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10 F mnemonic for healthy food

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A 10 F mnemonic is a tool to help healthcare provider to remember a large amount of information about healthy diet what is a healthy diet? Many clinicians find themselves at a loss to answer this common question from patients. The difficulty of offering a simple answer is understandable; for that, it is important to weave simple and compelling

recommendation about healthy diet. Just remember 10 F (5F yes and 5F NO) all clients visiting our clinics should be advised to increase their intake of Fluids, Fibers, Fruits & vegetables, Fish, healthy Fat (5F yes) and to avoid Fried food, Fast food, Factory food, unhealthy Fat, Fad added sugar (5F No) details for each will be conducted in the lecture.

Biography

Mohammad Alfattani is a Consultant Pediatrician and also a member of Royal College of Physician (MRCP), UK since 1989. He has received the certification of Arab board of pediatrics in 1990, Riyadh. He joined um AlQura University and teaching students, he is a Trainer in Saudi commission of health specialist and Pediatric Program Director. He published many paper and reported many special cases in pediatric.

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