

Slide 3: Task: What does Healthy Eating Mean?

Ask clients to work in pairs and discuss what 'healthy eating' means to them. Then as a group, ask clients to call out their findings and write all answers on a flip chart/whiteboard. Discuss answers - any similarities or differences?

Slide 4: Benefits of Healthy Eating

Ask the group to suggest some benefits of healthy eating before displaying this slide.

Slide 5: Activity (part 1): What did you eat yesterday?

Hand out activity sheet. Ask individuals to complete Columns 1, 2 and 3 of the sheet on their own, including all foods that they ate at each meal/snack on the previous day, what food group each food is part of and the number of servings consumed. Ask clients to set the sheet aside once Column 1, 2 and 3 are completed.

Slide 6: Food Pyramid diagram

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.

Slide 7: Bread, Cereals, Potatoes, Pasta, Rice Shelf

Extra energy can be obtained from the bottom shelf of the Pyramid, if necessary.

Slide 8: Bread, Cereals, Potatoes, Pasta, Rice Shelf

One serving is...[read out slide]. Make up your 6 servings a day from this shelf by choosing for example a bowl of cereal and a slice of toast at breakfast, a sandwich with 2 slices of bread at lunchtime and 2 potatoes at dinner.

These foods are high in energy, but low in fat. It's what you put on the bread or the sauce you use with pasta or rice that makes them high in fat. Choose wholegrain and wholemeal varieties of bread, rolls and breakfast cereals. Try leaving the skin on potatoes.

Slide 9: Fruit and Vegetables

A total of 5 servings of fruit and vegetables is recommended (not 5 fruit and 5 veg).

Slide 10: Fruit and Vegetables

One serving is...[read out slide]. Servings can be made up from a combination of any of the foods on this shelf. However, juices and smoothies only count for one serving of the recommended five, regardless of the quantity consumed.

Fruit and vegetables are almost fat-free and are packed with vitamins, minerals and fibre. Overcooking destroys vitamins. Try steaming, micro-waving or boiling in a

little water with the saucepan lid on. Frozen vegetables are just as good as fresh. Choose citrus fruit and their juices and green leafy vegetables frequently.

Slide 11: Antioxidants

The vitamins and minerals in fruit and vegetables are just some of the sources of antioxidants.

Slide 12: Fibre

Fibre is the part of plant foods not digested by the body. There are two types of fibre: soluble and insoluble. Soluble fibre is contained in the flesh of fruit, vegetables and grains. It can help to lower cholesterol as it helps reduce the amount of cholesterol absorbed in the gut. Insoluble fibre is found on the outer parts of fruit, vegetables and grains for example the skin of a potato or apple. This type of fibre aids digestion.

Fibre also helps to bulk the diet by helping to make you feel full. When you've a fibre-rich diet make sure to drink plenty of fluids. Have at least 8 cups of water or water-based drinks each day.

Slide 13: Milk, Cheese and Yogurt

Extra servings are needed for teenagers and pregnant and breastfeeding women to support the extra growth taking place.

These foods are good sources of calcium and vitamin D for strong bones and teeth and protein, the building block for all parts of the body. If you are overweight or have high cholesterol, choose low-fat varieties (they have the same amount of calcium as full-fat varieties).

Slide 14: Milk, Cheese and Yogurt

One serving is...[read out slide]. Servings can be made up from a combination of any of the foods on this shelf.

Slide 15: Meat, Fish and Alternatives

Extra servings are needed during pregnancy to support the extra growth taking place.

Slide 16: Meat, Fish and Alternatives

One serving is...[read out slide]. Servings can be made up from a combination of any of the foods on this shelf.

These foods are a good source of protein and iron (for healthy blood) – red meat is the richest source of iron. Choose 4 ounces (100grams) of lean red meat i.e. two servings three to four times a week.

Slide 17: Others

Butter/spread: Choose low fat polyunsaturated or monounsaturated spread and spread it thinly. The recommended maximum intake of low fat spread is 1 ounce or for butter is ½ ounce per day. Butter is higher in saturated fat than low fat spread and therefore less is recommended. Butter can be included as part of a heart healthy diet once only a small amount is used.

Oil: All oils are fat in liquid form and should therefore be used sparingly. Oils contain good/healthy fats but are still very high in calories. Choose pure polyunsaturated or monounsaturated oil.

Confectionary and high fat snacks: These foods are high in saturated fat. Too much saturated fat in the diet increases cholesterol levels. Many savoury snacks are also high in salt, which may cause high blood pressure. They should not replace meals but can be enjoyed as an occasional treat.

Slide 18: Alcohol

Small amounts of alcohol may provide protection against heart disease. Drinking large amounts of alcohol can increase blood pressure and may damage the liver and heart. If you do drink, spread your drinking over the week, keep some days alcohol-free and do not drink more than the recommended upper limits: 21 standard drinks for men a week and 14 standard drinks for women a week. One standard drink is equal to 10 grams of alcohol. Remember that alcohol is a drug and may be a risk for other health problems.

Slide 19: Good Snacks on the Go

Suggestions for healthy snack options.

Slide 20: Activity (Part 2)

Ask clients to return to the activity sheet and complete Column 4 and to compare what they ate yesterday with the Food Pyramid recommendations.

Slide 21: Activity (part 2)

Having compared their diet to the Food Pyramid, ask clients to identify some areas that they think could be improved and how they would go about making these changes.

Slide 23: Food labels: ingredients

Ingredients are listed in descending order by weight from the greatest amount to the least amount. So the ingredients list indicates the amount of each ingredient in a product. In this example, cooked noodles are listed as the first ingredient and therefore they are the main ingredient in this ready-meal.

Slide 23: Food labels: ingredients

On first glance at the ingredient list of this ready-meal salt is the second last ingredient. But on further examination, soy sauce, which is very high in salt, is listed as the sixth ingredient. So looking at the nutrition label will give more detailed information about the nutritional value of the food.

Slide 24: Types of nutrition labels

Nutrition information can be presented in one of two formats: Group 1 or Group 2. In both formats, nutrient values are listed per 100g or per 100ml and may also be listed per serving. Manufacturers are only legally required to include nutrition information on a food label if a claim is made about the product's nutritional content e.g. 'high in vitamin C'. However, in practice many manufacturers voluntarily include nutrition labels. The nutrient content of food is that of the food before any preparation or cooking by the consumer.

Slide 25: Group 1 Format

This format (also known as the 'Big 4') provides nutrition information on the four basic nutrients: energy (calories), protein, fat and carbohydrates.

Slide 26: Group 2 Format

The second format (also known as the 'Big 8') provides more detailed nutrition information. It lists protein, carbohydrate and fat, but also includes sugars, saturated fat, fibre and sodium. Both Group 1 and Group 2 formats can also include the amounts of sugar, starch, monounsaturated fatty acids, polyunsaturated fatty acids, cholesterol, minerals or vitamins if the manufacturer wishes to add this information.

Slide 27: Salt on nutrition labels

It is recommended that we eat no more than 6grams of salt a day (about one teaspoon). However, on many nutrition labels the amount of sodium, not salt, is listed. Many consumers do not realise that sodium is not the same as salt. To work out how much salt is in a food, multiply the sodium figure by 2.5. For example, if a food contains one gram of sodium per 100g of food - that means it has 2.5grams of salt per 100g of food.

Slide 28: Salt on nutrition labels

Unfortunately at present not all labels give the amount of sodium or salt. However, in the near future, new European laws on food labelling will standardise information on food labels. This will make food labels easier to understand for the consumer.

Slide 29: Task: Comparing Food Labels

Look at the 'comparing food labels exercise' worksheet. Work in pairs to complete this exercise. Which food contains more fat? What ingredients do you think contribute to the fat content of these products? Calculate the amount of salt in both products. Which nutrient is missing from the Big 8 list? Which pizza is the healthier option? Give two reasons for your answer.



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