

Healthy Eating & Drinking

Justine Bold MBANT, Dip BCNH, BA (Hons)



Introduction

- I'm a BANT registered Nutritional Therapist
 - Work in private practice
 - Clinics in Ross, Monmouth & London
- Also work in Nutrition Education
 - Lecturer & course tutor on BSc, Masters and Diploma course.
 - Corporate training
 - Have a special interest in cooking
 - Teach basic cookery skills for a London council



Basic Principles of Healthy Eating

The Official Guidance



What Is A Healthy Balanced Diet?

Balance of Good Health Plate - promoted by
Foods Standard Agency in the UK



For adults & children over 5 years



Balanced Diet

- Overall proportions of macronutrients
 - Fat <35% calorie intake
 - Carbohydrate 50-55% calorie intake
 - Protein < 15% calorie intake

Dept of Health 1991 Dietary Targets UK



Calories

- Approx
 - 2,500 kcal for a man
 - 2,000 kcal for a woman



Balanced Plate

- Portion of protein
 - E.g lean meat, fish, poultry, cottage cheese, beans
- Portion of starch (whole grain or starchy vegetable)
- Large serving of vegetables
 - Salad or steamed veg
- Some good fats
 - Dressing made with walnut or pumpkin seed oil or seeds added to salad



Healthy Balanced Diet - Fat

- Some fat is needed
 - Some vitamins are fat soluble
 - A D E K
 - Recommended daily intake of fat
 - Men 95g
 - Women 70g
 - Saturated fat daily intake
 - Men 30g
 - Women 20g

Saturated fat is found in animal fats, lard, butter & some vegetable fats such as coconut & palm oil



Source: www.vielife.com



Essential fats (Omega 3 & 6)

- Low essential fat diets may be associated with:-
 - Dry skin, poor hair condition, brittle nails, hormonal imbalance (PMS symptoms) dry eyes & depression
- Essential Fatty Acids can't be made in the body
- Sources: Fish, nuts, seeds and oils
 - Omega 6 – nuts and seeds
 - Omega 3 – oily fish and flax



EFAs help keep blood thin, reduce inflammation
Maintain low blood pressure, boost immune system & metabolism



Valuable sources of omegas

- Walnuts

- Omega 3 & 6

Pumpkin seeds

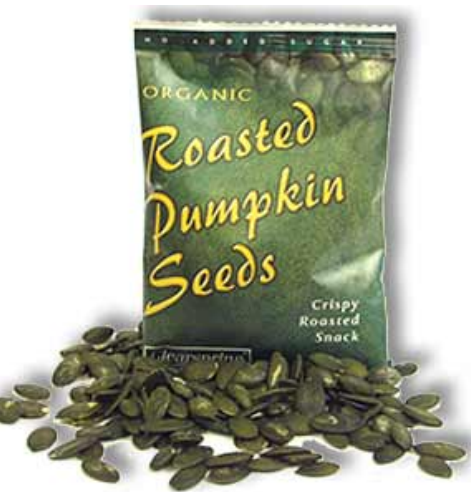
- Omega 3 & 6

Linseeds or flax

- Omega 3 & 6

Have seeds and cold pressed oils in your home

- Add to salads, eat seeds as a snack



Healthy Balanced Diet - Fibre

- 18g+ a day recommended for an adult
- A lot in a food = 3g+
- A little in a food = 0.5g
- Examples
 - 1/2 a cup of all bran 10-13g
 - Apple with skin 3.5g
 - 1/2 cup peas 3.6 g
 - 1 medium banana 2.4 g
 - 1/2 cup of broccoli 2.3g



Fibre

- Fibre is necessary for the bowels and can relieve constipation
- Soluble fibre helps lower cholesterol levels
 - Found in fruit, oats and beans
- Fibre has a key role to play in reducing oestrogen levels
- Fibre can encourage weight loss
 - Helps balance blood sugar and appetite



Complex carbohydrates

- Whole-grains like brown rice, rolled oats, whole wheat, beans and vegetables are a rich source of fibre
 - Plus contain many other nutrients such as B vitamins
 - Often referred to as slow burn foods
 - Release glucose more slowly to help balance blood sugar and energy levels
 - Beneficial re weight loss and appetite management
 - Good for boosting energy levels
 - Great for bowel health



Salt

- 6g a day maximum recommended for an adult
- A lot in a food
 - 1.5g
- A little in a food
 - 0.3g
 - Remember sodium content needs to be lower than salt content!



Sugar

- 10 g per 100g is a lot
- 2g per 100g is a little
 - Remember to look for green or amber sugar on new style labels
- High sugar diets associated with:-
 - Weight gain & obesity
 - Hormone imbalance
 - High blood sugar levels
 - Energy dips
 - Diabetes type II



Fluids

- Avoid an excess of anti-nutrients such as
 - Caffeine
 - Depletes vitamins and minerals (calcium)
 - Increases blood sugar levels
 - Alcohol
 - Takes its toll on the liver and compromises its ability to detoxify
 - Uses up zinc and depletes B vitamins & folic acid



Alcohol

- Recommended limits
 - 21 units/week for men
 - 14 units/week for women
- Don't drink every day
 - Damaging to pocket & liver
- Avoid binges - moderation is key
- Don't drink on an empty stomach
 - Food slows rate at which alcohol hits the liver
 - Good 'liners' are glass of milk, chicken/cheese sandwich, avocado, hummus in pitta



Alcohol - tips when drinking

- Alternate an alcoholic drink with a glass of water
- If you are eating out, order a jug of tap water for the table
- Avoid mixing drinks
 - Mixing = trouble!
- Look for lower alcohol options
 - Dilute if necessary
- Avoid brandy/ports & excess red wine
 - Bad hangovers
- Sip, savour & enjoy
 - Preferably with food



Alcohol - recovery tips

- Rehydrate - water is key
- Green tea & black grape juice
 - antioxidants can limit alcohol induced cell damage
- Vitamin C
 - Can increase plasma clearance of alcohol
 - Take 500mg before going to bed
- Zinc
 - Enzyme that detoxifies alcohol is zinc dependent
 - Zinc is not stored in the body
 - A good multivitamin should give you a top-up
 - Zinc citrate from Holland & Barrett
 - Take as directed on the label and do not take more than recommended as zinc can be toxic if too much is taken
- Liver boosts
 - Milk thistle, broccoli, turmeric



Fluids

- Water
 - Most people don't get enough to compensate for dehydrating drinks and activities
 - Drink 1.5l a day
 - There is some evidence that we can get sufficient water from a diet high in fruits and veg
 - But if we don't eat enough fruit & veg - important to drink water
 - Especially important if constipation is an issue



Fruits & Vegetables

- The World Health Organisation (WHO) recommends that we all eat 5 portions of fruit and vegetables daily
 - Bombarded with 5 a day messages in supermarkets
 - Ideally 2 fruit and 3 veg or salad
 - Some cancer charities in the US say we need to eat even more!



Why eat plenty of fruits & veg?

- Provide vitamins, minerals, antioxidants and fibre
- The main benefit is the antioxidants

Carotenes
Vitamin C

Orange and yellow
Fruit & vegetables

Vitamin E
Selenium
Zinc

Avocado
Cabbage
Watermelon & mango



Food Labeling in UK

New Traffic Light System



New UK Traffic Light Food Labeling System

Red - High
Amber - Mid
Green - Low



Food Labeling Tips

- A lot per 100 g is:
 - Total fat 20 g
 - Saturated fat 5 g
 - Salt 1.5 g
 - Sodium 0.5 g

Source: Foods Standard Agency



Food Labeling Tips

- A little per 100 g is:
 - Total fat 3 g
 - Saturated fat 1 g
 - Salt 0.3 g
 - Sodium 0.1 g

Source: Foods Standard Agency



Co-Op Label - Example

- Low fat
- Low saturates
- Low sugars
- Medium salt



Suitable for Freezing				
Calories 160	Low Fat 3.7g	Low Saturates 1.5g	Low Sugars 0.9g	Med Salt 0.7g
approx. per 1/2 pack				



Sainsbury's Label - Example



- Low sugar
- Moderate
 - Salt
 - Fat
 - Saturates



M&S Label - Example



SERVES 1 - PACK PROVIDES

CALS	SUGAR	FAT	SAT FAT	SALT
365	17.2g	10.4g	1.6g	2.0g
18%	19%	15%	8%	33%

OF YOUR GUIDELINE DAILY AMOUNT

Low: fat & saturates
Moderate: sugar & salt



Waitrose Label - Example



	PER 100g	PER PACK
MED Fat		18.5g
MED Saturates		3.1g
MED Salt		2.0g
LOW Sugars		3.6g
Calories		389

Moderate:
Fat, saturates, salt
Low sugar



Tips for Healthy Cooking



Tips on basic food hygiene

- Before starting to cook wash your hands
- Make sure kitchen surfaces and utensils are clean
- Ensure ingredients that need to be kept cold have been properly refrigerated
- Make sure your fridge is cold enough
- Keep your fridge clean
- Cooked food should be kept at the top of the fridge



Tips on basic food hygiene

- Keep frozen food frozen (-18 degrees is the temperature that a freezer should be)
- Defrost properly & **never defrost and re-freeze**
- Don't use foods that are past their sell-by dates
- When handling raw meats/poultry and fish **be careful**, don't place them on wooden chopping boards or surfaces and wash your hands afterwards
- Don't buy damaged tins or packets
- Make sure raw and cooked products don't come into contact with each other
- **Food poisoning is most often caused by meats, poultry, seafood or eggs** - these foods need to be fresh and cooked properly
- Always use one plastic board for raw meat, poultry or fish and do not chop fruit or vegetables on



Tips for choosing quality fruits and vegetables



- Choose those that look fresh and undamaged
 - Have bright colours and no damage to the skin
- Avoid discoloured or limp looking produce
- Or produced with browned edges or patches of mould



Fruit juices & smoothies

- *Fresh juices & smoothies are healthy and an ideal way to help you eat more fruit*
 - *Whole fruits in smoothies are packed with vitamins, minerals and fibre*
 - *They also contain phytochemicals that are beneficial for our immune systems*
- *Ideally we should aim for 2 portions of fruit a day*



Superfoods

- Broccoli (indoles)
- Avocado (glutathione)
- Garlic (allicin)
- Turmeric (curcumin)
- Berries (cyanins)
- Green tea (catechins)



Superfoods (antioxidant rich)

“Artichokes, berries....beans,
.....dark chocolate.....
russet potatoes, green tea.....”



A healthy balanced diet
is a powerful tool for life



Recipe Ideas

- Look out for booklets we have prepared for you
- Contain some easy nutritious recipes



Beany Burgers & Pitta Pockets

- 1 can of flageolet, kidney or haricot beans (rinsed & drained)
- 350g of sweet potato or butternut squash (steamed)
- 1 onion
- 1 tablespoon of tomato puree & 1 tablespoon of plain flour
- Olive oil & wholemeal pitta

Chop the onion and sauté in a little olive oil. Steam the sweet potato or squash and mash when cooked. Mash the beans with a fork and add onion/potato or squash. Add the tomato puree and flour and make into burgers or balls. Sauté in olive oil until crisp and cooked through (do not burn). When burgers are ready serve in warmed pitta pockets with a little avocado dip (see recipe that follows)

Beans are an excellent source of protein, complex carbohydrates, fibre and many minerals. Sweet potato and squash are rich in betacarotene (good for skin and the immune system) and also provide energy



Avocado Dip (serves 4)

- 2-3 ripe avocados (mashed)
- 2 tomatoes (chopped finely)
- 1 clove of garlic (chopped or crushed)
- 2-3 tablespoons of olive oil & dash of lemon juice

Mash avocados and add other ingredients and mix well - serve as a dip with carrot, cucumber, celery sticks & oatcakes or add to pitta pockets with bean burger.

Avocados are a source of monounsaturated fats, protein and minerals and vitamins. They are rich in potassium (helps nervous system and muscular contraction) and an amino acid called glutathione (which boosts liver function). They also contain Vitamin E and Vitamin C (important for the skin and immunity). Dipping can be a fun way to eat it can help encourage children to eat more vegetables



Healthy Mash

- 1-2 White potatoes (peeled & chopped - if organic you can leave the skin on for extra fibre)
- 1 large sweet potato or butternut squash (peeled & chopped)

Steam potatoes/squash and mash together when cooked. Add a little butter or olive oil and pepper (to taste!).

Sweet potatoes/squash are a nutritious alternative to white potatoes so it can be good to mix them with white potatoes or even mash them on their own. They have lots of vitamin C (to help fight off coughs and colds) fibre (to help constipation) and antioxidants (for skin). When making mash you can keep some for the next day to make either beany burgers or fish cakes (it keeps well in an air tight container) and makes it quicker to cook!





Lentil & Tomato Soup

- **100g (4oz) red lentils** (do not need to be soaked, but should be rinsed)
- **1 small onion chopped**
- **225g (8oz) tomatoes chopped** (you can use canned tomatoes but fresh are nicer)
- **1-2 cloves garlic chopped or crushed**
- **1-2 tablespoons olive oil** (to sauté onion & garlic)
- **300 ml (1/2 pt) tomato juice**
- **900 ml vegetable stock** (or 900 ml water and 1 Kallo low salt stock cube)
- **Thyme 1/2-1 teaspoon**
- **Sea salt or low sodium salt & pepper to taste**

Sauté onion & garlic in the olive oil until soft, then add the tomatoes and sauté for a few minutes before adding the rest of the ingredients. Cover and simmer for 30 minutes. Season to taste. This soup is nice left chunky.

Contains lentils - high in protein, high fibre complex carbohydrates (this means they get broken down slowly and release glucose more slowly into the blood stream). They also contain many other useful vitamins and minerals (e.g. B vitamins, iron, magnesium and chromium)



Roasted red peppers with tomato, garlic and basil (serves 2)

2 red peppers

(cut in half and de-seeded)

2 tomatoes

chopped in half)

1 clove of garlic

(sliced thinly)

A few sprigs of basil

(roughly torn)

Olive oil and sea salt & pepper

Place some slices of garlic, a few torn basil leaves and half a tomato in each half a pepper. Drizzle with olive oil and roast for approximately 50 mins to an hour on gas mark 5 or 190 degrees centigrade).

You can serve hot or cold. Sometimes it's good to make extra and keep for the next day.

Red peppers are a rich source of vitamin C (see above re functions). Garlic is good for the heart and blood as well as helping to fight off colds and flus. It also has anti-fungal properties when eaten raw! For a balanced meal serve with a mix or a protein (such as steamed fish) and a whole grain such as spicy rice salad and a few green leaves.



Winter white cabbage and carrot salad (serves 4)

1/2 white cabbage (thinly sliced)
3-4 grated carrots
2- 3 tables spoons tahini
2-3 tablespoons olive oil
1 clove garlic
Lemon juice, salt and pepper to taste

Combine the sliced cabbage and carrot, add the garlic, oil, tahini, lemon juice. Mix well and serve.

Raw carrots and cabbage are full of vitamins, enzymes and fibre. They are also easily available in the winter and relatively economical. Tahini is made from sesame seeds and is very nutrient rich - it contains calcium (good for the bones) as well as omega 6 essential fatty acids (vital for healthy joints, skin and hormonal balance).

