



EAT WELL, LIVE WELL: NUTRITION AND LIFESTYLE MATTER

September 2025

Why Good Nutrition Matters

Eating healthy food is one of the best ways to stay strong and avoid diseases. This September, in celebration of **Nutrition Month**, we remind everyone that a balanced diet and a healthy lifestyle can help prevent many common health problems — especially *lifestyle diseases* like **diabetes**, **high blood pressure (altapresyon)**, **high cholesterol**, and **heart disease (sakit sa puso)**.

These diseases are often caused by poor food choices, lack of exercise, too much stress, and habits like smoking and drinking alcohol.

Common Lifestyle Diseases

1. **Diabetes (Diabetes)** – High sugar in the blood; can lead to blindness or kidney failure
2. **High Blood Pressure (Altapresyon)** – Can cause stroke or heart attack
3. **High Cholesterol** – Fat buildup in the blood; blocks blood flow
4. **Heart Disease (Sakit sa puso)** – Weak heart caused by poor habits
5. **Obesity (Labas sa timbang)** – Too much body weight; leads to many other health risks

How to Eat and Live Healthier

Choose “Go, Grow, and Glow” Foods Daily

- **Go foods** (for energy): rice, bread, sweet potato (*kamote*), corn
- **Grow foods** (for strength): eggs, fish, chicken, tofu (*tokwa*), mongo
- **Glow foods** (for vitamins): vegetables (*gulay*) and fruits (*prutas*)

Avoid Processed and Sugary Foods

- Limit soft drinks, instant noodles, chips, and canned goods.
- These can lead to high sugar, fat, and salt levels in the body.

Drink Water, Not Sugary Drinks

- Water helps your body clean itself and keeps you alert.
- Avoid juices with added sugar and colored drinks.

Move Your Body

- 15–30 minutes of walking, stretching, or household chores counts as exercise.
- Regular movement helps control weight and blood pressure.

Get Enough Sleep and Manage Stress

- Sleep helps your body repair.
- Try deep breathing or relaxing music to lower stress.



Drink water, not sugary drinks



Avoid processed and sugary foods



Household chores count as exercise

When to Check with a Doctor

- Sudden weight gain or weight loss
- High blood pressure readings
- Tingling in hands or feet (for diabetes)
- Chest pain or shortness of breath
- Tiredness all the time

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Incorporated**, we understand the unique challenges that Filipinos face in staying healthy. As a trusted HMO serving workers across industries — especially contractual, project-based, and blue-collar workers — our mission is to deliver **accessible, affordable, and quality healthcare** solutions.

With over 25 years of expertise, Metrocare is proud to protect and promote the health of Filipino workers through comprehensive healthcare programs designed for their needs. Our preventive health initiatives, accessible network of healthcare providers, and commitment to affordability reflect our core values: honesty, efficiency, and service with heart.

Secure Their Health. Protect Your Peace of Mind. **Choose Metrocare.**

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