



**Study / Facilitation notes
For
Healthy Eating**

This section forms part of
The NCEF in Association with the IHF

**Fit For Life Lifestyle Management
Specialist Module**

This Module is accredited by the University of Limerick and carries 15 ECTC Credits

Learning Outcomes for this unit:

At the end of this section you will be able to:

1. Describe healthy eating through the use of the Food Pyramid
2. Explain the benefits of healthy eating
3. Help clients compare their diets to the Food Pyramid
4. Help clients devise a Healthy Eating Mini-Plan
5. Plan and prepare an informative and interesting 1 hour presentation on Healthy Eating for the general public using
 - (a) Appropriate learning outcomes
 - (b) A selection of suitable presentation methods
 - (c) A suitable selection of supporting resources and materials

Healthy Eating

What is healthy eating?

- Eat a wide variety of foods, choosing from each shelf of the Food Pyramid.
- Keep within the recommended portion sizes
- Eat less fat, especially saturated fats
- Eat more bread, cereals, potatoes, pasta, rice
- Eat more vegetables and fruit
- Choose sugary foods and drinks less often
- Eat less salt
- If you drink alcohol, keep within recommended limits.

What are the benefits of healthy eating?

- Improved overall health.
Improved immunity.
- Weight loss/weight maintenance
Reduced cholesterol
- Reduced blood pressure
Reduced blood sugar
- Reduced risk of conditions such as heart disease, cancer and diabetes.

The Food Pyramid

The Food Pyramid is the key nutrition education tool developed by the Department of Health and Children to enable people to plan healthy food choices. Each shelf of the Pyramid represents foods that contain similar nutrients. If people choose from the various shelves, they will eat a varied diet.

The recommended servings of each food group per day decrease as you go up the Pyramid. Choosing food servings from the four main food shelves (excluding the top shelf) provides a balance of nutrients required daily.

FOOD PYRAMID

to plan your daily healthy food choices



Alcohol weekly lower risk limits

Men:

17 standard drinks.
(170g alcohol over a week)

Women:

11 standard drinks.
(110g alcohol over a week)

Standard drinks (SD) contain roughly 10g of pure alcohol

1 SD =  1/2 pint beer =  single measure spirit =  small glass wine



Foods and drinks high in fat, sugar and salt
Limit to sometimes, **not every day.**



Reduced-fat spreads and oils

Use as little as possible. Choose reduced fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils.



Meat, poultry, fish, eggs, beans and nuts

Choose lean meat and low-fat cooking methods (grilling, baking, steaming or boiling).
Choose fish twice a week – oily fish is best.



Milk, yogurt and cheese

Choose 3 servings a day.
Aged 9-18 years – choose 5 servings a day.
Reduced-fat or low-fat varieties are best.



Fruit and vegetables

Choose 5 or more servings a day.



Breads, cereals, potatoes, pasta and rice

Choose at least 6 servings.
High-fibre varieties are best.
Include in each meal.

The foods on these shelves are essential for good health, enjoy a variety every day.

2

3

5+

6+

Food Pyramid for adults and children aged 5 years and over.

Breads Cereals Potatoes Pasta Rice

Choose any 6 servings (up to 12 if very active) each day

- 1 slice of bread
- 3 dessert spoons of muesli type breakfast cereal or 4 dsps of flake type cereal
- 1 medium potato, boiled / baked
- 3 dessert spoons cooked rice or pasta

- Primary energy source
- Low in fat
- B vitamins and minerals
- Choose high fibre varieties frequently
- Should form the basis of each meal

Fruit and Vegetables

Choose any 5 servings each day

- 100ml glass unsweetened fruit juice (1 serving/day only)
- 4 dessert spoons cooked vegetables or salad
- Small bowl of home-made vegetable soup
- 1 medium fruit
- 3 dessert spoons cooked fruit

- Fibre
- Vitamins and minerals (antioxidants)
- Frozen vegetables are just as good as fresh
- Overcooking destroys vitamins

Antioxidants

- Help protect against damage from free radicals in the body.
- Free radicals are the by-products of the body's normal metabolism.
- A high intake of antioxidant rich foods is associated with reduced risk of heart disease and cancer. Examples include vitamins C and E and the mineral selenium.
- Antioxidant supplements do not protect against heart disease.

Fibre

Two types: soluble and insoluble.

1. Soluble fibre can help to lower cholesterol.
Examples: fruit and vegetables, peas, beans, lentils, oats and barley.
2. Insoluble fibre aids digestion.
Examples: outer skins of fruit and vegetables, wholegrain breads and cereals.

Milk, Cheese and Yoghurt
Choose any 3 servings each day.
Teenagers need **5** servings each day

- Protein
- Minerals especially calcium
- Choose low fat varieties
- 200ml glass of milk
- 125g carton of yoghurt
- 25g cheddar cheese or 50g soft cheese eg. brie

Meat, Fish and Alternatives
Choose any 2 servings each day.

- 50-75g cooked lean meat or poultry
- 100g cooked fish
- 2 eggs
- 6 dessert spoons peas, bean or lentils
- 40g unsalted nuts

- Protein
- Minerals especially iron
- Lean cuts of meat, remove fat from meat and skin from chicken
- Limit fat during cooking
- Eat oily fish

Oil-rich fish

Examples: trout, mackerel, herring, salmon, sardines.

- Best source of omega 3 fatty acids (n-3 / ω 3 fatty acids).
- Can lower blood pressure, triglycerides, improve heart rhythm, reduce risk of blood clots.
- Tinned or fresh.
- Exception: tinned tuna.

Recommendations:

General population: eat 2 servings of fish each week, one of which should be oil-rich.
After heart attack/stroke/angina: eat 2 servings of oil-rich fish each week.

Fats & oils:

1 catering portion low fat spread / low fat butter
1 tsp oil
Mayonnaise and salad dressings also contain oil

Foods high in Fat, Sugar and Salt

Limit to occasional consumption – ***not everyday***

Serving size

- 4 squares chocolate
- 1 fun size bar
- 1 bag low fat crisps
- Small plain cupcake/muffin
- 2 plain biscuits or 1 chocolate
- 1 scoop vanilla icecream
- ½-1 cereal bar

Check Calorie content. Limit to 100cals

Alcohol

- 11 standard drinks per week for women
- 17 standard drinks per week for men

*1 standard drink = ½ pint of beer
1 small glass wine
1 measure of
spirits*

Some alcohol free days recommended.

Good snackson the go!

- Breakfast cereal
- Bread/toast
- Scone
- Popcorn
- Funsized bars
- Cereal bars
- Fresh fruit/fruit juice/smoothie
- Yogurt
- Dried fruit
- Dry roasted peanuts

Nutrition labels

Food labels: ingredients

Ingredients are listed in descending order of weight.

E.g. ingredients of Chinese ready-meal:

Cooked noodles (15%), water, chicken breast (12%), flavorings, soy sauce, mechanically separated chicken, red pepper, pineapple, sugar, Chinese mushrooms, bamboo shoots, modified maize starch, sesame oil, spices, garlic puree, **salt**, ginger puree.

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Types of nutrition labels

Nutrition information

– in Group 1 or Group 2 Format

Nutrient values per 100g or 100ml

Nutrient content of food relates to the food before preparation/cooking.

Group 1 Format

- Nutrition information on the four basic nutrients

– energy, protein, carbohydrate and fat

Group 2 Format

- Nutrition information on a more extensive list of eight nutrients including sugars, saturates, fibre or sodium.

Salt on nutrition labels

- The amount of sodium, rather than salt is usually listed on food labels.

- Sodium is not the same as salt!

- Foods high in salt contain 1.5 grams or more of salt per 100 grams.

- Foods low in salt contain 0.3 grams or less of salt per 100 grams.

- New European laws will standardise information on food labels e.g. listing the amount of salt.

Resources

Healthy Eating- to reduce your risk of heart disease and stroke. Available on http://www.irishheart.ie/media/pub/informationleaflets/healthy_eating_2011_final.pdf

A Healthy Cholesterol for a Happy Heart. Available on <http://www.irishhealth.com/clin/documents/Cholesterol.pdf>

Cut down on Salt to reduce your risk of heart disease and stroke. Available on http://www.irishheart.ie/media/pub/salt_leaflet_2012.pdf

Alcohol – Say ‘When’ Sooner. Available on http://www.irishheart.ie/iopen24/alcohol-t-7_21_1479.html

The Irish Heart Foundation Nutrition Guidelines for Heart Health. Available on http://www.irishheart.ie/media/pub/positionstatements/final_nutrition_guidelines2007.pdf

Your guide to Healthy Eating using the Food Pyramid. Available on <https://www.healthpromotion.ie/hp-files/docs/HPM00796.pdf>