

Diet Advice for Rheumatology patients

Your new life begins now! Here are some areas that you might consider making healthier choices:

Change your diet: This will benefit the whole family.

- **Choose healthy carbs** – those that contain fiber, eg whole grain breads and cereals, oats, brown rice, dried beans, peas, lentils, fruits, vegetables, nuts, and seeds. Avoid the “white” highly processed “high GI” carbs such as white bread, pap, white rice, pasta. Aim for 35 grams of dietary fiber every day.
- **Protein:** chicken, seafood, dairy, eggs, nuts, and legumes such as black beans, peanuts, chickpeas, lentils, and edamame, and dairy products such as yogurt, milk, and cheese.
- **Avoid** sugary foods, sugar-sweetened drinks (coke, sprite, fanta), fruit juice, biscuits, cakes, doughnuts.
- Eat a big breakfast and a medium-sized lunch so that you get most of your calories in by 3 pm, you will find it easier to lose weight and achieve better blood sugar control.
- Use smaller (23cm) plates and bowls so you aren't piling the food.
- **Low Salt:** Salt causes high blood pressure – aim for less than ½ teaspoon per day. Do not add extra salt to food at the table – rather try alternative flavourings, for example herbs, pepper, curry, vinegar, onions, peppers, garlic, ginger, rosemary and lemon.
- **Avoid processed foods** (polony, cereal bars, frozen pizza, chips) and take-aways.

Why lose weight?

- less pain in your knees, hips, back and hand joints. Being just 5kg overweight puts an extra 10 to 20 kgs of pressure on your knees
- control your diabetes (reducing your weight by even 10% can reverse diabetes so that you no longer need medication)
- control your blood pressure
- reduce your risk of weight related liver, lung and heart problems.

TIPS FOR SPOTTING HIGHLY PROCESSED FOODS

- It has more than five ingredients.
- It lists ingredients you wouldn't cook with at home.
- There are high levels of refined sugar, salt and fat.
- It claims to stay fresh for a long time.

■ **HIGHLY PROCESSED** When **artificial colourants, flavouring and preservatives** are added to food they're considered to be highly processed. These additions **increase shelf life**, make the foods **taste and look better**, and **preserve their texture**. Most of these foods are **ready to eat** and don't require further preparation. Examples are breakfast cereals, cookies, sugary cooldrinks, frozen meals and processed meats (smoked, salted, cured, dried or canned) such as ham and bacon.

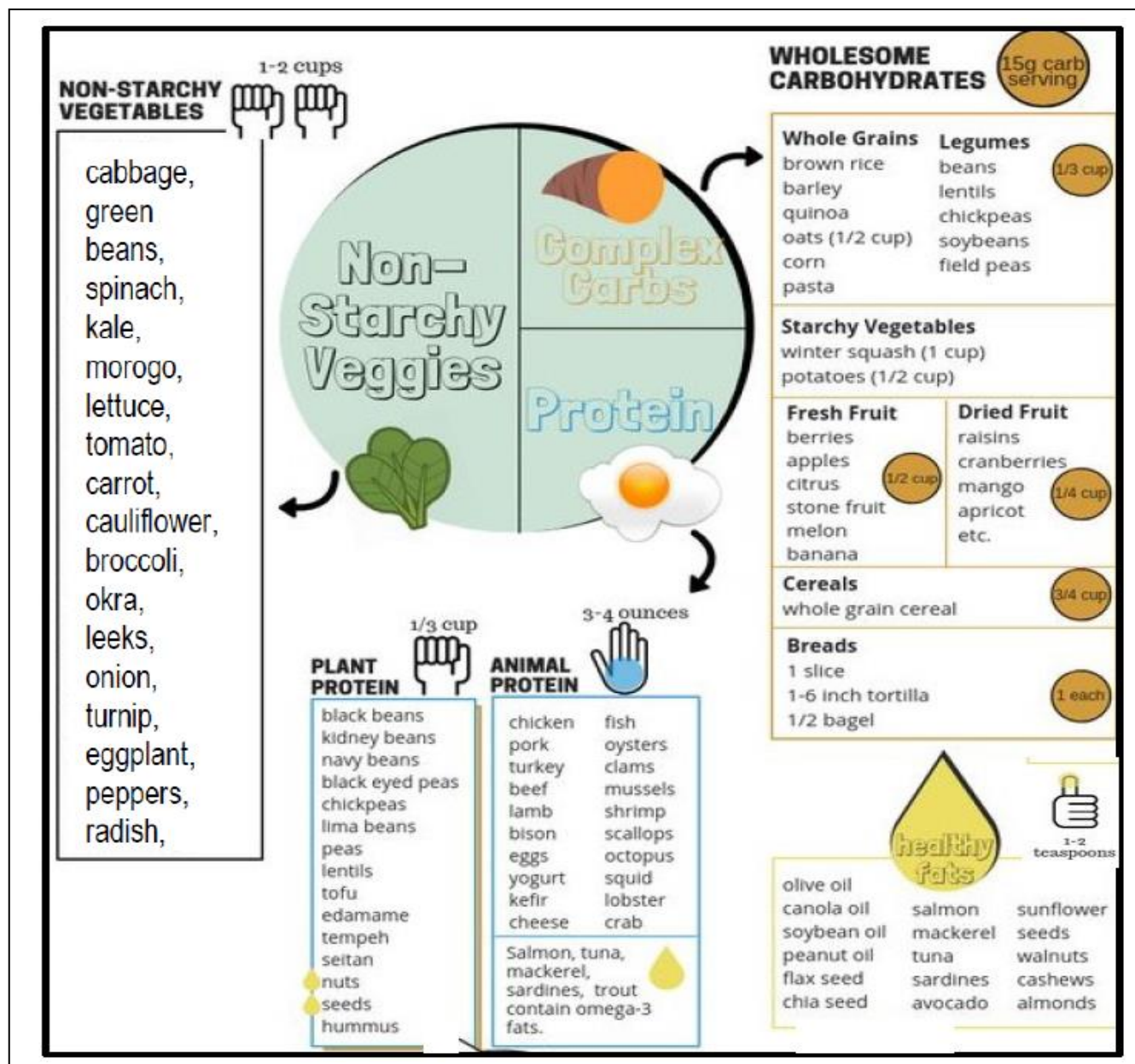
FROM POTATO TO CHIP

To understand how foods can go from whole to highly processed, we track the humble potato's journey from the ground into the packet of your favourite crispy chips

Manufacturers are required by law to include a list of all ingredients in their products. You'll find all these (RIGHT) in a packet of cheese-flavoured chips!

When it's picked fresh out of the ground, the potato is a whole food. It hasn't been changed in any way and is in its natural state. As soon as that potato is washed, chopped and cooked, it's considered minimally processed. It had to go through these processes for it to become edible, but it's still close to its natural state, and it contains some of the nutrients it contained when it was first picked. By the time this potato is a crispy chip in a bag on the shelf, it's probably had a whole lot of things added to it. Some of these might be preservatives to make the food last longer, emulsifiers that stop the separation of liquids and solids, thickeners to retain its form and texture, and artificial colourants to keep the chips looking appealing for as long as possible.

Balance your Meals: in each meal, include some protein, vegetables and fiber-rich carbohydrates (carbs). When meals are well-balanced they are generally more satisfying, which means you won't get hungry between meals and go looking for a snack. **Divide the plate into quarters: ¼ protein, ¼ carbs, and ½ vegetables.** For example, fill half the plate with non-starchy carbs such as salad greens or steamed broccoli, and fill the remaining half of the plate with equal portions of a grain or starchy vegetable like mashed sweet potato, and a protein such as lentils or butter beans.



Get active: Exercise can become a regular habit and is one of the most valuable things you can do to help maintain a healthy weight and lower your risk of heart disease and stroke.

- Any activity that gets you sweaty, slightly out of breath, and the heart pumping faster, counts.
- Try brisk walking, dancing, cycling, gym classes, soccer, swimming, gardening.... Join a Yoga or Pilates class (many online classes are free!). Get the family or a friend to join you!
- Start slowly. Build up to 150 minutes per week, which can be spread over the week as you like. eg 30 minutes 5 days per week.**

Super Simple Dhal

Serves: 6 Prep Time: 15 minutes Cooking Time: 25 minutes

Ingredients

- 2 cups dried red lentils, rinsed under cold water
- vegetable oil
- 1 onion, peeled + diced
- 1-2 garlic cloves, peeled + diced
- Spices: 1 thumb of fresh ginger, peeled + diced; 1-4 green chillies, finely chopped; 1 tbsp turmeric; 1 tbsp cumin seeds; 2 tsp garam masala
- 4 large tomatoes, diced [or add spinach or green peas or chopped carrots]
- 1 handful of fresh coriander, leaves roughly chopped
- salt + pepper

Method

1. Put the lentils into a large saucepan along with 1.5 litres (6 cups) of water. Bring to the boil, then reduce the heat and simmer uncovered for 10–15 minutes until cooked. Skim off the foam as it gathers at the top.
2. Meanwhile, heat a little vegetable oil in a frying pan on a medium heat. Add the onion and fry for 5 minutes.
3. Add the garlic, ginger and chillies to the pan along with the spices and salt and fry for 2 minutes.
4. Add the tomatoes and fry for another 2 minutes. [or spinach or green peas or chopped carrots]
5. Once the lentils are done, transfer the onion mixture to the saucepan of lentils and simmer for 10 minutes. If the dhal is too dry, add a splash more water. If it's too wet, continue cooking for a few more minutes.
6. Serve with brown rice/potatoes/roti

Soya Mince Vegetable fry

Simple and versatile soya mince vegetable fry recipe. Just 15 mins from start to finish. You can use this soya mince as a main dish with rice, potatoes or as a stuffing for sandwiches, samosas, rolls, and stuffed parathas.

Ingredients

- 200 gms Soya mince/ granules
- 2 cups hot water
- 2 tbsp Olive oil
- 3 onions finely chopped
- 2 tomatoes finely chopped
- 2 green chillies finely chopped
- 1 tsp cumin seeds
- 2 tsp coriander powder
- 1/2 tsp garam masala powder
- 1/4 tsp turmeric powder
- Salt to taste
- fresh coriander leaves for garnish

Instructions

1. Soak the soya granules in hot water. Let stand while you finish other preparations.
2. Heat oil in a pan, add cumin seeds. Once the seeds start to sputter, add onions and green chillies.
3. Sauté for 3-4 mins until the onions start to soften.
4. Drain and squeeze out all the water from the soya granules.
5. When the onions are soft, add the drained soya mince and tomatoes. Mix well.
6. Add in all the spices, mix well and cook covered for about 5 minutes. Taste and adjust seasoning.
7. Garnish with chopped fresh coriander leaves and serve hot.

Other healthy recipes:

<https://www.heartfoundation.co.za/recipes/>

<https://www.myweekendkitchen.in/soya-mince-vegetable-fry/>

<https://www.diabetessa.org.za/our-recipe-book/>

