
10. Use sugar and foods and drinks high in sugar sparingly. Sure, sugar gives us energy, but it has no other nutrients. Avoid sweets, cakes and sugary drinks. They might taste good but they can cause tooth decay.

11. Use salt and food high in salt sparingly. Don’t cook with salt and just add a little to your meal. Rather use herbs, salt-free spices and flavourings. Also avoid processed foods with a high salt content.

12. Alcohol - Alcohol is high in energy and contains no other nutrients. Nobody has to drink alcohol, but if you do, only drink a little (one drink for women and two drinks for men per day). You may not know how much you can drink before getting tipsy. Take it from us – too much alcohol causes impaired judgement and you can be at risk of unsafe sex, or having an accident. You should not be drinking at all if you are not yet 18.

This list is based on the South African Guidelines to a balanced diet. [Link](http://www.adsa.org.za/Portals/14/Documents/FoodBasedDietaryGuidelinesforSouthAfrica.pdf)

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**Check list:**

- I am living healthily?
- You are...
  - you are eating a variety of healthy food
  - you are drinking enough clean water
  - you are exercising regularly
  - you are not using tobacco, alcohol and drugs
  - you are taking the time to relax, de-stress and have fun
  - you are getting enough sleep every night

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**Stay Positive**

Making the decision to be healthier and take care of yourself better is always a good one so never stop trying. If you feel like you’ve slipped into old habits, simply start again.

Recommit and believe in your ability to achieve your health goals no matter what!

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**Why you should choose a healthier lifestyle...**

- You will feel and look great!
- You will have more energy
- Your heart gets fitter and stronger the more you exercise
- If you eat less bad fat you can lower the cholesterol levels (LDL) that’s bad for your heart
- You can reduce the risk of diabetes
- Your body will fight off colds and flu more readily
- Your skin will look healthier, your nails will be stronger and your hair and eyes will be shiny
- You’ll look stronger and more toned
- You’ll be happier and more positive
- You will sleep better
- You will have better concentration
- Your creativity and problem-solving skills will be better
- Stress will be easier to handle
- You will feel emotionally stronger and your self-confidence and self-esteem will improve

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In your teenage years your body starts changing. There is a new more grown up you emerging. Now is the time to dump the junk food that makes you fat, sluggish and unhealthy (and may give you pimples)! Girls can gain weight and boys suddenly become lanky and thin. Eat the right food and get enough exercise to keep fit and healthy and watch your self esteem grow!

**Team up!** Start exercising with a friend. Share diet tips and recipes with each other, set weekly challenges and encourage each other to keep going. You don't need to do it alone!

**What you put in you get out!**

A healthy diet = a healthy body!

**Health and exercise tips to kickstart a healthy lifestyle:**

**Start slowly**
If you haven’t exercised in a long time start off slow to avoid injuries and so that you don’t burn out or become discouraged. Increase the speed you walk or run gradually over time and increase the distance. Make it a habit to do at least 30 minutes physical activity every day, or three short 10-minute sessions during the day. Make use of every opportunity to move. So keep your fluids topped up and you won’t feel right unless you are moving!

**Heres the best reason to start moving!**
When you exercise, the brain releases ‘feel-good’ hormones (endorphins) which will make you feel good and happy.

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If you haven’t exercised in a long time start off slow to avoid injuries and so that you don’t burn out or become discouraged. Increase the speed you walk or run gradually over time and increase the distance. Make it a habit to do at least 30 minutes physical activity every day, or three short 10-minute sessions during the day. Make use of every opportunity to move. So keep your fluids topped up and you won’t feel right unless you are moving!

**Want to lose weight?** It’s simple! Eat less and move more!

**Here’s some ideas that will help you reach your goal!**

- Stop or reduce sugar in your tea
- Have 2 slices of bread not 4!
- Swap unhealthy snacks like chips and biscuits with fruit and yoghurt.

**Keep it up!** It’s therapeutic! They say it takes six weeks to save a new habit so keep at it and you’ll see the results.

**Team up!** Start exercising with a friend. Share diet tips and recipes with each other, set weekly challenges and encourage each other to keep going. You don’t need to do it alone!

**What you put in you get out!**

A healthy diet = a healthy body!

1. Eat and enjoy a variety of foods. Variety means eating different foods within a meal or on different days and preparing food in different healthy ways. Recipes are a great way of mixing it up! The more colourful a plate of food, the better the variety of nutrients and it’s more enjoyable.

2. Be active. We’re told about this already - keep moving to regulate your weight, and reduces stress.

3. Drink lots of clean, safe water. Drink at least 6 to 8 glasses per day, one glass every day, or more if you are thirsty or very active. This also includes tea, with no added sugar. Sugary drinks like soda should be avoided.

4. Eat starchy foods as part of most meals. Choose unrefined starchy foods that are high in fibre since these help us stay full, and support healthy & regular bowel movements. Unrefined starches include whole wheat bread, brown rice, white rice, high-fibre cereals, and whole grain pasta. Refinements make rice, flour, potatoes, pasta and sweet potato should be eaten with every meal. Refined starchy foods include maize meal, cereals, samp, bread, rice, pasta, potatoes and sweet potato and should be eaten in moderation.

5. Eat plenty of vegetables and fruit. - Always have vegetables on your plate. 

6. Eat fish, chicken, lean meat or eggs - Animal-based foods are higher in fat (saturated fat) and we tend to eat more of these foods than we need to. You only need to eat these foods daily in small quantities or even better just eat them one or two times a week. Include more vegetable in your meals and eat less red meat.

7. Have milk, maas or yoghurt every day

8. Eat dry beans, split peas, lentils and soya - Regularly. Eat two to three times per week. They’re affordable, high in protein and fibre and low in fat. Mix with vegetables like spinach, cabbage and tomatoes to make delicious soups and stews.

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