

# Eastern European Guide



## TOP TIPS FOR EATING WELL FOR THE EASTERN EUROPEAN COMMUNITY

KEY MESSAGE	FURTHER INFORMATION
<b>Eat smaller portions of food.</b>	Eating regularly and more frequently lowers risk of obesity and type 2 diabetes. Traditionally, portion sizes were much bigger because people were in more physically demanding employment.
<b>Continue to eat grains, particularly wholegrains.</b>	Wholegrains contain dietary fibre which improves digestion, reduces constipation and lowers the risk of bowel cancer.
<b>Eat less red and processed meat (no more than 500g a week).</b>	Instead choose fish, beans or eggs. High meat diet increases the risk of some cancers. Commercially processed meat contains many more preservatives and additives than meat prepared in traditional family way. Read the label.
<b>Reduce salt consumption.</b>	Be aware that some products contain significant amounts of salt, so read the label. Salt is often used in meat preservation, so processed meat is high-salt food. Try to use fresh herbs instead.
<b>Replace saturated (animal) fat with unsaturated vegetables oils (rapeseed and olive oils).</b>	Diets high in saturated fat increase the risk of heart disease, type 2 diabetes and some cancers.
<b>Limit consumption of high-sugar products.</b>	This includes such as fizzy drinks, sweets and desserts. Replace them with fruit and nuts. Try to reduce amount of sugar added to hot drinks (tea and coffee). High sugar diet increases the risk of dental caries , obesity and type 2 diabetes.
<b>Increase calcium intake.</b>	Drink at least 2 glasses of milk a day to reduce the risk of osteoporosis. Eastern European population is affected by calcium and vitamin D deficiency which are major risk factors of osteoporosis. Typically, osteoporosis is not diagnosed
<b>Keep your body hydrated.</b>	Drinking at least 1.5 litre of water to prevent dehydration, constipation and to improve general well-being. Try to avoid alcohol. Excessive alcohol intake contributes to dehydration and increases the risk of some cancers.