

TAKE CARE OF YOURSELF

HEALTHY

EATING



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Eating for Good Health

We all eat lots of different foods. We're lucky to have the choice. But do we eat the 'right' food in a healthy balanced diet? What is the 'right' food anyway? What's your diet like? What do you eat?

Let's look at some words and what they mean. Nutrition is the science of supplying the body properly with the right nutrients. All the required nutrients are found in their correct amounts in a healthy balanced diet.



What makes up a Balanced Diet

A balanced diet is important in keeping us healthy, providing energy for physical exercise, and maintaining the best body weight. A proper diet, balanced in all the necessary nutrients is essential. Generally speaking a good balanced diet will be enough for you to undertake any type of activity. A balanced diet must contain the right amounts and proportions of carbohydrates, fats, proteins, vitamins, minerals, water, and fibre.

6 CHOICES TO A HEALTHY DIET

1 CHOOSE MORE FRUIT & VEG & WASH or PEEL IT

Try to eat 5 helpings of fruit & veg a day, preferably raw or lightly cooked (*over cooking destroys some nutrients*). Full of fibre, & nutrients. Takes away hunger pangs, so if you feel like a snack, eat fruit, and if you are still peckish eat more fruit, its good for you. Always peel or wash thoroughly, toxic residues on food due to modern farming methods can build up in the body. Organic produce is free of artificial toxic residues.

2 CHOOSE UN-PROCESSED FOODS

Select whole-grain bread and pastas (*not white*), muesli style cereals & porridge (*rather than commercial breakfast cereals*), and fresh, dried or frozen fruit & veg (*not tinned*). Processed foods lose nutrients (*minerals & vitamins*) in their preparation at the factory, we need these nutrients to stay healthy.

3 CHOOSE TO CUT OUT SUGAR

Without knowing it you maybe eating your own weight in sugar every year! Nearly all commercially prepared foods, soft drinks and alcohol contain 'hidden' sugar (*some do not, & advertise that they are sugar free*). Biscuits, cake, jam, drinks, most tinned food including tinned meats, sweets, breakfast cereals, and so on all contain sugar. Too many calories leads to an unbalanced diet, therefore choose to reduce the sugar in your diet.

4 CHOOSE TO CUT OUT FAT

Eat less meat, choose lean cuts, choose white meat rather than red, always remove skin or visible fat, choose more fish (*oily fish in the diet helps prevent heart disease*), avoid sausages, hot dogs, and burgers. Use less butter and margarine, cook with olive oil. Avoid biscuits, crisps, cakes, cream, chocolate, all of which contain high proportions of fat. Choose low fat cheese and skimmed milk (*calcium & protein contents of both are the same as full fat*). Do not fry foods, it is much better to grill, microwave, steam (*or lightly boil*), and bake.

5 DRINK MORE FRESH WATER

The body needs water to function properly. Drink small amounts regularly, don't wait until you are thirsty, especially when exercising.

6 CHOOSE TO CUT OUT SALT

To enhance flavours use herbs instead of salt, do not add salt to your meal at the table. Just as with sugar we consume large amounts of 'hidden' salt added to processed foods. Too much salt can lead to an increase in blood pressure.

Carbohydrates

Carbohydrates are the main energy providers and include starch and sugars. Starch is found in many foods, including bread, rice, potatoes and pasta. Only a little sugar is found in our natural foods, most is added to give a sweet taste to various foods. It is healthier to eat more starch and less added sugar. An adequate and regular supply of carbohydrates will maintain blood glucose levels and glycogen stores in the muscles and the liver. Too much will be stored as fat.



CARBOHYDRATES

Amount in grams per 100 grams of food

	Starch	Sugar
Apple	0.1	0.1
Orange	0	8.5
Carrots	0	5.5
Potatoes (peeled)	19.0	0.5
Tomatoes	0	3.0
Water cress	0	0.4
White Bread	50.0	1.8
Wholemeal Bread	40.0	2.0
Butter	0	0
Pork (lean)	0	0
Milk	0	6.0
Cheddar Cheese	0	0
Eggs	0	0
Fish (Salmon)	0	0
Nuts	0	0

A selection of carbohydrate rich foods. The fruit, vegetables and whole grain cereals also supply much 'fibre' commonly known as 'roughage' in the diet.

Fats

Fats contain more energy than carbohydrates, and are found in many foods including butter, margarine, pastry, cakes, and biscuits etc. Fats are especially used by the body in endurance activities when the body is working aerobically. Fats cannot be broken down without oxygen (anaerobically), they need a supply of oxygen to be oxidised to release energy.

An excess of energy rich foods such as carbohydrates and fats will lead to fat being stored in the body, especially under the skin, and around organs like the heart and kidneys. Being overweight is linked with increased risk of high blood pressure, and other associated conditions.

Unsaturated fats - These are generally better for health than saturated fats, and are found in oils eg. fish oils and olive oil.

Saturated fats - Too much of these in the diet is thought to contribute to heart problems. The most well known type of these is cholesterol, which is found in animal fats eg. lard, and butter.

FATS

Amount in grams per 100 grams of food

	Unsaturated	Saturated
Apple	0.2	0
Orange	0	0
Carrots	0.2	0.1
Potatoes (peeled)	0.2	0.1
Tomatoes	0.1	0.1
Water cress	0.7	0.3
White Bread	1.5	0.3
Wholemeal Bread	2.0	0.5
Butter	31.0	50.0
Pork (lean)	5.0	5.0
Milk	1.6	2.4
Cheddar Cheese	15.0	20.0
Eggs	7.0	4.0
Fish (Salmon)	10.0	2.0
Nuts	50.0	0