

SHOLA'S 5 TIPS FOR HEALTHIER EATING:

- 1 Become 'portion' aware - swap your usual plate or bowl for one that's smaller in size and try to say no to second-helpings.
- 2 Reduce the portion size of food high in carbohydrates such as Gari – eba, plakali and pinon; pounded yam, amala, ugali, banku, and fufu.
- 3 Eat them with stews containing more vegetables – such as okro, green leafy vegetables, squash or beans and pulses.
- 4 Bake or grill plantain rather than frying. If you decide to fry, choose unsaturated oils like rapeseed, olive and sunflower.
- 5 Reduce consumption of malt drinks, full-sugar juices and punch drinks, and fizzy drinks.

For free help and support
search 'Better Health'

nhs.uk/BetterHealth

Shola Oladipo
Dietitian

