



**Tiba Healthcare Ltd**  
SPECIALIZED POLYCLINIC  
Stay Healthy With Tiba, Because We Care

EVOLVE HEALTH BY SAFITNESS

# GENERAL DIETARY GUIDE

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# DISCLAIMER

This General Dietary Guide herein referred to as ("the guide") is intended for educational, informative and a guidance purpose only and is not intended to serve as a medical advice or professional advice.

If you are an individual with specific health conditions, consult us or any other healthcare professional before following this guide to determine if it is right for your unique needs.

This is particularly true if you (or your family) have a history of heart disease or if you have ever experienced chest pains in the part month when not engaged in any physical activity, smoke, have high cholesterol, are obese or have bone and/or joint problems that could be made worse by a change in any physical activity or change in dietary intake.

If you have any doubt, please consult us using the contact details at the end of this guide.

We do not take responsibility of any individual who may directly or indirectly be affected from the use of this guide.

**FOR A MORE EFFECTIVE MEAL PLAN, CONTACT US THROUGH OUR PUBLISHED CONTACTS LISTED AT THE END OF THIS GUIDE.**





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# INTRODUCTION TO NUTRITION

## NUTRITION IS HOW FOOD AFFECTS THE BODY



We need to consume a varied diet too obtain a wide range of nutrients. It's important to plan carefully to ensure we acquire the necessary vitamins to keep our health at optimal levels.

A diet rich in plant-based foods and that which limits added animal fats, processed foods and added sugar and salt is most likely to benefit a person's health.

### Unhealthy Carbohydrates

These are carbohydrates that contain lesser number of nutritious values. Examples of these include:

- Refined Carbohydrates such as polished rice and flour.
- Sugar-sweetened beverages such as sodas and boxed juices.
- Highly processed snacks such as cookies and pastries.

## Healthy Carbohydrates

These are carbohydrates that contain a larger number of nutritious values. Examples of these include:

- Fruits such as bananas, apples, berries;
- Non-starchy vegetables such as spinach, carrots, tomatoes;
- Whole grains such as black beans, lentils, peas, garbanzo beans;
- Dairy and dairy products such as low fat milk, yoghurt, cheese.

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# NUTRIENT FOOD SOURCES



## **Vitamin A:**

Eggs, milk, carrots, sweet potatoes and cantaloupe.

## **Vitamin C:**

Oranges, strawberries, tomatoes, kiwi, broccoli, red and green bell peppers.

## **Vitamin E:**

Avocados, nuts, seeds, whole-grain foods, spinach and dark leafy greens.

## **Magnesium:**

Spinach, black beans, peas and almonds.

## **Fiber:**

Legumes (dried beans and peas), whole-grain foods and brans, seeds, apples, strawberries, carrots, raspberries and color fruits and vegetables.

## **Potassium:**

Bananas, cantaloupe, raisins, nuts, fish, spinach and other dark leafy greens.

## **Calcium:**

Non-fat and low-fat dairy, dairy substitutes, broccoli, dark and leafy greens and sardines.

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Healthy eating is important for many reasons, including fueling your body, acquiring necessary nutrients, lowering your disease risks, increasing your longevity, & promoting optimal mental and physical well-being.

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# BEVERAGES

## Water and Nutrition:



Getting enough water everyday is important for our health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, resulting in mood changes, causing your body to overheat and leading to constipation and kidney stones. Water helps your body:

- Maintain its normal temperature,
- Lubricate and cushions joints,
- Protects your spinal cord and other sensitive tissues,
- Excretes wastes through urination, perspiration and bowel movements

Most of our fluid needs are met through liquids we consume. We get some fluids through the foods that we eat - especially foods with high water content such as fruits and vegetables.

## Tips to drink more water:

- Carry a bottle of water with you and refill throughout the day,
- Choose water over any sugary drinks even when eating out.
- Serve water during meals,
- Add a wedge of lime or lemon to your water improving taste; allowing you to drink more water than you usually do.



## Tips to drink more water:

Of course, there are several beverage options besides water, and many of which can be a part of a healthy diet. Beverages also vary in their nutrient and calorie content.

## Low or No Calorie Beverages:

Plain coffee or tea, sparkling water, seltzers and flavored waters and low calorie choices that can be part of a healthy diet.

## Drinks with calories and important nutrients:

Low fat or fat-free milk, fortified milk alternatives such as non-flavored soy or almond milk, or 100% fruit or vegetable juice containing important nutrients such as calcium, potassium and/or Vitamin D.

These drinks should be enjoyed within recommended calorie limits.

**Water is required for most body functions, of which includes:**

- Maintaining the health and integrity of every cell in the body.
- Keeping the bloodstream liquid enough to flow through the blood vessels.



# MONDAY - DAY 1

## Breakfast - Between 07.00AM to 10.00AM

1 egg + 1 whole wheat bread + 1 cup of low fat milk tea

## Snack 1 - Between 11.00AM and 12.00PM

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1 bowl of salad + rice + mix vegetable curry + 1 small bowl of yoghurt

## Snack 2 - Between 04.00PM and 05.00PM

Handful of nuts

## Dinner - Between 06.00PM and 07.30PM

Baked chicken fillet + steamed vegetables + 1 small boiled potato

## OPTIONS FOR LUNCH

Salad: Lettuce, cucumber, onion, olives, small carrots

Vegetables: carrots, peas, potato, tomato (mixed vegetables)

Rice Portion: a handful or 5 tablespoons (good choice, brown rice)

## OPTIONS FOR DINNER

Steam Vegetables: Broccoli, cauliflower and french beans.

# TUESDAY - DAY 2



## Breakfast - Between 07.00AM to 10.00AM

Oat meal or 2 oat pancakes + 1 banana + 1 cup of tea

## Snack 1 - Between 11.00AM and 12.00PM

Fruit: 1 watermelon or paw paw

## Lunch - Between 12.00PM and 02.00PM

Chicken curry + 2 atta rotli and salad (cucumber and carrot)

## Snack 2 - Between 04.00PM and 05.00PM

1 roasted maize

## Dinner - Between 06.00PM and 07.30PM

1 fish (2 small fillet pc) + rice or mashed potatoes

## Water Intake

Throughout the day: 2 liters a day (approx. 8 glasses)

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# WEDNESDAY - DAY 3



## Breakfast - Between 07.00AM to 10.00AM

1 bowl of unsweetened cereal (cornflakes) + low-fat milk + 1/2 tsp honey + chia seeds

## Snack 1 - Between 11.00AM and 12.00PM

Fruit: 1 whole apple

## Lunch - Between 12.00PM and 02.00PM

Lentils (daal) curry + a small portion of rice + 1 carrot + 1 cucumber

## Snack 2 - Between 04.00PM and 05.00PM

Handful of nuts

## Dinner - Between 06.00PM and 07.30PM

Any 3: steamed vegetables of your choice + 1 pc of grilled chicken fillet

## Dessert

1 scoop of vanilla ice cream

## Water Intake

Throughout the day: 2 liters a day (approx. 8 glasses)

# THURSDAY - DAY 4



## Breakfast - Between 07.00AM to 10.00AM

1 egg - omelet with half avocado + 1 slice of brown bread + 1 cup of coffee or tea (low-fat milk)

## Snack 1 - Between 11.00AM and 12.00PM

Fruit: 2 oranges or 1 small mango

## Lunch - Between 12.00PM and 02.00PM

Spinach + 2 atta roti + 1/2 cup of yoghurt with a bowl of salad

## Snack 2 - Between 04.00PM and 05.00PM

1 roasted maize or popcorn

## Dinner - Between 06.00PM and 07.30PM

Fish fillet curry + 1 small portion of brown rice + salad + 5 olives

## Water Intake

Throughout the day: 2 liters a day (approx. 8 glasses)



## FRIDAY - DAY 5

### **Breakfast - Between 07.00AM to 10.00AM**

1 bowl of unsweetened cereal (cornflakes) with low-fat milk + 1/2 tsp honey + 3 dates + 1 small banana

### **Snack 1 - Between 11.00AM and 12.00PM**

Fruit: 1-2 kiwi

### **Lunch - Between 12.00PM and 02.00PM**

Beans (boiled or curry) + brown rice + 1 carrot + 1 cucumber + 1/2 cup of yoghurt

### **Snack 2 - Between 04.00PM and 05.00PM**

3 small pc of sweet potatoes + 1 cup of tea with low-fat milk

### **Dinner - Between 06.00PM and 07.30PM**

Mixed vegetable curry + 2 atta roti and a bowl of salad.

### **Dessert**

1 scoop of vanilla ice cream

### **Water Intake**

Throughout the day: 2 liters a day (approx. 8 glasses)

### **OPTIONS FOR DINNER**

Vegetables: Carrots, peas, potatoes, tomato (mixed vegetables)

# SATURDAY - DAY 6



## Breakfast - Between 07.00AM to 10.00AM

1 egg of your choice + 1 slice of whole wheat bread + peanut butter + 1 cup of tea or coffee with low-fat milk

## Snack 1 - Between 11.00AM and 12.00PM

1 whole apple

## Lunch - Between 12.00PM and 02.00PM

Brown rice chicken pilau + 1/2 cup of yoghurt with mixed raw vegetables (onion, tomato, cucumber)

## Snack 2 - Between 04.00PM and 05.00PM

A handful of mixed nuts

## Dinner - Between 06.00PM and 07.30PM

Option 1: 1 pc of chicken fillet grilled or steamed + 1 boiled potato or boileed vegetables

Option 2: 2 medium chicken wraps of whole wheat flour with chicken + 1 salad of your choice (any 3 vegetables)

## Dessert

2 pc of dark chocolate

## Water Intake

Throughout the day: 2 liters a day (approx. 8 glasses)

## EXTRA TIPS

### EAT THE RAINBOW

Eat foods that are closest to their natural state as possible.

Aim for whole fresh foods in a rainbow of colors!



### NOTE

There is no one rule for when you should stop eating at night, but as a general guide, you should have your last meal between one and three hours before you go to sleep. This gives your body time to digest your food using the energy it has left before it rests and avoids your body storing the food as fat.









# NOTES







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