
Current Dietary Advice (overview)

- Eat more fruit & vegetables
 - Eat more breakfast cereals
 - Eat more complex carbohydrates
 - Eat more oily fish
 - Reduce fats
 - Reduce salt
 - Reduce sugar
 - More mother to breastfeed
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Dietary Targets



Food

Fruit and vegetables

Dietary Target

Intake to double to 400g per day

Ways to increase fruit content of the diet

- Fruit can be eaten as a snack.
- Fruit-based puddings should be eaten rather than jam- or syrup-based puddings.
- Fresh fruit juice can be used instead of sugary fizzy drinks.
- Fruits can be added to many baked products (e.g. muffins).

Ways to increase vegetable content of the diet

- A variety of salads and/or vegetables can be included with each meal.
- Extra veg can be added to soups & stews
- Some vegetables can be used to make healthy drinks as alternatives to sugary fizzy drinks
- Some vegetables (e.g. carrots, cucumber, celery) can be eaten as snacks.

Benefit to health:-

Fruit and vegetables provide NSP which helps prevent-

- constipation
- haemorrhoids (piles)
- cancer of colon
- diverticulitis

Fruit and vegetables provide ACE vitamins which help prevent the development of cancer.

Dietary Targets



Food
Bread

Dietary Target
Intake to increase by 45% from present daily intake

Ways to increase bread content of the diet

- Wholemeal bread should begin to replace white bread (e.g. in sandwiches).
- Bread can be used to make healthy puddings (e.g. bread pudding and summer fruit pudding).
- Breadcrumbs for coating food can be made from wholemeal bread.
- Breadcrumbs can be added to provide bulk to some foods (e.g. to homemade beef burgers).

Benefit to health:-

Bread adds NSP to the diet.

Remember - Eating foods high in NSP will make you feel fuller for longer and this should reduce your desire to eat.

An NSP rich diet slows down the digestive process so we feel fuller for a longer time.

Dietary Targets

Food

Breakfast cereal

Dietary Target

Intake to double to 34grams per day

Ways to increase breakfast cereal intake

- Eat a bowl of wholegrain breakfast cereal in the morning.
- Eat a bowl of wholegrain breakfast cereal as a snack.
- Use crushed wholegrain breakfast cereals as a topping for pies and desserts
- Use crushed breakfast cereals as a coating for food to be baked or fried.

Benefit to health:-

Breakfast cereal adds NSP to the diet.



Dietary Targets

Food

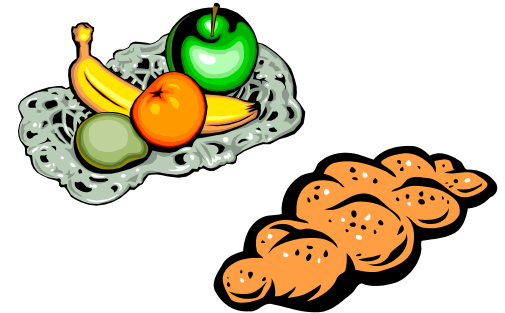
Total complex carbohydrate (TCC)

Dietary Target

Intake to **increase** by **25%** through eating more fruit and veg, bread, breakfast cereals, rice and pasta. Potato consumption to **increase** by **25%**.

Ways to increase TCC content in the diet

- Use rice and pasta instead of chips.
- Home-made soups using grains and pulses can be used instead of packet soups.
- Wholemeal flour can be substituted for white flour.
- Wholegrain breakfast cereals should be used instead of sugar coated breakfast cereals.



Benefit to health:-

TCC provides NSP to the diet which helps prevent bowel problems

Fruit and veg (TCC) provide ACE vitamins which help prevent cancer and CHD

Dietary Targets

Food

Fish



Dietary Target

Intake of white fish to be maintained.

Intake of oily fish to **double to 88 g per week.**

Ways to increase fish content in the diet

- Fish can be used to replace some meat in certain dishes (e.g. stir fry, fish burgers, risotto)
- Oily fish can be used in a wide range of products (e.g. as a filling for pitta bread or pizza topping).
- Fish can be used to make soups and some sauces.
- Different types of fish can be used for a starter (e.g. prawn cocktail, mackerel pate).



Benefit to health:-

Fish does not contain saturated fat.

Oily fish provides monounsaturated fat which does not raise the cholesterol level in the blood.

It may help **reduce** the tendency of blood to clot and so reduce the risk of heart attack.

Dietary Targets

Food

Salt

Dietary Target

Average intake to reduce to 100mmol per day.
(from 163mmol per day)

Ways to reduce salt intake in the diet

- Reduce the amount of salt added during cooking/do not add salt at the table.
- Use herbs and spices to season rather than salt.
- Use stock cubes and soy sauce sparingly as they have added salt.
- Use low salt products if available (there are salt alternatives available in supermarkets e.g. lo salt).



Benefit to health:-

A diet **low in salt** helps **prevent high blood pressure**. (hypertension)

High blood pressure causes the heart to work harder and increases the risk of CHD.

This can lead to a stroke, where the blood supply to the brain is interrupted or stopped.

Dietary Targets

Food
Sugar

Dietary Target

Adult intake of NME sugars not to rise.

Intake by children to **reduce by half - to less than 10% of food energy.**

Ways to reduce the sugar content of the diet

- Reduce the amount of sugar used in recipes for baking and puddings. Use artificial sweetener instead or add some dried fruit for sweetness.
- Fruit tinned in natural juice is better than fruit tinned in syrup.
- Low calorie/sugar free drinks and products should be used.
- Eat fruit as a snack rather than sweets.



Benefit to health:-

A diet **low in sugar** helps **prevent tooth decay.** (Remember fluoride tooth paste)

A diet **low in sugar** helps **prevent obesity** (and malnutrition).

Dietary Targets

Food - Fats

Dietary Target

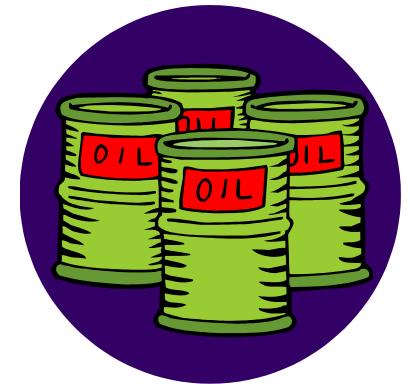
Average intake of total fat to be **reduced to** no more than 35% of food energy.

Average intake of saturated fat to be **reduced to** no more than 11% of food energy.



Ways to reduce fat content of the diet

- Choose lean cuts of meat or trim visible fat from meat.
- Use low fat products (e.g. low fat cheese, yoghurt and salad dressings where possible).
- Prevent adding additional fat to food (e.g. glazing vegetables with butter, extra fat added to cooking).
- Fat should be skimmed from gravies, soups, stews and mince after cooking.



Benefit to health:-

A diet low in total fat helps prevent obesity. (Remember fat is a concentrated form of energy.)

A diet low in saturated fat helps prevent coronary heart disease. (CHD)

Dietary Targets



Breastfeeding

Dietary Target

The proportion of mothers breastfeeding their babies in the first 6 weeks of life should increase to more than 50%.

An infant's diet for the first few weeks of life is milk whether breast or bottle fed. Human milk is ideal for a number of reasons.

Benefit to health:-

- It contains the correct composition and proportion of nutrients to ensure growth and development.
- It is of the correct temperature and consistency.
- The milk is easy to digest.
- It contains antibodies that can help fight infection.
- No preparation is required and so risk of contamination from bacteria is reduced.
- Breast feeding helps to develop a bond between mother and child.

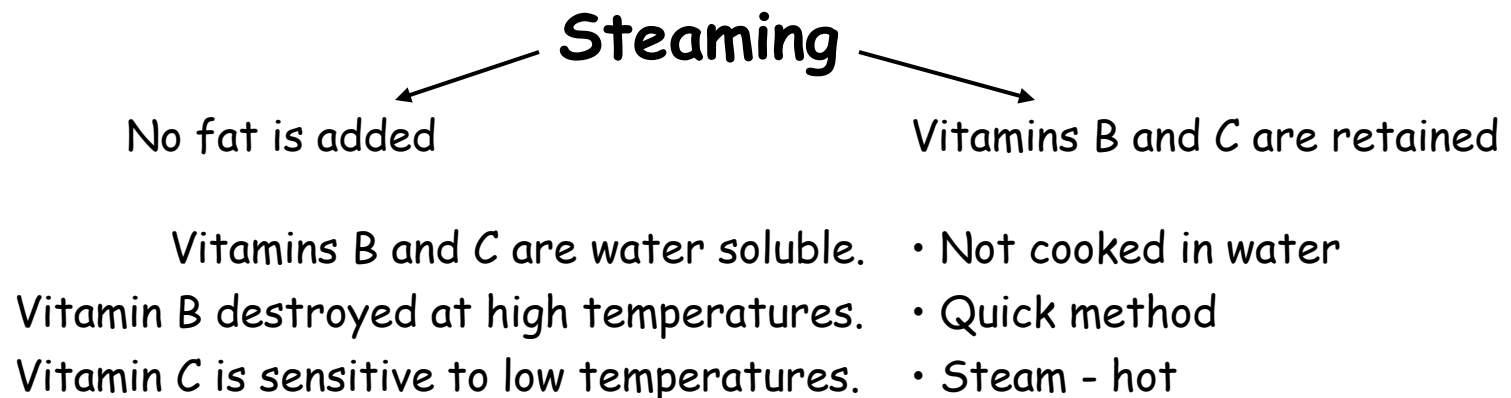
Current dietary advice - cooking methods



You can select cookery methods which will help meet current dietary advice.

Some methods of cooking will add fat to foods during cooking, whilst others will help remove fat.

Some methods of cooking will remove nutrients from cooking - especially Vitamins B and C, which are water soluble and not stable when subjected to heat.



Adapting food/recipes



Food/recipe	Adaptation	Comments
Bread/sandwich	Wholemeal bread	Adds NSP to diet.
Plain/SR flour	Wholemeal plain/SR flour	Adds NSP to diet.
Butter/margarine	Polyunsaturated margarine/low fat spread	Reduces fat, including saturated fat, content in the diet.
Whole milk	Skimmed, semi-skimmed milk	Reduces fat, including saturated fat, content in the diet.
Cheddar cheese/cheese	Low fat cheese/edam	Reduces fat, including saturated fat, content in the diet.
Sugary drink	Water/low fat milk. Fresh fruit juice	Reduces the sugar intake of the diet. Milk will add important nutrients. Fruit juice helps meet increasing fruit intake target.
Snacks (eg crisps)	Piece of fruit, Low fat crisps/low salt crisps	Reduces fat and salt, increases fruit. Reduces fat/salt content of the diet
Biscuits/cakes	Piece of fruit Plain biscuit/cake or wholemeal varieties	Reduces sugar content, increasing fruit. Can reduce fat and sugar intake. Wholemeal versions increase NSP