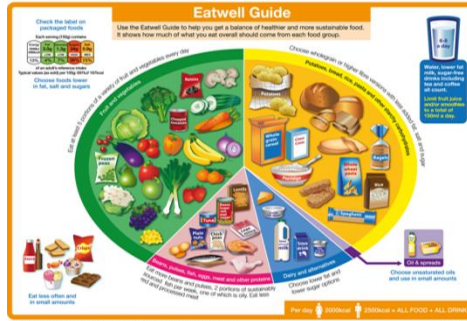


### 8 Tips for Healthy Eating!

1. Eat more fibre
2. Eat more fruits and Vegetables
3. Eat more oily fish
4. Eat less salt
5. Eat less fat
6. Eat less sugar
7. Choose wholegrains
8. Drink 6-8 glasses of water per day



### Salt intake

5. Try to eat less salt – no more than 6g a day\*.

Eating too much salt can raise your blood pressure. People with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure.

Most of the salt eaten comes from the foods we buy, but some is also added during cooking, or at the table. Too much can easily be eaten without knowing it.



### Dietary related diseases

**Type 2 diabetes** occurs when the body doesn't produce enough insulin to function properly, or the body's cells don't react to insulin. This means glucose stays in the blood and isn't used as fuel for energy. Type 2 diabetes usually affects people who are older or overweight. Diabetes can lead to vision loss, kidney failure, heart disease and stroke.

**Obesity** occurs when energy intake from food and drink consumption is greater than energy expended over a prolonged period of time. BMI is a measure of whether someone is a healthy weight for their height. A BMI of 30 or above means that you are considered obese. Obesity puts pressure on your joints and leads to other health complications such as diabetes, heart disease and some cancers. Eating a balanced diet whilst combining exercise can help prevent obesity.

**Coronary heart disease** can lead to a heart attack and death. It can be caused through too much saturated fat in the diet. Saturated fat contains low density lipoproteins LDL (bad) which raise blood cholesterol levels and clog arteries. To prevent CHD – have a diet low in saturated fats and higher in unsaturated fats, eat plenty of fibre, eat at least 5 portions of fruit and veg daily, limit alcohol and increase exercise

**Fatty liver disease** is the term for a range of conditions caused by a build-up of fat in the liver. It's usually seen in people who are overweight or obese. You're at an increased risk of this if you:  
Are obese or overweight – particularly if you have a lot of fat around your waist.  
have type 2 diabetes  
have high blood pressure  
have high cholesterol

A major problem of eating too much sugar is **tooth decay**.  
The correct term for this is dental caries

**A stroke** is when blood to the brain is restricted. One cause is high blood pressure caused by too much salt in the diet. This causes the vessels to the brain to burst. Another can be too much saturated fat which blocks the blood vessels.

### How to change recipes to make them healthier

#### Cooking methods

Some cooking methods add fat, adding too much fat to food increases the calories (energy content) drastically and is also thought to be a risk factor in cardiovascular disease. Cooks should be minimise their use where possible. These include:

- Frying - deep (submerging food in hot fat)
- Frying – shallow (frying food in 1cm or less of fat in a pan)
- Roasting (cooking in fat in the oven)



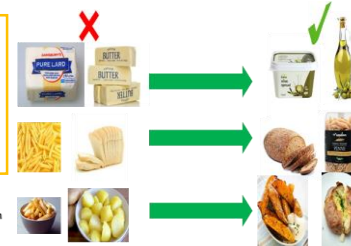
Healthier cooking methods only add small amounts of fat, or do not add fat to food at all. They can be dry (cooking without the use of water) or moist (cooking with water or steam). Healthier cooking methods include:

- Stir frying (cooking quickly in a small amount of oil at v high temps)
- Poaching (cooked gently in simmering liquid)
- Boiling (cooking food submerged in vigorously boiling 'rolling boil' water)
- Steaming (holding food above boiling water to be cooked by the steam)
- Grilling – on a cooker or on a BBQ (food cooked by radiant heat from a flame or glowing element)
- Baking in the oven (dry heat)
- Stewing (slow-cooking on hob or in slow-cooker with liquid)
- Casseroling (slow-cooking in oven with liquid)
- Braising (slow-cooking **pre-sealed** meat and vegetables in oven with liquid)



#### Preparation methods

- Do not add too much extra fat when preparing/marinating or cooking
- Trim fat off excess fat from meat where possible (leaving some is fine for flavour)
- Do not add too much extra salt when seasoning/marinating foods before cooking
- Do not add too much sugar when marinating foods



#### CHANGE THE INGREDIENTS USED:

- ✓ Avoid saturated fats such as butter, lard and dripping - Use heart healthy unsaturated fats such as olive oil, avocado oil
- ✓ Avoid using white flour where possible – use wholegrain or brown versions for extra fibre and B vitamins
- ✓ Leave the skin on potatoes for extra fibre and vitamin C
- ✓ Replace cream in recipes with reduced fat crème fraiche
- ✓ Replace mild cheeses with stronger ones, and use less
- ✓ REDUCE sugar content of recipes by using naturally sweet ingredients such as fruits
- ✓ Add **extra VEGETABLES, FRUITS, NUTS and SEEDS** into recipes where possible, **for extra fibre, vitamins and minerals** - these can be blended into sauces to 'hide' them for fussy eaters

**Food and Nutrition**  
Long answer exam question technique

- C**ircle the command word/s
- U**nderline other key words
- S**cribble down points to cover
- T**hink it through
- A**ccount for all of the question
- R**ead through your answer
- D**on't rush or give up



#### Key topic to research:

Fairtrade, primary and secondary processing of food, GM foods, Food and the environment, Allergy, intolerance,

# Nutrient requirements for different groups of people – Age Groups

Nutrition through life differs due to the need for energy and protein for growth and development – younger ages, growth and development occurs, in older ages only maintenance of the body is required..

**GENDER** affects nutritional requirements after puberty – Puberty causes girls to begin menstruation, increasing their iron needs until the menopause (around 50 yrs.). Generally males are physically larger and therefore need to consume more energy and protein.

**PHYSICAL ACTIVITY LEVEL (PAL)** affects a person's energy requirements. The more active a person is, the more energy they need. (Should come from starchy carbohydrate) Increased PAL could be from having an active job or from playing lots of sport.

**Babies and Toddlers**

- Milk only for first 4-6 months
- Weaning occurs from 6 months – introduce a wide variety of textures and colours
- Avoid nuts (choking hazard), fried foods, salt and sugar




**Pre-school children**

- Balanced diet needed.
- High needs for energy and protein due to rapid growth and constant movement
- Full fat dairy products should be consumed
- Salt and sugar should be avoided
- Good eating habits should be established with 3 balanced meals and healthy snacks


**Children**

- Balanced diet needed – in line with Eatwell Guide High needs for energy and protein due to rapid growth and constant movement
- 5-a-day is recommended




**Teenagers**

Increased needs for iron in teenage girls due to menstruation  
Calcium intake & vitamin D are really important to ensure Peak Bone Mass is reached – setting up bone health for life  
*Many UK teenagers are lacking in calcium, iron, vitamin A and B12 and eat too much saturated fat, salt and sugars.*



**Adults**

No more growth means less energy is needed for adults than teenagers  
Well balanced diet modelled on the Eatwell Guide essential.  
*Many UK adults eat too much fat, too much salt and not enough fruit and vegetables.*



**Elderly**

Sedentary older people will have reduced energy requirements. Calcium and vitamin D are still very important to prevent osteoporosis.  
Some elderly people do not get outside much and can be at risk of Vitamin D deficiency  
Sometimes elderly people may have issues getting access to food due to mobility issues, they may also be at risk of lack of variety of nutrients due to poor absorption. Dental problems can require softer foods.

**Pregnancy & Lactation**

Because the body becomes more efficient at absorption during pregnancy, normal nutritional requirements apply until the last third of pregnancy, when some extra energy and calcium /vitamin D are required. Pregnant and lactating ladies should eat a varied diet rich in fresh fruit and vegetables and wholegrains (in line with the Eatwell Guide). Early in pregnancy extra B9 folate/folic acid should be taken to reduce the risk of the foetus developing spina bifida. May need additional fibre to prevent constipation and iron/vitamin C to prevent anaemia.  
There are some foods to avoid:

- Unpasteurised milk products and undercooked meats/cured meat products – they may contain listeria which is harmful to unborn babies
- Pate, liver and liver products – due to high vitamin A content (Vitamin A is harmful to unborn babies if eaten in large quantities)
- Swordfish, marlin and shark as they are high in mercury which can be harmful to unborn baby.

Medical Diets	Religious Diets	Ethical Diets
<p><b>Nut &amp; other allergies</b> Must avoid particular allergen, otherwise an allergic reaction may occur. Serious allergic reactions can result in anaphylaxis and even death. <b>The 14 common allergens which must be declared on menus and food packaging are:</b> Celery, Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites.</p>	<p><b>Halal (Muslim)</b> Halal is Arabic for permissible. Halal food is that which adheres to Islamic law, as defined in the Koran. Haram is the opposite to Halal and describes food which is not permitted under Islamic law. Haram items that Muslims will not consume include pork and all pork products as well a alcohol. Meat must be slaughtered by halal methods.</p>	<p><b>Vegetarian</b> Vegetarians do not eat any flesh – they do not eat meat, poultry or fish/shellfish. Vegetarians do eat dairy products and eggs (lacto-ovo-vegetarian). A lacto vegetarian won't eat eggs but will eat dairy products.</p>
<p><b>Lactose intolerance</b> People who are lactose intolerant do not make the digestive enzyme which is needed to digest lactose (a milk sugar found in dairy products). If they consume lactose, they will experience digestive discomfort including cramps, excess wind and diarrhoea. Lactose intolerant people can consumer lactose free milk and dairy products or dairy alternatives. They must be careful to ensure they get enough calcium in their diet.</p>	<p><b>Kosher (Judaism)</b> Judaism instructs its followers to observe a kosher diet, this means no pork or shellfish. Kosher food also does not mix dairy products and meat in the same meal/course. For example, a burger must be served without cheese.</p>	<p><b>Vegan</b> Vegans avoid consuming any animal products – including milk/ dairy products, Protein can be lacking in a badly planned vegan diet – vegans can eat wholegrain cereals, nuts, beans, lentils and tofu. Calcium may be lacking – some vegans replace dairy with calcium fortified alternatives soya milk or almond milk. Vitamin B12, iron, selenium and Omega 3 might be missing. Quorn is not vegan as it has egg white in it.</p>
<p><b>Coeliac</b> Coeliac disease - react to gluten, a protein in wheat, rye and barley. Symptoms= bloating, sickness and lack of energy (nutrients not absorbed). Gluten free foods are available, use alternatives such as rice flour, buckwheat, corn, maize.</p>	<p><b>Hindu</b> Followers of the Hindu religion do not eat Beef, as they believe it is a sacred animal. Strict Hindus are vegetarian.</p>	<p><b>Pescetarian</b> Pescetarians do not eat meat, but will eat fish and shellfish.</p>
<p><b>Coronary Heart Disease</b> People diagnosed or at risk of Coronary Heart Disease are recommended to adopt a low sugar, low saturated fat, high fibre Mediterranean style diet.</p>	<p><b>Buddhist</b> Buddhists are usually vegetarian and do not consume meat or fish. Many are vegans. All avoid alcohol.</p>	<p><b>Flexitarian</b> New concept – choose vegetarian or vegan diet for some parts of the week, to reduce their carbon foot print. Meat-Free Mondays campaign spearheaded this movement.</p>