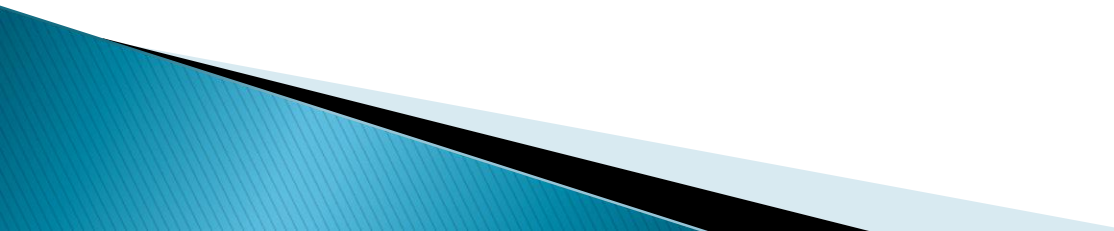


# Healthy Living – Leading a Healthier Lifestyle

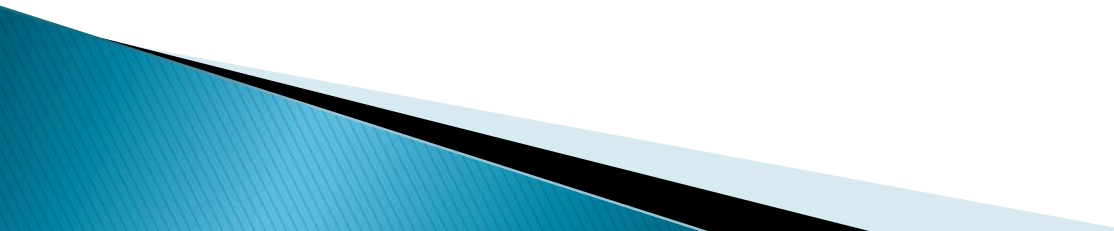
Katy Berston  
Community Dietitian  
June 2017

# What we aim to cover

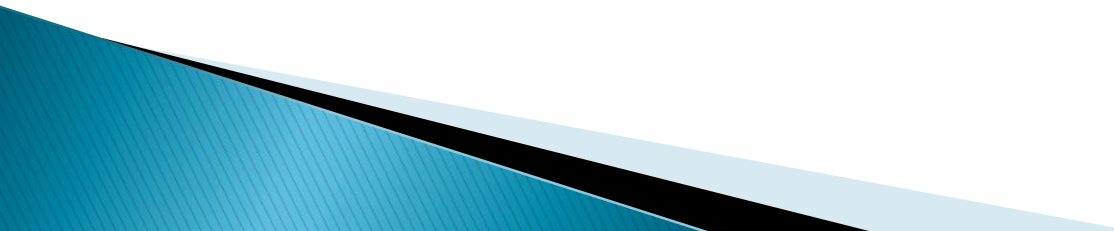
- ▶ Benefits of healthy eating
  - ▶ What we need from our diet
  - ▶ What constitutes a healthy diet
  - ▶ Practical ways to help people improve their diet
  - ▶ Understand food labels
  - ▶ Know the recommendations for exercise, and consider how this can be achieved
  - ▶ Understand what would increase your risk of lifestyle/diet related disease, and how you might influence this.
- 

# Why Should we Eat a Healthy Diet?

A Healthy diet can:

- ▶ Help us achieve or maintain a healthy weight.
  - ▶ Help us to stay fit and active and minimise developing long term conditions
  - ▶ Keep our bowels regular and healthy.
  - ▶ Help avoid vitamin and mineral deficiencies.
  - ▶ Help keep our bones strong (prevent osteoporosis and other bone disease)
- 

# Common lifestyle diseases, linked to a poor diet

- ▶ Obesity
  - ▶ Diabetes
  - ▶ Heart Disease
  - ▶ Stroke
  - ▶ Some types of cancer
  - ▶ Mobility/joint problems
- 

# What Makes A Healthy Diet?

## Variety, Adequacy and Balance:

- ▶ If we consume a wide **variety** of foods we are more likely to get everything we need
- ▶ We may lose weight and feel very tired and become ill if our diet is not **adequate**, but consuming too much food will make us overweight
- ▶ We need to ensure that we take an **adequate** amount of fluid to prevent us becoming dehydrated
- ▶ Getting the **Balance** right ensures that we get enough of each nutrient, but not too much of anything

# Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 10-40kJ/ 250kcal	Fat 5g	Saturated 1.3g	Sugars 34g	Salt 0.9g
12.5%	LOW	LOW	HIGH	MED
7%	6.5%	38%	15%	

of an adult's reference intake

Typical values (as sold) per 100g: 607kJ/ 147kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

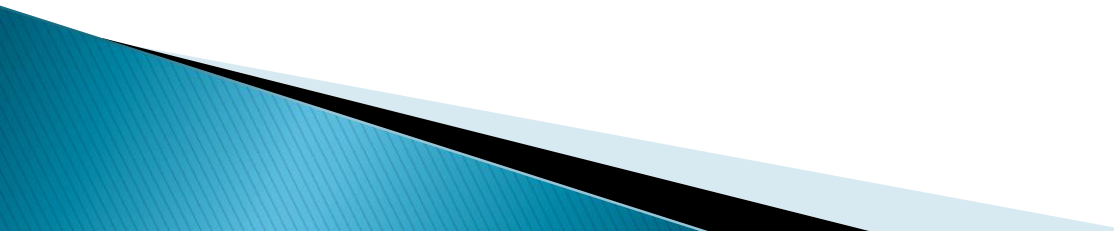
Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

# Fluid Intake



- ▶ Important to keep hydrated
- ▶ Some fluid comes from our food, but most comes from drinks
- ▶ Aim to drink approx 8–10 glasses per day
- ▶ First signs of dehydration: dark urine, low urine volume, headaches, low energy, lightheaded, constipation

# Fluid Choices

- ▶ Choose sugar free/no added sugar
  - ▶ Water is the healthiest choice
  - ▶ Milk – skimmed, 1% fat or semi skimmed
  - ▶ Fresh fruit juice/Smoothies – no more than one small glass per day
  - ▶ Keep fizzy drinks as a treat
  - ▶ Tea and coffee should not be your only source of fluid
- 

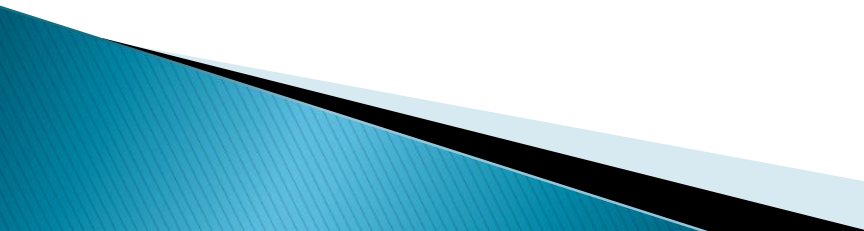


# Sugar

- ▶ The Scottish population tend to eat too much sugar
- ▶ Too much sugar may mean too many calories, and result in weight gain
- ▶ Sugar can lead to dental decay
- ▶ Try and be sugar savy – some sources are better than others



# Cutting down on sugar

- ▶ Swap to sugar free breakfast cereal
  - ▶ Go easy on jam, honey, choc spreads
  - ▶ Choose cooking sauces carefully/cook from scratch
  - ▶ Cut down on biscuits, cakes, sweets – choose healthier snack options
  - ▶ Have yoghurt or fruit in place of puddings
  - ▶ Choose low sugar drinks
- 

# Good fats versus bad

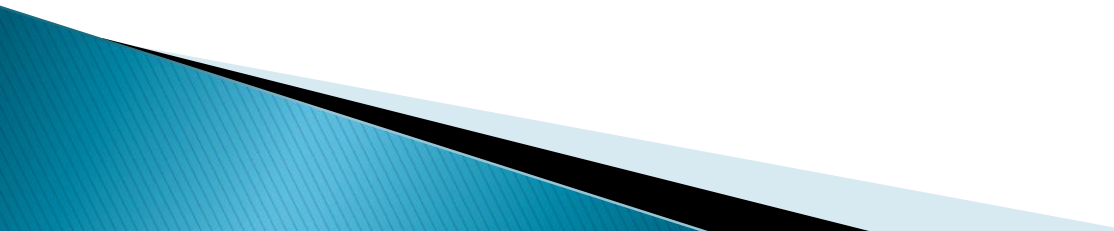
- ▶ Need some fat as part of a healthy diet, for essential fatty acids and to help absorb vitamins
- ▶ An excess of any type of fat can cause weight gain
- ▶ Two main types – Unsaturated fats and Saturated fats;
  - Health problems are linked to an excessive intake of saturates

# Cutting down on saturated fat

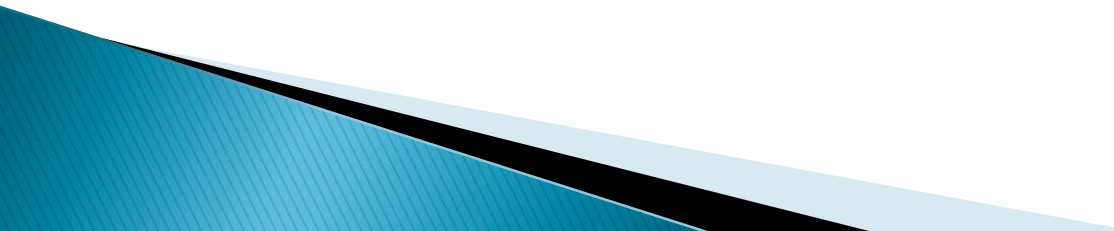
- ▶ We eat too much saturated fat in the UK, which can have an adverse effect on our cholesterol. This can result in increased risk heart disease/stroke.
- ▶ Trim visible fat from meat, remove skin from chicken
- ▶ Use low fat/reduced fat options
- ▶ Avoid processed foods
- ▶ Use fats and oils sparingly
- ▶ Healthy cooking methods



# Cutting down on salt

- ▶ A diet high in salt can increase blood pressure.
  - ▶ High blood pressure increases risk of heart disease and stroke
  - ▶ Avoid adding salt to food
  - ▶ Cut down on high salt foods
  - ▶ Adults should eat no more than 6g salt per day
- 

# Calories / Energy balance

- ▶ Food provides energy, physical activity burns energy
  - ▶ Eating less and exercising more helps people lose weight/prevents weight gain.
  - ▶ Excess energy (calories) is stored as fat
  - ▶ Having knowledge of the calories in different types of food can help us make healthy choices
- 

# Healthy food swaps

**Breakfast:** Frosties with full cream milk, white toast with butter and jam

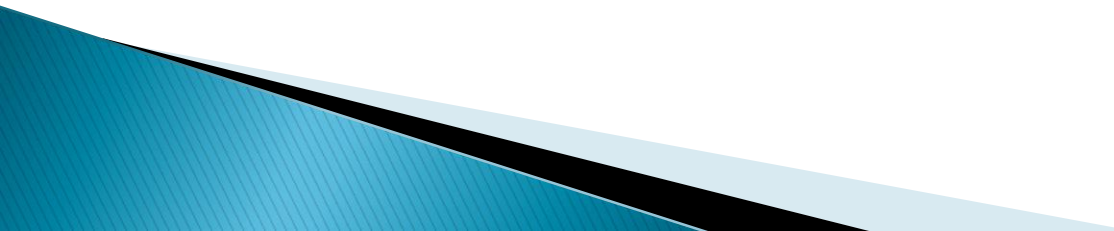
**Lunch:** Tinned tomato soup, White bread cheese sandwich, crisps and a Kitkat chocolate biscuit

**Supper:** Mince, mealie, roast and boiled tatties and 5 carrot circles. Syrup sponge and custard.

**Snacks:** 2 chocolate digestives, 1 bar chocolate

**Drinks:** 1 can coke (full sugar), 3 glasses fresh fruit juice, 3 cups coffee with 2 sugars.

# Understanding Food Labels

- ▶ **Use by** – don't use if date has passed, and ensure store food correctly
  - ▶ **Best before** – about quality, not safety
  - ▶ **Ingredients** – listed in descending order of ingredient content  
– If sugar or fat/oil high up, likely to have high content.
  - ▶ **Other words for sugar** – Sucrose, Maltose, Glucose syrup/powder, Honey, Dextrose, Invert sugar syrup, Molasses, hydrolysed starch
- 



# Understanding Food Labels

## ▶ Nutrition Information

**Energy** – Calories

**Fat** – Some labels list different types, e.g. Polyunsaturates, Monounsaturates, Saturates. Others just list total fat

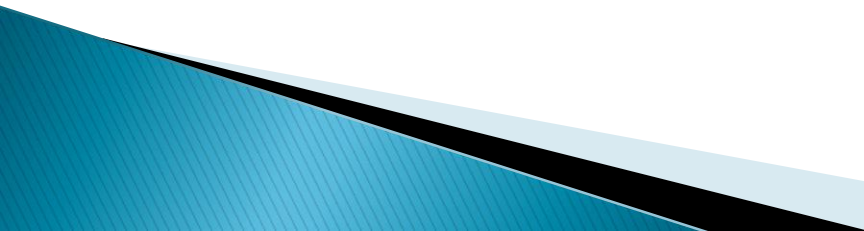
**Carbohydrate** – Total carbohydrate includes sugar and starches. ‘Of which sugars’ tells you how much sugar is in a product.

**Sodium** – Tells you how much salt is in a product  
New EU legislation to be passed in 2016, to enforce that nutrition information must be given.

*Remember – does the nutrition information give you content per 100g or per portion?*

# Understanding Food Labels

## Nutrition Claims

- **Low fat** – Should contain less than 3g fat per 100g
  - **Light or Lite** – Must be at least 30% lower. No guarantee that a healthy choice.
  - **Healthy eating logos** – May be lower in fat, sugar or salt, but not necessarily all at once
  - **No added sugar/unsweetened** – may still contain natural sugars/have a high sugar content
- 

# Understanding Food Labels

## ▶ A lot per 100g:

- 17.5g fat or more
- 5g saturated fat or more
- 1.5g or more
- 22.5g sugar or more

## ▶ A little per 100g:

- 3g fat or less
- 1.5g saturated fat or less
- 0.3g salt or less
- 5g sugar or less



## Reading Food Labels

### Foods

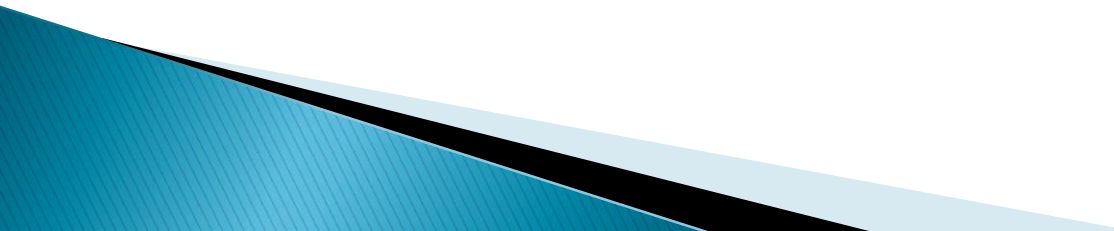
For 100g FOOD				
	LOW	MEDIUM	HIGH	
Fat	≤ 3.0g/ 100g	>3.0g to ≤ 17.5g/ 100g	>17.5g/ 100g	>21g/ portion
Saturates	≤1.5g/ 100g	>1.5g to ≤ 5.0g/ 100g	>5.0g/ 100g	>6.0g/ portion
(Total) sugars	≤ 5.0g/ 100g	>5.0g and ≤ 22.5g/ 100g	>22.5g/ 100g	>27g/ portion
Salt	≤ 0.3g/ 100g	>0.3g to ≤ 1.5g/ 100g	>1.5g/ 100g	>1.8g/ portion
Fibre	Higher the fibre the better, 3g or more per 100g.			
Portion size criteria apply to portions/ serving sizes greater than 100g				

### Drinks

For 100ml DRINK				
	LOW	MEDIUM	HIGH	
Fat	≤ 1.5g/ 100ml	>1.5g to ≤ 8.75g/ 100ml	>8.75g/ 100g	>10.5g/ portion
Saturates	≤0.75g/ 100ml	>0.75g to ≤ 2.5g/ 100ml	>2.5g/ 100g	>3g/ portion
(Total) sugars	≤ 2.5g/ 100ml	>2.5g to ≤ 11.25g/ 100ml	>11.25g/ 100g	>13.5g/ portion
Salt	≤ 0.3g/ 100ml	>0.3g to ≤ 0.75g/ 100g	>0.75g/ 100g	>0.9g/ portion
Portion size criteria apply to portions/ serving sizes greater than 150ml				

For healthier eating go for more greens and ambers and less reds.

# Exercise

- ▶ To keep healthy – 30 mins moderate intensity physical activity most days
  - ▶ Simple Lifestyle changes, e.g. stairs instead of lift, walking one more bus stop
  - ▶ You don't have to do the exercise all at one go e.g. could split in to two 15 min sessions
- 

# How could we reduce our risk of Long Term Conditions?

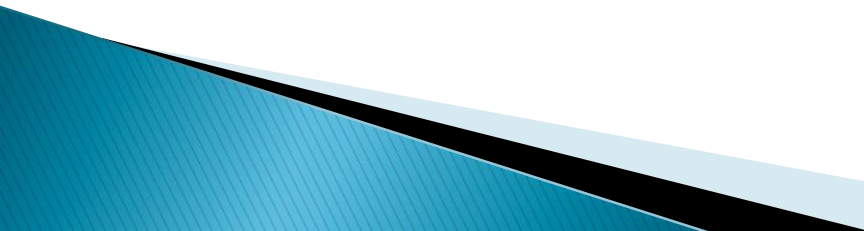
## ▶ Non-Modifiable Risk Factors

- Age
- Gender
- Family History
- Genetics

## ▶ Modifiable Risk Factors

- Smoking
- Physical Activity
- Alcohol
- Obesity
- Diet
- High Blood Pressure
- High Cholesterol Levels

# 8 Tips for healthy eating

1. Base your meals on starchy foods (one third of the foods you eat over the day)
  2. Eat lots of fruit and vegetables – at least 5 a day
  3. Eat more fish – at least 2 portions a week, including at least 1 portion oily fish
  4. Cut down on saturated fat and sugar
  5. Eat less salt
  6. Get active and be a healthy weight
  7. Don't get thirsty
  8. Don't skip breakfast
- 

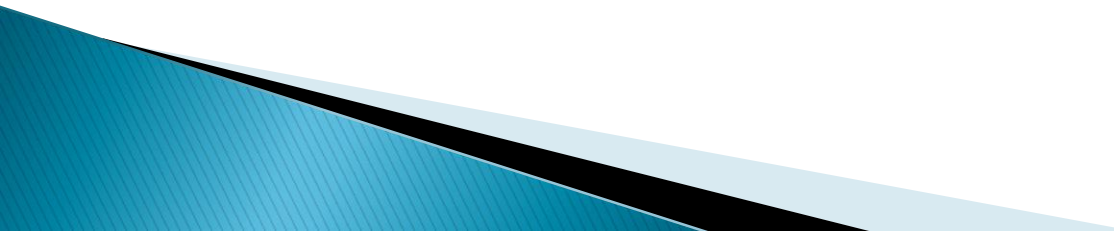
# Resources – Leaflets

- ▶ Healthy Eating Leaflet
- ▶ Give me 5
- ▶ Healthy Helpings
- ▶ Physical Activity Leaflets





# Resources – web-based

- ▶ NHS Choices– Live Well
  - ▶ 23 and ½ hours video clip
  - ▶ Diabetes UK
  - ▶ British Heart Foundation
- 

# Thank You

