

DIET & GOOD HEALTH

Benefits of healthy eating:

- Prevents obesity
- Prevents illness such as CHD & Type 2 Diabetes
- Increased energy and concentration
- Healthy immune system

- **DRV—Dietary Reference Value**
- **RI—Recommended Intake**
- **NRV—Nutrient Reference Value**
- **BMR—Basal Metabolic Rate**

8 tips for healthy living

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish
4. Cut down on sat fat and sugar
5. Eat less salt
6. Get active and be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast



A Healthy diet is a balanced diet.

Eating a variety of different foods to provide all your required nutrients.

Food Labelling

- Must show: energy, RI, RI%,
- Colour coded labels show fat, sat fat, sugar and salt

⇒ Green= low.

⇒ Amber = medium.

⇒ Red = High

Each 1/2 pack serving contains

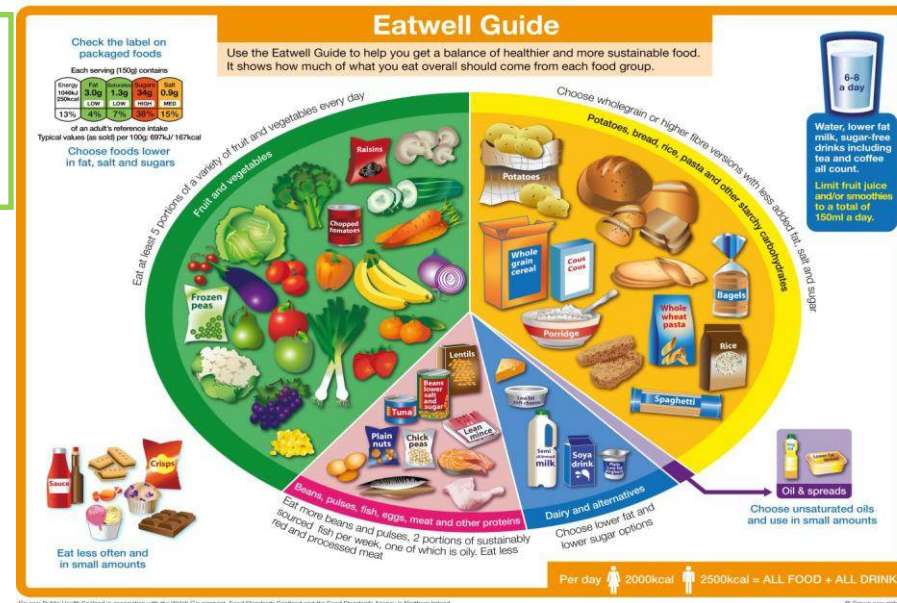
MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Sat Fat	Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

of your guideline daily amount

Source: Food Standards Agency

RI of an average adult

Energy	2000Kcal
Fat	70g
Saturated Fat	20g
Carbohydrate	260g
Sugar	90g
Protein	50g
Salt	6g



Different ages have different nutritional needs

- Children— a balanced, varied diet to ensure they grow and stay healthy
- Adults—should not eat more than they need as they may be less active than they were as children and are not growing
- Pensioners—Should limit their food more due to inactivity

5-a-day

- We should eat 5 or more different fruits and vegetables each day
- Fresh, frozen, juiced and tinned all count
- Choose tinned fruits in juice or water not syrup
- Only 1 glass of juice counts as a portion
- Portion examples:
 - ◇ 2 satsumas
 - ◇ Handful of grapes
 - ◇ 1/2 tin beans
 - ◇ 1 apple
 - ◇ 7 strawberries
 - ◇ 3 tablespoons of peas

