

## Non-dietary recommendations

### 1. Physical exercise

To keep an active lifestyle, incorporate movements such as walking, climbing stairs, and stretching in daily activities. To improve heart fitness, engage in moderate-intensity exercises like; brisk walking, dancing, rope skipping, swimming, and cycling.



### 2. Have regular medical checks

Regular medical checkups can help detect any early signs of a health problem, in turn it facilitates early diagnosis and treatment.

### 3. Maintain healthy body weight

Take regular weight measurements to ensure you keep your body weight within the normal range. You can ask a health worker to advise on the recommended weight for your height. Unintended reduction or increase in body weight may indicate a medical problem.



#### Key messages

1. Eat a variety of locally available foods at every meal.
2. Eat fruits in their whole form.
3. Perishable foods can be dried and safely stored for future use.
4. Consume adequate amounts of fluid especially water to keep the body hydrated.
5. Limit consumption of oil, fat, sugar, salt, and alcohol.
6. Avoid tobacco.

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THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH

## NUTRITIONAL RECOMMENDATIONS FOR ADULTS AND THE ELDERLY



### What is nutrition?

Nutrition is a process by which the body utilizes food and nutrients to support growth, maintenance, and overall health.

### Why promote good nutrition for adults and the elderly?

- Good nutrition maintains muscle mass and bone density.
- It regulates organ function .
- It reduces the risk of chronic diseases such as cancers, high blood pressure and diabetes.



- It slows decline in mental capacity and other age-related mental changes
- Good nutrition strengthens the body's ability to fight diseases
- It helps maintain healthy weight

## Purpose of the recommendations

To promote healthy eating among adults and the elderly in order to reduce the risk of nutrition-related non-communicable diseases such as cancer, high blood pressure and diabetes.

## Dietary recommendations

Eat a variety of locally available foods (fresh or preserved).

### 1. Eat fruits and vegetables daily



Locally grown vegetables include: amaranths (*ddodo*), spinach, nakatti, eggplants, entula, cowpea leaves (*ggobe*), and cabbage. Locally available fruits include: mangoes, pawpaws, jackfruit, banana, pineapples and avocado.

### 2. Starchy Foods



Eat a variety of whole starchy staples like: millet (*karo*), sorghum, unrefined maize (posho or porridge), orange-fleshed sweet potato (unpeeled is better), cassava, yams, *matooke*, and whole grain bread. Adopt the use of flours made from foods like orange-fleshed sweet potato and pumpkins in different recipes. The flours can be substitutes for wheat in making snacks like *chapati* and *daddies*.

### 3. Protein-rich foods



Eat different fish types, including silver fish (*mukenne*). Also eat legumes such as beans, cowpeas, soybean, groundnuts and simsim regularly. Apart from supplying proteins, legumes are a good source of fiber and contain health promoting compounds. Eat poultry, eggs, insects like *nseene*, and white ants. Red meat like beef and pork should be eaten in moderation.

### 4. Limit consumption of foods rich in fat, sugar, and salt

Foods that are high in oils, fat, sugar or salt increase the risk for developing diseases such as high blood pressure. They include fast foods like chips, high energy foods such as ice cream, margarine, soda and sweet snacks. Avoid tobacco and excessive consumption of alcohol.