

# HEALTHY EATING and African Nova Scotians

Healthy eating can **reduce the risk** of many of the health problems impacting African Nova Scotian men, such as high blood pressure, diabetes, heart disease and stroke. Healthy eating is also **an important part** of managing these health issues.



## Healthy eating tips for Black men

These tips can improve your health and reduce your risk for health problems:

### CHOOSE WHOLE GRAINS

- Make at least half your grain choices whole grain, such as whole grain bread, oatmeal, brown rice, or barley
- A diet rich in whole grains can support heart health
- Whole grains provide fiber, which helps keep you fuller longer, promotes good bowel health, and can help lower your cholesterol

### LOAD UP ON VEGETABLES AND FRUITS

- Fresh, frozen, or canned, vegetables and fruits are packed with nutrients and fiber
- Try to include at least one dark green and one orange vegetable daily
- Fill half your plate with vegetables prepared with little or no added fat, sugar, or salt
- Strive for five servings a day of vegetables and fruit

\*Reference can be found online at [www.NSbrotherhood.ca](http://www.NSbrotherhood.ca)

## GO LEAN AND HAVE ALTERNATIVES

- Choose lean meats and prepare them with little or no added fat/oils
- Eat more meat alternatives like legumes (kidney beans, chickpeas, lentils)
- Legumes are high in protein, low in fat and provide fibre that can help keep you feeling full and help lower cholesterol

## CHOOSE HEALTHY FATS

- Choose fats that are liquid at room temperature (like olive or canola oil)
- Use a soft tub margarine that says *non-hydrogenated* on the label
- Fats that are solid at room temperature (such as butter, lard, hard block margarine, shortening, and animal fats) are called saturated fats
- Saturated fats can raise your cholesterol and increase your risk for heart disease, stroke, and some cancers. Limit foods high in saturated fats and avoid foods containing trans fats.

# Drink smart

## BEST CHOICES

Water ■ Skim or 1% milk ■ Tea and coffee (without added sugar or cream)

## LESS OFTEN

Whole or 2% milk ■ 100% Fruit juice (limit fruit juice to ½ cup per day) ■ Diet drinks

## LIMIT

Soft drinks/pop ■ Sports drinks ■ Energy drinks ■ Sweetened/sugary drinks  
Alcohol (Limit to 1.5oz liquor, or 12 oz beer, or 5oz wine)

# A healthy eating lifestyle

Learn more about healthy eating and ways to make it work for you by talking to:



The  
Nova Scotia  
Brotherhood  
Team



NSBI  
Registered  
Dietitian



Your  
Family  
Doctor



Your  
Family  
Practice  
Nurse

Contact Nova Scotia Brotherhood to learn more about healthy eating or to make an appointment with a member of the team about another health concern:

902.434.0824

NSbrotherhood@nshealth.ca

www.NSbrotherhood.ca

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