



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

The Basics of Healthy Diet

Healthy diets have different foods and flavours,
but share the same principles

Protein

10-15%
of daily energy intake



PLANT OR ANIMAL
SOURCES

Fats

15-30%
of daily energy intake



UNSATURATED FATS FOUND IN FISH,
AVOCADO, NUTS & VEGETABLE OILS

Carbs

45-75%
of daily energy intake



WHOLE GRAINS



PULSES



FRUITS & VEGGIES
(min. 400 g/day)



DIETARY FIBRE
(min. 25 g/day)

Adequacy

Balance

Moderation

Diversity

! Unhealthy fats

LIMIT SATURATED FATS <10%

LIMIT TRANS FAT <1%
of daily energy intake

! Sugars

LIMIT FREE SUGARS <10%
of daily energy intake



50 g or 12 teaspoons

! Salt

LIMIT SALT INTAKE
<5 g/day

1 teaspoon
(about 2 g of sodium)

#UHCares

Source: WHO HEALTH ADVISORY

Trunkline: (046) 481-1900

- ★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm
- ★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:30 am - 8:30 pm; Fri 11:30 am - 8:30 pm
- ★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm
- ★ UHC ULS CLINIC loc no: 3132
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph