

You have in your possession a highly intelligent machine capable of performing hundreds of complicated processes at the same time. This machine is your body and it needs a sophisticated fuel source to function.

You are what you eat. You've heard this a million times, but what does it mean?

A Healthy Food Attitude

Healthy eating usually translates into healthy living. But how do you develop a "healthy food attitude"? Before considering what you actually eat, you must have a positive perception of food as a whole.

Here are some important things to remember:

- The food you eat is the fuel that gets you through each day. A body without food is like a car without petrol: it will sputter and cough and possibly start in the morning, but not last long after that. In short, it can't function properly.
- Food affects more than just your weight. Did you know that being constantly tired, getting sick often and having bad skin and teeth can all result from brain starvation (eating the wrong foods)?
- Healthy eating affects your academic and work performance. It increases your concentration span and helps you to focus better. As a result, you feel better about yourself, your abilities and your potential.
- How you eat is as important as what you eat. Never rush your meal, eat standing up or eat in front of the TV. And honour the signals of hunger and fullness in your body.
- The media promotes super-skinny women and super-strong men. But although these people look glamorous and well-built, they often use unhealthy methods to influence their weight.
- Obsessions with food and eating are very harmful and may lead to eating disorders such as anorexia (refusing to eat at all), bulimia (over-eating and then throwing up to get rid of the food) and binge eating (chronic over-eating).

Tell me what you eat, and I will tell you what you are.

- Anthelme Brillat-Savarin, French lawyer, politician and gourmet chef

- Taking pills or injections (like steroids) to exercise harder and build muscle is also harmful. Most of these substances contain risky, unregulated ingredients, which can badly damage the major organs of the body.
- People who abuse their bodies are often moody and unproductive because they haven't eaten enough or because they have been taking mood-altering substances. This can cause lasting damage to your body and even result in death.
- Studies have shown that obesity is a big problem among young people. Obesity is usually caused by incorrect eating patterns, poor food choices and a lack of physical activity.

What Do I Need To Know About Eating Disorders?

An eating disorder isn't driven by food. Rather, food patterns become disturbed as a result of difficult or unresolved emotions, obsessive thoughts, excessive analysis (too much thinking) and a general dis-ease with a part of life – eating – which should be natural and enjoyable.

© JumpStart 2007

The publication of JumpStart involves extensive research and substantial costs. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the Publishers. Any person who carries out any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims.

Disclaimer

Whilst every care has been taken in creating this book, the Publishers do not give any warranty as to the completeness or accuracy of its contents nor of any supplementary information, explanation or opinion. Furthermore, the views expressed in JumpStart are not necessarily those of Deloitte. All advertisements and advertorials have been paid for and therefore do not carry any endorsement by the Publishers or Deloitte.

Growing up brings with it some very challenging questions:

Often we aren't even aware of our emotional turmoil. We simply react to it through behaviour patterns. The eating disorder becomes a tool with which to achieve physical perfection, to become "good enough", to gain control or to cope with anxiety or fear. If you think you may be facing difficulties in this area, the first step is to talk to someone like a therapist, psychologist or dietician who specialises in eating disorders. That person will try to help you to help yourself develop a "healed" and nurturing relationship with food. Information courtesy of Zahn Otto, Dietician Phone 082 577 2129

The Basics of Good Nutrition

Food consists of different nutrients. These are the building blocks of healthy food and they help the body to function properly. No single food provides all of the nutrients that our bodies need, so you need to eat a wide variety of food from all of the five food groups to stay healthy. Aside from eating a varied diet, it's important that different food types are eaten in moderation. That means eating medium-sized portions that combine the different groups – it doesn't mean leaving out entire food groups!

It's also important to know that within each food group there are certain foods that are healthier than others. Try to eat more of the healthy types of foods and less of the unhealthy types:

The Five Food Groups

- Carbohydrates (bread, cereals, rice, pasta maize) provide the body with energy for work and play.
- Vegetables and fruit provide the body with essential vitamins and minerals, like Vitamin A for healthy eyes and Vitamin C for healthy gums and skin.
- Dairy products (milk, cheese and yoghurt) provide the body with calcium, protein and other important vitamins to create strong bones and teeth.
- Meat, chicken, fish and eggs provide the body with protein and important vitamins called zinc and iron to build strong and healthy muscles.
- Fats and oils provide energy, enhance mental performance, allow the efficient absorption of certain vitamins and provide essential fatty acids that the body can't produce for itself.
- Healthy carbohydrates include wholegrain bread, muesli, oats, sweet potatoes, brown rice, pasta, beans and corn. Unhealthy carbohydrates include white bread, doughnuts, refined cereals and potato chips.
- Vegetables and fruit like broccoli, carrots, celery, cabbage, cauliflower, spinach, asparagus, green beans, apples, pawpaw, melon, pineapple and mango are extremely healthy – especially if eaten raw.
- Choose low-fat or fat-free cheese, yoghurt and milk instead of full-cream or full-fat dairy products.
- Avoid meat with fat on it. Try to eat lean meat, chicken and fish dishes that aren't prepared with lots of oil or butter.
- Consume the healthy fats and oils found in avocado pears, pumpkin seeds, walnuts, sesame seeds, spinach, salmon, sardines and anchovies.
- Avoid unhealthy fats and oils "hidden" in foods like pastry, biscuits, chocolate and potato crisps. Also reduce your intake of butter, margarine, cream, mayonnaise and sunflower oil (found in fried foods).

© JumpStart 2007

The publication of JumpStart involves extensive research and substantial costs. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the Publishers. Any person who carries out any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims.

Disclaimer

Whilst every care has been taken in creating this book, the Publishers do not give any warranty as to the completeness or accuracy of its contents nor of any supplementary information, explanation or opinion. Furthermore, the views expressed in JumpStart are not necessarily those of Deloitte. All advertisements and advertorials have been paid for and therefore do not carry any endorsement by the Publishers or Deloitte.



Healthy Habits

- Always eat breakfast. It helps you to concentrate and to focus more clearly on the day's activities. It also helps you to stay closer to your ideal body weight.
- If you can't eat something before you leave home in the morning, take something to snack on. Eat at least one healthy snack between each meal.
- Drink six to eight glasses of water a day. You lose approximately one litre of fluid every day via the kidneys, lungs and skin and it's important to replace it.
- Fresh fruit and vegetable juices are good fluids. Fizzy drinks, coffee and tea are not so good. They drain your fluid reserves even further.
- Eat three meals a day and never skip meals.

Be extra conscious of what you eat during exam time because stress places extra demands on your body and weakens the immune system.

© JumpStart 2007

The publication of JumpStart involves extensive research and substantial costs. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the Publishers. Any person who carries out any unauthorised act in relation to this publication may be liable to criminal prosecution and civil claims.

Disclaimer

Whilst every care has been taken in creating this book, the Publishers do not give any warranty as to the completeness or accuracy of its contents nor of any supplementary information, explanation or opinion. Furthermore, the views expressed in JumpStart are not necessarily those of Deloitte. All advertisements and advertorials have been paid for and therefore do not carry any endorsement by the Publishers or Deloitte.

