

Physical activity makes your bones stronger.



TRUE!!

Regular exercise is good for many things. It's good for your bones, your muscles and joints. It also helps you to lose weight and reduces the risk of diabetes type II. Your goal should be to be physically active at least 5 days per week for 30 minutes. You have to get fairly tired from the activity. So a good activity is for example brisk walking, cycling, running or swimming.

Deep fried foods can make your cholesterol high.



TRUE!!

(Deep) fried food is very fat. Try to eat fried food such as fried donuts, fried chicken and meat pies **not more** often than once a week.

Eating fish is good for you.



TRUE!!

Fish is healthy because it contains good fats and vitamins A and D. Try to eat fish up to twice a week. Also, don't eat too much dry fish. Dry fish is very salty, which can increase your blood pressure. Other foods with a lot of salt are for example cheese, soup, maggi cubes, bread and many fast foods.

Skipping breakfast will make me lose weight.



NOT TRUE!!

To maintain a healthy body weight it is very important to eat breakfast every day. When you eat breakfast, you are less hungry during the rest of the day, and that will save you calories! Only coffee or tea is not enough for breakfast, you need to eat something too. Also, it is very important to eat on regular times. Try to eat at least the three regular meals (breakfast, lunch, dinner) around the same time every day.

Recommendations:

- Be physically active
- Eat at regular times and don't skip meals
- Eat whole grain products
- Use little oil
- Eat lots of fresh vegetables and fruits
- Drink less than 2 glasses of sweet drinks per day
- Eat fish up to twice a week
- Don't use more than a teaspoon salt per day and don't eat many salty foods
- Use little alcohol
- Eat deep fried food no more than once a week

White sugar is more fattening than brown sugar.



NOT TRUE!!

All types of sugar have the same amount of calories. Brown sugar is made from sugarcane and white sugar is made from sugar beets. It's made differently, but your body doesn't know the difference. The only way to reduce sugar intake is to use *light* products and sweeteners instead of sugar. Also don't drink more than 2 glasses of soft drink and (fruit) juices. These drinks are full of sugar.

Brown bread is better than white bread.



TRUE!!

Whole wheat products – bread, but also other products such as pasta – are healthier than white products. Usually brown foods contain more whole wheat than white, but sometimes the colour is deceiving. So look for the name "volkoren" (whole wheat). Products with the name "volkoren" contain lots of whole wheat grains even if the colour seems less brown.

Plant based oils are healthier.



PARTLY TRUE!!

There are differences between oils, because they contain different types of fat. So, sunflower oil and olive oil are quite healthy. But all oils contain exactly the same amount of calories. Oil is a fluid form of fat. So, oil is 100% fat and no matter what type of oil. Eating oil in large amounts can make you gain weight. Try to use as little oil as possible. For example, try to halve to amount of oil you use in a stew. It's an easy way to lose weight!

Traditional Ghanaian food is healthy.



TRUE!!

Traditional Ghanaian food is healthy. It often consists of basic foods such as grains, fresh vegetables, and fruits. This is much healthier than processed foods and snacks or sweets. Keep it up!! But try to keep a balance in your meal: your plate should have equal amounts of vegetables, meat and starch on it.