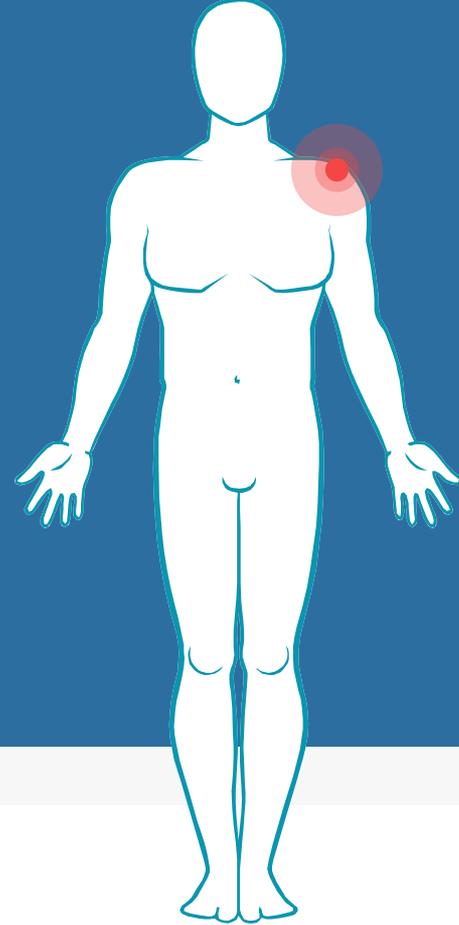


# On-Call

## Digital Resources

### How to Eat Healthy



# You are What you Eat – Different Types of Diets



- Mediterranean Diet
- Vegan Diet
- Organic Diet

# Mediterranean Diet

- This focuses on the varied consumption of food, fruits, vegetables, cereals ....
- Based on eating small quantities of every food group and choosing better quality products that are in season.



# What to Eat in a Mediterranean Diet

- Fruit and Vegetables
- Nuts and seeds
- Lentils and Legumes
- Whole grains
- Fish and other seafood
- Poultry
- Eggs and dairy
- Herbs and spices
- Heathy fats



# Benefits of a Mediterranean Diet

- Reduces the risk of type 2 diabetes.
- Helps to maintain a healthy heart.
- Reduces the risk of Alzheimer's Disease
- Halves your chance of getting Parkinson's' Disease
- Helps your body to fight cancer
- Protects cognitive health
- Keeps you more agile as you age



## Vegan Diet

- Individuals do not consume any food product that is produced or taken from an animal - no meat, fish, dairy products, eggs, honey, gelatin, etc.
- Because often this diet is followed for its ethical and environmental concerns, rather than its nutritional value to individuals, many people think it is more a philosophy of life not a diet.



## Vegan Diet

- People who follow a vegan diet also won't use cosmetics, clothes, household goods or any products that are produced using animals.
- When seeking alternative sources of nutrients and protein, those following a vegan diet often find the nutrients they need in products like tofu, tempeh, and mushrooms.



# Benefits of the Vegan Diet

- Veganism eliminates all animal fats.
- Animal fats are linked to a range of illnesses and diseases, including, heart disease, various types of cancer, diabetes, rheumatoid arthritis, hypertension, etc.
- Veganism eliminates these diseases.
- Vegans also have better bone health, due to the calcium they consume from eating kale, spinach, figs, black-eyed peas and turnip greens.



# Organic Diet

- Organic diet is as a result of the use of fertiliser, pesticides, growth hormones and other toxins in the mass production of our food today.
- This diet is based on the consumption of organic products, where the cultivation of the product is completely natural and without additive, pesticides or growth hormones or genetic modification.





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