



* FISH , MEAT AND EGG

Generally animal foods are rich sources of protein, vitamins (mainly A& D) and minerals (mainly calcium, iron and zinc). The protein comes from animal foods are in high quality that can be easily digestible and absorbable. Our body needs amino acids, the building blocks of proteins for growth, immune functions and several other important functions in the body. Animal proteins are called complete proteins which means all the amino acids are provided to the body in required quantity.

Iron present in animal foods are more absorbable than plant sources. Moreover, vitamin B12 is available only in animal food sources. We need vitamin B12 for nerve functions and blood cell production.

Fish is low fat high protein source that we can easily get through both inland fishery and marine fishery. Sea fish such as Salaya, Herring, Sprat, Tuna and Sardine have high levels of omega 3 fatty acids. Our body cannot produce some of these fatty acids in adequate amounts, therefore it is essential to be taken from the diets. Omega 3 is a heart healthy fatty acid and prevent blood clots in vessels, reduce the risk of heart related health issues. Small fish such as Salaya, Herring and Sprat are good sources for calcium. In addition all types of inland and marine fish are rich in iron, zinc and vitamin A and D. Therefore, fish is very important food source to prevent from heart diseases, anemia, bone related issues and infectious diseases.

Eggs have the best quality protein. Eggs are relatively cheaper. Therefore, we can include high quality protein into daily diet via egg without spending much. Egg yolk is rich in number of nutrients such as vitamin A, D and B12, iron, zinc, calcium and phosphorus. Normal healthy people can eat egg daily without any consequences.

Chicken when the skin is removed is lower in fat than other meats. Hence, poultry can be consumed frequently while red meat can be limited from frequent consumption. But all the types of meat are good sources of protein, iron, zinc and several other vitamins and minerals that give us various health benefits.

Every day, a person should consume fish, chicken, meat, or eggs at least twice a day.



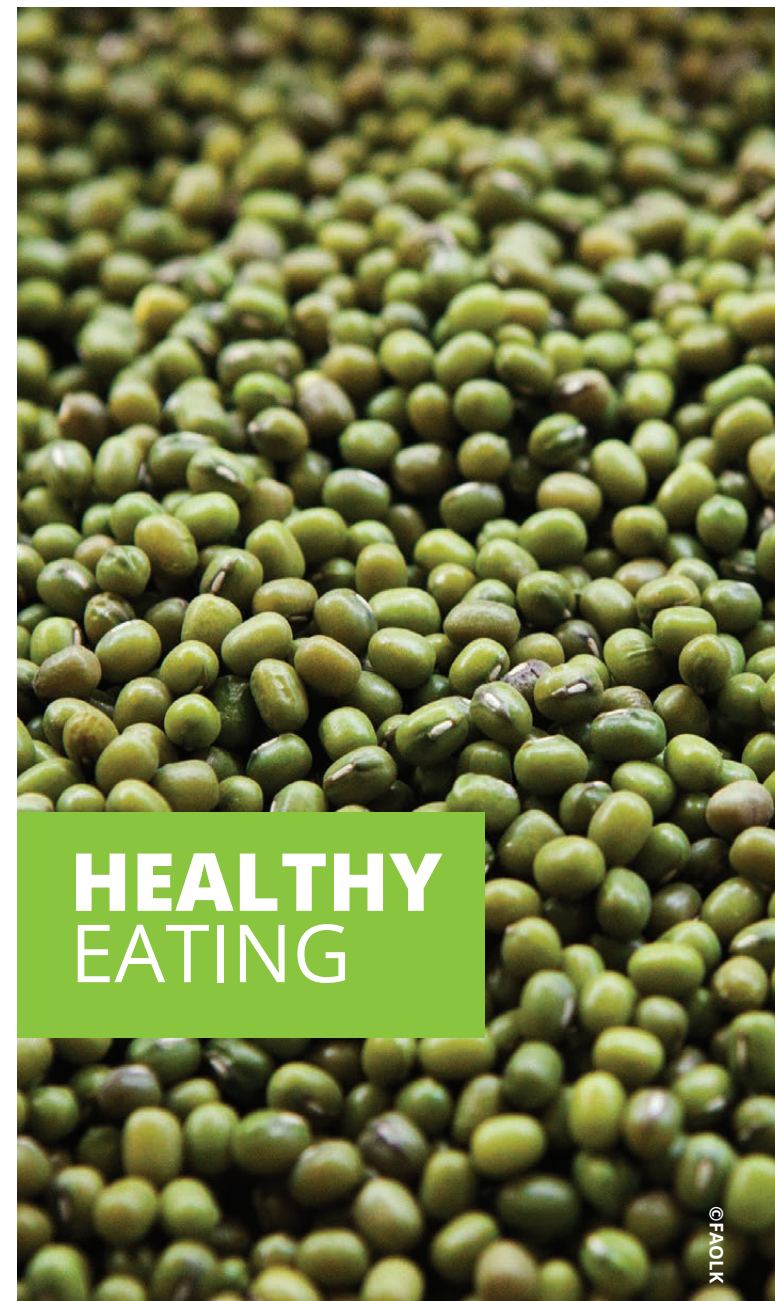
TIPS FOR HEALTHY EATING

- * Eat a balance diet including major five food groups in appropriate amounts. See recommended amounts given in this leaflet.
- * Eat variety of non-starchy vegetables including green leafy vegetables at least 3-5 servings per day. Try to have vegetables in each major meal and if possible, as snacks.
- * Incorporate variety of fruits at least 2-3 times per day as fresh fruits and fruit salads.
- * Eat white or red varieties of rice but make sure they are less polished or eat parboiled rice (Nadu) and use whole grain flour, when you prepare cereal based foods. (eg. Atta flour)
- * Avoid consumption of deep fried foods such as rolls, patties, wade, bites, mixture packs, potato chips, French fries, fried/deviled chicken, fried fish etc.
- * Use minimum quantities o,f unhealthy saturated fat spreads, mayonnaise and salad dressings.
- * Be away from eating restaurant foods like fried rice, kottu, parata, pizza, burger, hamburger & sausages, meat ball etc.
- * Drink at least 8-10 glasses of water (2.5 - 3 L) of water daily
- * Do not skip meals. Take three major meals and at least 2-3 healthy snacks (fruits or milk products are ideal) per day snacks per day (avoid cakes, biscuits like sweets as snacks
- * Always check food labels when you purchase food items and avoid foods which are rich in added sugar, added salt and saturated fat
- * Add minimum amount of sugar to your cup of tea. Avoid high sugar beverages such as soft drinks, malted drinks, cordial and sugar added fruit juices.
- * Always select fresh foods from the shops

A healthy diet may help to prevent certain long-term (chronic) diseases such as heart disease, stroke and diabetes. It may also help to reduce your risk of developing some cancers and help you to keep a healthy weight.



Food and Agriculture Organization of the United Nations





EAT WELL AND BE HEALTHY!

Your body needs energy and variety of nutrients in the right proportions to work normally and keep you healthy. You obtain this energy and nutrients from the food that you eat. So be certain to have a balanced diet daily. **Balanced diet includes five major food groups**

* CEREAL

There are lots of foods to choose from this group which gives you energy through carbohydrates. They also provide essential B vitamins, which are needed for growth and activity. Foods from this group also contain fibre, which is essential for healthy bowels.

e.g. rice, wheat, maize, finger millet and their products

Try to include a variety of wholegrain cereals (less polished) which provide more nutrients and fiber to your diet. It is important to have at least one food from this group at in each meal.

* LEGUME AND PULSE

The legume and pulse family (consists of plants that produce a pod with seeds inside.) Pulses are one of the most nutritious foods on the planet. "They are rich in proteins, dietary fiber, vitamins and minerals and low in fats". Pulses are an answer to the two-edged challenge of chronic hunger and poor eating habits. Also, They are an environment-friendly crop. Legumes and pulses are the only plant protein source that provide high quality, complete proteins. It contains about twice amount of protein which are found in whole grain cereals. Therefore, all types of pulses are good for children's growth and development. In addition, pulses are good sources of quality carbohydrates, dietary fiber, many vitamins (folate, thiamin, niacin) and minerals (iron, calcium, magnesium and zinc), needed for the protection of your body from diseases and low amount of fats.

There are various types of pulses available in Sri Lanka.

Chickpea, lentils (dhal), mung beans, cowpea, black gram (ulundu), horse gram (kollu), soybean, long bean seeds (mé) and other peas are also examples for the pulses which are grown in our country. They are generally eaten either whole (with or without skins) or as bean sprouts, either in raw, soaked or boiled form. We can use them to make salads, soups, curries, and other delicious dishes. Not only as a main dish, pulses are a very good healthy snack which is a solution for our small hunger.

Don't forget: We can have diverse diet by adding different types of pulses in to our daily diet as a main dish, side dish (curry item) or as a snack. Then, we can stay healthy along with enjoying our meal and protect the environment.

* FRUITS AND VEGETABLES

Fruits and vegetables including green leafy vegetables should be an important part of your daily diet. They can also help protect against some diseases. Fruit and vegetables are important sources of vitamins (especially vitamin C and folate), fibre and phytochemicals.

It is recommended to eat plenty of fruits and vegetables as much as you can including different varieties. At least five varieties of fruits and vegetables should be consumed each day. An adult needs minimum of 400 g of fresh fruits and vegetables each day.



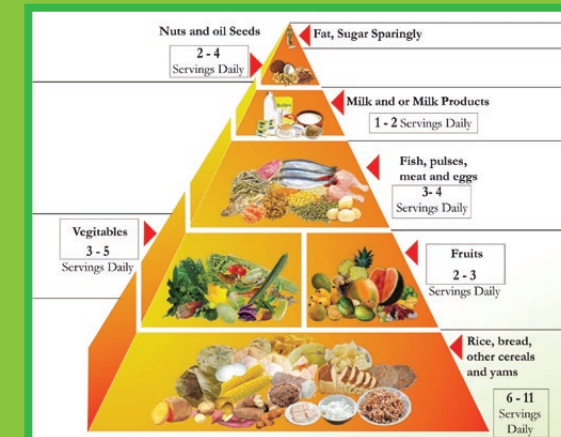
* MILK AND MILK PRODUCTS

Milk and milk products are taken mainly from cow, buffalo, goat and sheep. Dairy can be consumed as fresh milk (liquid milk) or milk products such as curd, yoghurt, butter and cheese. In addition to protein, milk is rich in several minerals needed for our bone health - calcium and phosphorous, Zinc, vitamin A and D. Dairy/milk and milk products are the best source for calcium in our daily diet.

Sufficient intake of calcium helps us to gain a proper height during younger ages. Fermented forms of milk such as yoghurt and curd are good sources of healthy bacteria called probiotics that helps maintain our digestive tract healthy. In addition, milk provides energy for body functions, build and strengthen of the bones, growth and maintenance of teeth, nail and hair, build strong muscles and improve immunity in our body.

If we do not get enough calcium (low intake of milk may be a reason) from childhood, it causes shorter body structure in adult life, growth retardation, vulnerable for many infectious diseases and low bone density, fractures and bone related diseases (such as osteoporosis).

Children, adolescents and adults should consume milk or milk products twice a day to have healthy bones.



1 serving of cereals

- 1 slice (40 g) of bread
- 1/2 medium roti (90 g)
- 1/2 cup (65-120 g) cooked rice, noodles, pasta
- 5 medium size string hoppers (40g)
- 1 piece of Pittu, Itli or 1 Thosai (65 g)

1 serving of vegetables

- 1/2 cup cooked green or orange vegetables (eg. Spinach, carrots, pumpkin)
- 1 cup green leafy or raw salad leaves
- 1 medium tomato

1 serving of fruits

- 1 medium banana, orange, apple
- 1 small papaw, pine apple
- 1 cup fruit salad (no added sugar)

1 serving of Meat, poultry, fish and eggs

- 65 g cooked lean red meat (beef, pork, lamb, goat)
- 80 g cooked lean chicken
- 100 g cooked fish
- 2 large (120 g) eggs

1 serving of Legumes and beans

- 1 cup (150 g) cooked legumes, beans (lentils, green gram, chick pea or peas)

1 serving of milk and milk products

- 1 cup (250 ml) fresh milk, UHT, reconstituted powdered milk
- 2 slices (40 g) of hard cheese (4 x 3 x 2 cm) such as cheddar
- 200 g plain yogurt (no added sugar)
- 1 cup (250 ml) soy milk
- 260g curd

Mainstreaming Nutrition in the Agriculture Sector in Sri Lanka

