



health

Department:
Health

PROVINCE OF KWAZULU-NATAL

**UTHUKELA HEALTH DISTRICT OFFICE
INTERGRATED NUTRITION PROGRAMME**

HEALTHY EATING CAMPAIGN

Healthy eating is a foundation of nutritional wellbeing and less rate of nutrition related disorders such as Obesity, Diabetes Mellitus, and Hypertension. There are bad habits which should be discouraged such as buying take away food during lunch time instead of bringing a home made meal / sandwich to work. Take away meals are usually high in fat and salt which according to the South African Food Based Dietary Guidelines should be used sparingly. The good habits to be encouraged include bringing a lunchbox to work as previously mentioned, including a vegetable in each meal and always bringing a fruit to work and buying a 100 % pure fruit juice instead of fizzy drinks.

Uthukela Health District is committed to encouraging all staff members to make wise food choices, and therefore maximize the benefits of healthy eating which will contribute to reducing the rate of nutrition related disorders.

We undertook a fun filled and exciting competition in the office geared towards promoting healthy eating. The District Dietician Ms T.C Madlala initiated this activity, staff members were scored each time they brought lunchbox to work, another two points for including a vegetable and a fruit in their lunchbox. Staff members who had more points won exciting prizes such as T- shirts with a very bold nutrition message at the back, and some water bottles. The competition was ended in style when the staff members embarked on a health walk on Monday the 28th of February, they took to the street of Ladysmith to show that exercise is part of the healthy lifestyle activities.

