



Everyone wants to look and feel healthy. By choosing safer food, healthier nutrition and regular physical activity, you can improve your health throughout your life. These choices are particularly important because they are about personal decisions that only you can make.

Increasing your knowledge about the Five key behaviors related to each of the areas above can help you make better choices. These key behaviors are important for your health no matter how old you are or where you live in the world. Look better, feel better, reduce your visits to the doctor, maintain normal blood sugar and blood pressure, keep a healthy weight – these are just a few of the benefits of adopting the key behaviors described in this brochure.

As the teams display the highest levels of fitness and health, the 2010 FIFA World Cup provides a unique opportunity to share these messages. This brochure has been prepared by the South African Department of Health in collaboration with the Regional Office for Africa, World Health Organization. It is part of an overall strategy to enhance public awareness about the contribution of food and physical activity to healthy lifestyles.



The 3 Fives



Healthy choices,
healthy life...

More information is available at:
www.who.int/foodsafety/consumer/en



The 3 Fives

Five keys to safer food,
Five keys to a healthy diet,
Five keys to appropriate physical activity.



Five Keys to safer food

1. Keep clean

- Wash your hands with soap before handling food and often during food preparation
- Wash your hands with soap after using the toilets
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals

2. Separate raw and cooked

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

3. Cook thoroughly

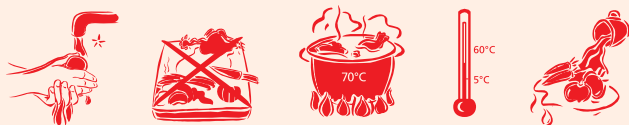
- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer
- Reheat cooked food thoroughly
- Avoid overcooking when frying, grilling or baking food as this may produce toxic chemicals

4. Keep food at safe temperatures

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- Keep cooked food piping hot (more than 60°C) prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

5. Use safe water and raw materials

- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date



Five Keys to a healthy diet

1. Give your baby only breast milk for the first 6 months of life

- From birth to 6 months of age your baby should receive only breast milk, day and night
- Breast feed your baby whenever the baby feels hungry

2. Eat a variety of foods

- Eat a combination of different foods: staple foods, legumes, vegetables, fruits and foods from animals

3. Eat plenty of vegetables and fruits

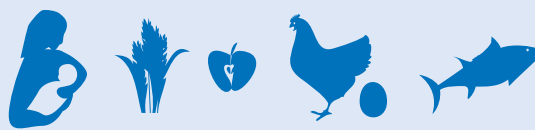
- Consume a wide variety of vegetables and fruits (more than 400 g per day)
- Eat raw vegetables and fruits as snacks instead of snacks that are high in sugars or fat
- When cooking vegetables and fruits, avoid overcooking as this can lead to loss of important vitamins
- Canned or dried vegetables and fruits may be used, but choose varieties without added salt or sugars

4. Eat moderate amounts of fats and oils

- Choose unsaturated vegetable oils (e.g. olive, soy, sunflower, corn) rather than animal fats or oils high in saturated fats (e.g. coconut and palm oil)
- Choose white meat (e.g. poultry) and fish that are generally low in fats rather than red meat
- Limit consumption of processed meats and luncheon meats that are high in fat and salts
- Use low- or reduced-fat milk and dairy products, where possible
- Avoid processed, baked, and fried foods that contain industrial trans fatty acids

5. Eat less salt and sugars

- Cook and prepare foods with as little salt as possible
- Avoid foods with high salt contents
- Limit the intake of soft drinks and fruit drinks sweetened with sugars
- Choose fresh fruits for snacks instead of sweet foods and confectionery (e.g. cookies and cakes)



Five Keys to appropriate physical activity

1. If you are not physically active, it's not too late to start regular physical activity and reduce sedentary activities

- Find a physical activity that is FUN
- Gradually increase your participation in physical activity
- Be active with family members - in the home and outside
- Reduce sedentary habits such as watching TV and playing computer games

2. Be physically active every day in as many ways as you can

- Walk to the local shops
- Take the stairs instead of the lift
- Get off the bus early and walk

3. Do at least 30 minutes of moderate-intensity physical activity on 5 or more days each week

- Make physical activity part of your regular routine
- Organise to meet friends for physical activity together
- Do some physical activity at lunch time with colleagues

4. If you can, enjoy some regular vigorous-intensity physical activity for extra health and fitness benefits

- Vigorous physical activity can come from sports such as football, badminton or basketball and activities such as aerobics, running and swimming
- Join a team or club to play a sport that you enjoy
- Ride a bike to work instead of taking the car

5. School-aged young people should engage in at least 60 minutes of moderate- to vigorous-intensity physical activity each day

- Encourage young people to participate in sport and physical activity for fun
- Provide young people with a safe and supportive environment for physical activity
- Expose young people to a broad range of physical activities at school and at home

