



HEALTH AND NUTRITION



Aster
HOSPITAL

We'll Treat You Well



Digital Version



HEALTH TIPS

- Stay Hydrated. Drink at least 8-10 glasses of water everyday
- Eat bright colored fruits and green leafy vegetables
- Eat protein-rich sources like fish, poultry, eggs, legumes, beans, tofu, soya beans, etc.
- Include healthy fat sources like almonds, walnuts, flax seeds, sunflower seeds, olive oil, avocado, salmon, etc. in your diet.
- Eat more whole-grain foods like brown rice, whole wheat, whole grain oats, quinoa, millets, bulgur, buckwheat, corn, etc.
- Dairy products like milk, yogurt, cheese, buttermilk should be a part of your daily meal
- Limit the intake of sugar, salt, saturated fats, etc.
- Get Moving. Exercise for at least 30 minutes daily
- Get 6-8 hours of sleep every night



EAT A HEALTHY BALANCED DIET

It is very important to include a variety of food groups in the diet. This will help adults and kids to get all the essential nutrients in the right amount that the body requires. Each food group provides a different nutrient that is required for the proper development and functioning of the body. Eat a combination of whole grains, fruits, vegetables, protein sources like eggs, fish, chicken, and healthy fats like nuts, avocado, etc.

A healthy balanced diet protects the body against certain types of diseases, in particular lifestyle diseases such as obesity, diabetes, cardiovascular diseases, some types of cancer and skeletal conditions. Healthy diets can also help in maintaining healthy body weight. A well-balanced diet provides the energy you need to stay active throughout the day, nutrients required for growth and repair as well as helps you stay strong and healthy.



PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

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Mankhool, Kuwait Road, Al Mankhool - Dubai

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