

Balance between Food and Exercise

The public health project Jämvikt (Balance)

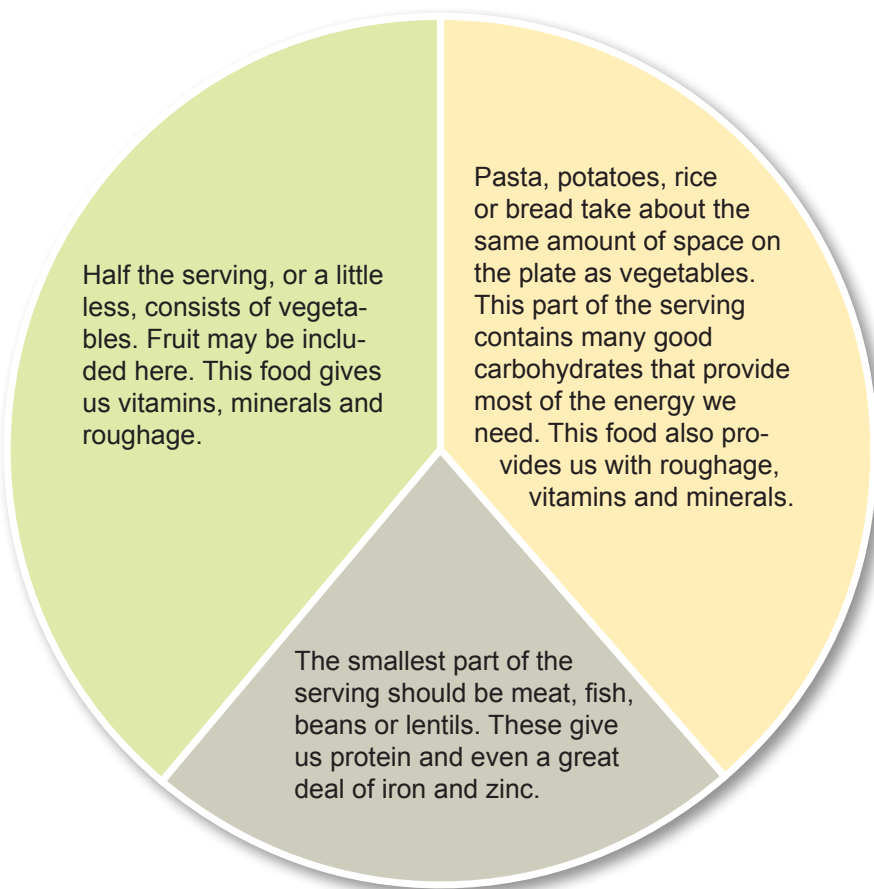


To attain good health it is important to eat right and get enough exercise. Today all kinds of food are easily available, even sweet and fatty foods. Most people don't move around much at work and travel by car, bus or tram instead of walking or biking. For this reason, we must plan our meals and exercise to achieve a balance between them.

Food

Three main meals a day and two to three in-between meal snacks are all we need.

The plate model is a simple picture that shows the main food groups and their proportions that make us feel as good as possible. If we eat normal proportions, as in this model, we get the fats, proteins, carbohydrates, vitamins and minerals we need. Too much fat, such as margarine, butter, oil or cream in our food can result in overweight.



Of course we can serve stews or soups with vegetables and root fruits mixed with meat or fish. To follow the plate model, we must use plenty of vegetables in these dishes.

If you eat a sandwich for lunch or dinner, supplement it with fruit and try different kinds of vegetables and sliced fruit on your sandwich!

Those of you who want to lose weight can increase the proportion of vegetables and reduce the proportion of potatoes, while those of you who exercise a lot can slightly increase the proportion of potatoes, pasta, rice or bread.

Young children should eat more of the meat/fish part of the plate, since they are not to eat too much roughage.

Candy, soft drinks, chocolate, chips and cookies contain a lot of sugar and fat. If you eat and drink these kinds of food daily, you can easily become overweight and run a greater risk of getting too few of the important nutrients. All sweet drinks including juice can damage your teeth and cause problems with overweight.

Your body does not need alcohol and you can easily gain weight from it.

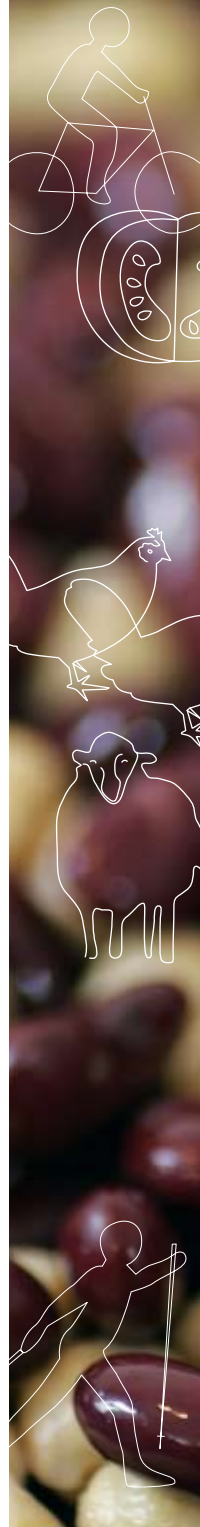
Exercise

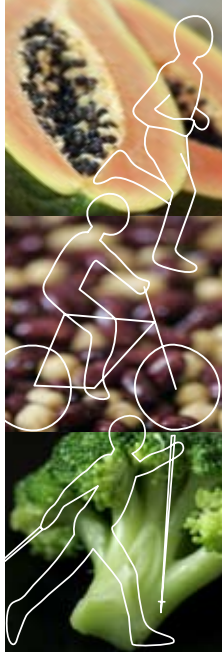
You should exercise every day for a total of at least 30 minutes, for example by taking the stairs, walking, biking or gardening. If you want to improve your strength, physical condition, or lose weight, then most people need more physical activity than this.

We can help small children meet their need for exercise by giving them good opportunities to play, preferably outdoors. Children need to move around at least 60 minutes a day to maintain good health.

If you don't have far to go to school or work, then it is better to walk than take the bus, even if you have a free bus pass, like the school-children.

Everyone needs to take advantage of opportunities for exercise presented by daily life, such as taking the stairs instead of the elevator or walking to work from one bus stop instead of taking the bus all the way.





"People must eat what they need, but they eat what they like.

In other words, people need to learn to like what they need."

This folder was produced by

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The recommendations in this folder are for healthy people.

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