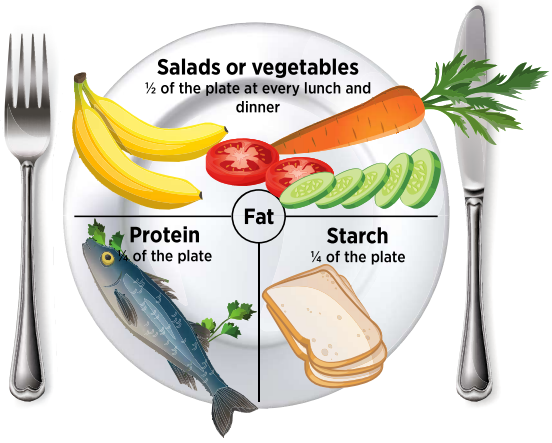
# Making the right choices for living the good life

Making the right choices will help you to look good and feel good. Making healthy choices is also important to help prevent diseases.

## Tips for living the good life

### 1. You are what you eat ... see the contents of the 'perfect' designer plate




- Enjoy a variety of foods everyday to get all the nutrients you need.
- Make your plate more colourful and crunchy! Veg and fruit will provide vitamins and minerals for bright eyes, fabulous skin, shiny hair and protect your body against diseases.
- Protein foods build strong muscles. Keep meat you eat lean. Legumes (lentils, peas, beans) are a great source of powerful proteins too!
- High fibre starchy foods and grains keep you full for longer and help to fight fat!

### 2. Limit "sometimes" foods ... and you will look good and feel good

- "Sometimes" foods = junk foods or treats
- Too many of these are high in fat, salt and/or sugars. They can make you overweight, feel sluggish and increase your chance of developing lifestyle diseases, so keep these to a minimum.
- Fight the fats! Eat less fat, fried and oily foods.
- Shake your salt habit! Use salt sparingly: watch out for hidden salt in snacks (e.g. chips) and salty foods (e.g. polony, viennas and takeaways). We get enough salt in our diet so there is no need to add salt at the table.
- Tame your sweet tooth! Eat less sugar and sweet foods (e.g. sweet fizzy drinks, sweets, cakes, doughnuts).
- Pack a healthy lunch box or buy a healthy sandwich rather than buying junk food/takeaways which are packed with unhealthy fat, salt and sugar.

### 3. Get physical to boost your body and your brain!

- Move more, be active and eat healthily. It is the best way to prevent weight gain and diseases.
- Have fun with your friends and get fit! Take a walk or join the rugby, soccer, swimming team or do your favourite sport!
- Switch off ... limit screen time (e.g. TV, Internet, computer games, social networking on your phone) and get moving! Rather boost your social life: dance more, walk to the shopping mall or to the park with friends, etc.

### 4. Be smart – don't smoke or take drugs!

- Never start smoking or taking drugs - they are very addictive and can kill you, so stay away from them!
- Avoid breathing in other peoples' second hand smoke. It is just as dangerous and puts you at risk. Encourage your friends or family to stop - for your health and theirs!
- If you do smoke or take drugs, ask for help to quit.

### 5. Rethink your drink!

- Get rid of sweet, fizzy drinks that make you fat, and drink plenty of healthy fresh water!
- Don't drink alcohol at all. It raises your risk of diseases, fatal accidents and can put you into risky situations.

## What is a healthy lifestyle?

Healthy lifestyles are about making the choices that help all people, of all ages enjoy a better quality of life.

### Healthy lifestyles begin with:

The right food

- Enjoy a VARIETY of foods.
- Eat LOTS of fresh fruit and vegetables, grains and beans.
- Cut down on fats, sugar and salt.
- Drink LOTS of water!

Daily exercise

- Anyone, any age can benefit!
- Move with energy for just 30 minutes a day!
- Walk, dance, play, dig in the garden – any activity you enjoy that gets you going!

Health

- Have regular health checks.
- Stay away from alcohol, tobacco and drugs.
- If you do have a problem – ask your health worker or social worker for help and support.

Make the healthy choice and enjoy life TO THE FULL!