



omega-3 fatty acids – so, plenty of vegetables in any form, and some fruit,” says Dr Rajnakova.

“Hydration is very important, too. People often have too many sweetened drinks and diet sodas, which introduce extra sugar, colouring, artificial flavouring and sweeteners. It’s better to have either water or herbal caffeine-free teas or infusions.”

She adds, “Food selection must be sustainable and for the long-term. There’s no point in ‘dieting’ for a few weeks or months and then returning to your original eating habits. That will only create a yo-yo effect, not just in weight, but in health as a whole.” People are able to comply with healthy diets only when they feel satisfaction from the foods they take in. “Starvation is the biggest enemy of healthy diet and lifestyle. It never brings good results!”



Starvation is the biggest enemy of a healthy diet!

What about supplements?

“There is a common misconception that the food we eat is not able to satisfy the daily requirements for micro- and macronutrients, and, therefore, these must be supplemented,” says Dr Rajnakova. “The truth is that a well-balanced diet is sufficient to maintain a well-nourished body.”

Having said that, there are some groups of people who might need to support their diets with supplements due to their age or physiological conditions. Different phases of life will likely require special attention to specific nutrients.

During pregnancy, for instance, a woman requires more attention in relation to folic acid, vitamin B12, calcium, vitamin D, iron, omega-3 and protein. “Her diet has to be balanced but, when necessary, it’s important to use dietary supplements due to the elevated nutritional requests from the growing baby,” says Dr Rajnakova. “And, during menopause, calcium and vitamin D requirements are increased due to the drop in oestrogen production, so it’s usually deemed necessary to use supplements.”

Adolescence is also an important period. It’s a time when food has to provide all the building blocks for the formation of new tissues, hormones and enzymes. The intake needs to be balanced, with a special attention to protein, iron, calcium and vitamin D intake. Insufficient intake of iron and calcium especially can lead to anaemia and reduced mineralisation of the bones, creating the basis for osteoporosis in the future.

It’s in this delicate phase of life when girls sometimes start to follow unhealthy diet trends, notes Dr Rajnakova – trends that may increase their risk of malnutrition. It’s always a good idea to speak with your doctor about whether dietary supplements are appropriate for you.

“Self-administering supplements can be dangerous and should be done by a physician to avoid any potential side effects,” she says.

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