

## Making Changes 2

### HYPERTENSION



Reduce your salt intake. Adults should eat no more than 6g of salt (2.4g sodium) a day, that's around 1 teaspoon. This includes all salt you add whilst cooking, (such as rock salt or pink himalyan salt ) at the dinner table and salt found in foods, particularly processed foods. Try adding pepper, herbs or spices instead.

Check food labels when grocery shopping and choose foods mostly labelled green or amber for salt.



Swap snacks of sweets, chocolates or crisps for fruit, unsalted nuts or unsalted popcorn.

Be more physically active - aim for 150 minutes of exercise a week, that's 30 minutes a day in one go or broken into 10 minute sessions. Also include muscle strengthening exercises at least twice a week.



If you are overweight or obese aim to lose weight by reducing your portion sizes and exercising more.

Limit your alcohol intake to 14 units a week -that is the equivalent of 14 25ml shot glasses of spirit, 6 medium glasses of wine, or 6 pints of beer, or better still abstain completely!



## MAKING CHANGES 3

### OBESITY



Be more physically active - aim for 150 minutes of exercise a week, that's 30 minutes a day in one go or broken into 10-minute sessions. Also include muscle strengthening exercises at least twice a week.

Reducing your portion sizes at meal times can help reduce your calorie intake. Aim to have half of your plate filled with vegetables or salad, a quarter of your plate filled with starchy carbohydrates (plantain, yam, rice, eba, pounded yam, ground rice, fufu, dumpling, green banana etc..) and a quarter of your plate filled with protein (meat, chicken, fish or beans)



Check food labels when grocery shopping and avoid things labelled in red for sugar, salt and fat.

Aim for a healthy, balanced diet including foods low in salt, fat and sugar; eat more vegetables , fruits and wholegrains.



Eat slowly and take time to concentrate on your meals for example: not eating in front of the TV to avoid over-eating.

Do not skip meals, this may encourage you to have bigger portions. Follow a regular meal pattern of breakfast, lunch and dinner.

