



# Food and Nutrition

How what you eat impacts on your health





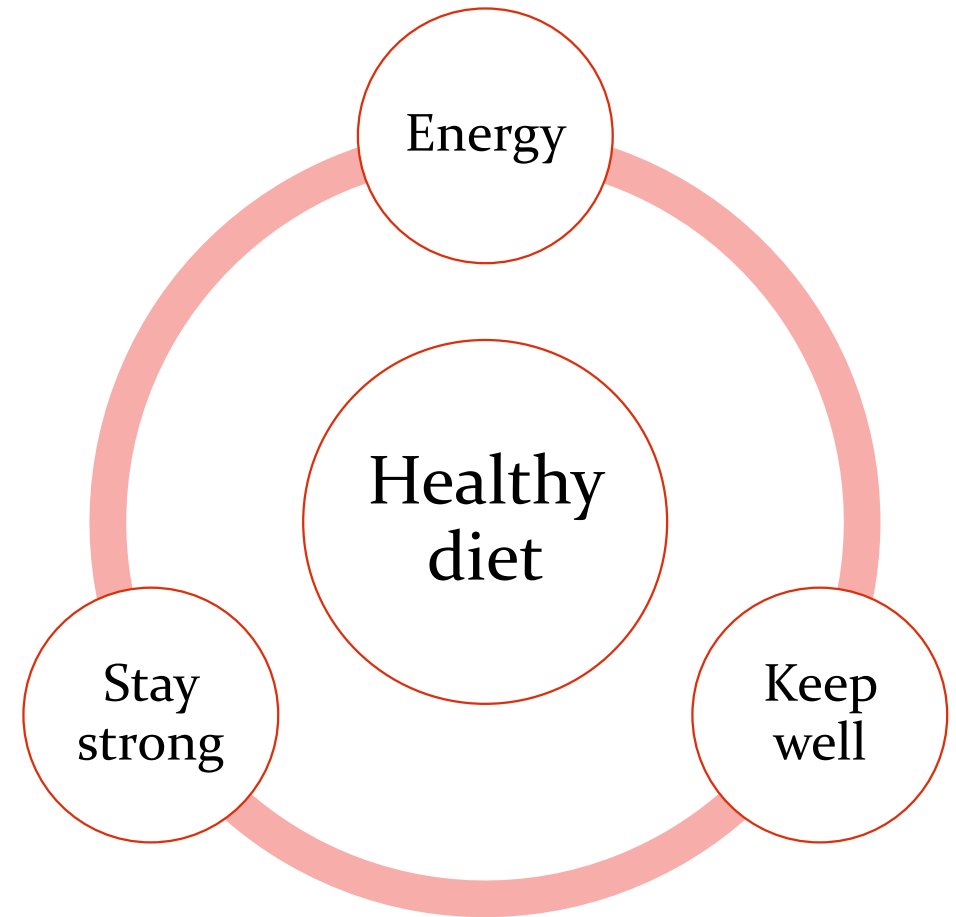
# Food and Nutrition Certificate

- What are the benefits of having a well-balanced diet?
- What exactly is a well-balanced diet?
- What do specific food groups do to your body?
- How does food impact on your physical health?



# What are the benefits of having a well-balanced diet?

- You have enough energy throughout the day
- You can stay strong and healthy
- Your body can repair itself
- You can keep a healthy weight



# What is a well-balanced diet?

- 5 portions of fruit and vegetables every day
- Starchy foods like bread, rice, potatoes or pasta should make up the main part of your meal
- Include dairy foods like milk, butter or yoghurt (or alternatives like soya)



# What is a well-balanced diet (continued)?

- Include protein such as meat, eggs, beans, lentils or fish
- Eat small amounts of unsaturated oils and spreads e.g., olive oil, sunflower oil spread
- Drink 6-8 glasses of fluid every day

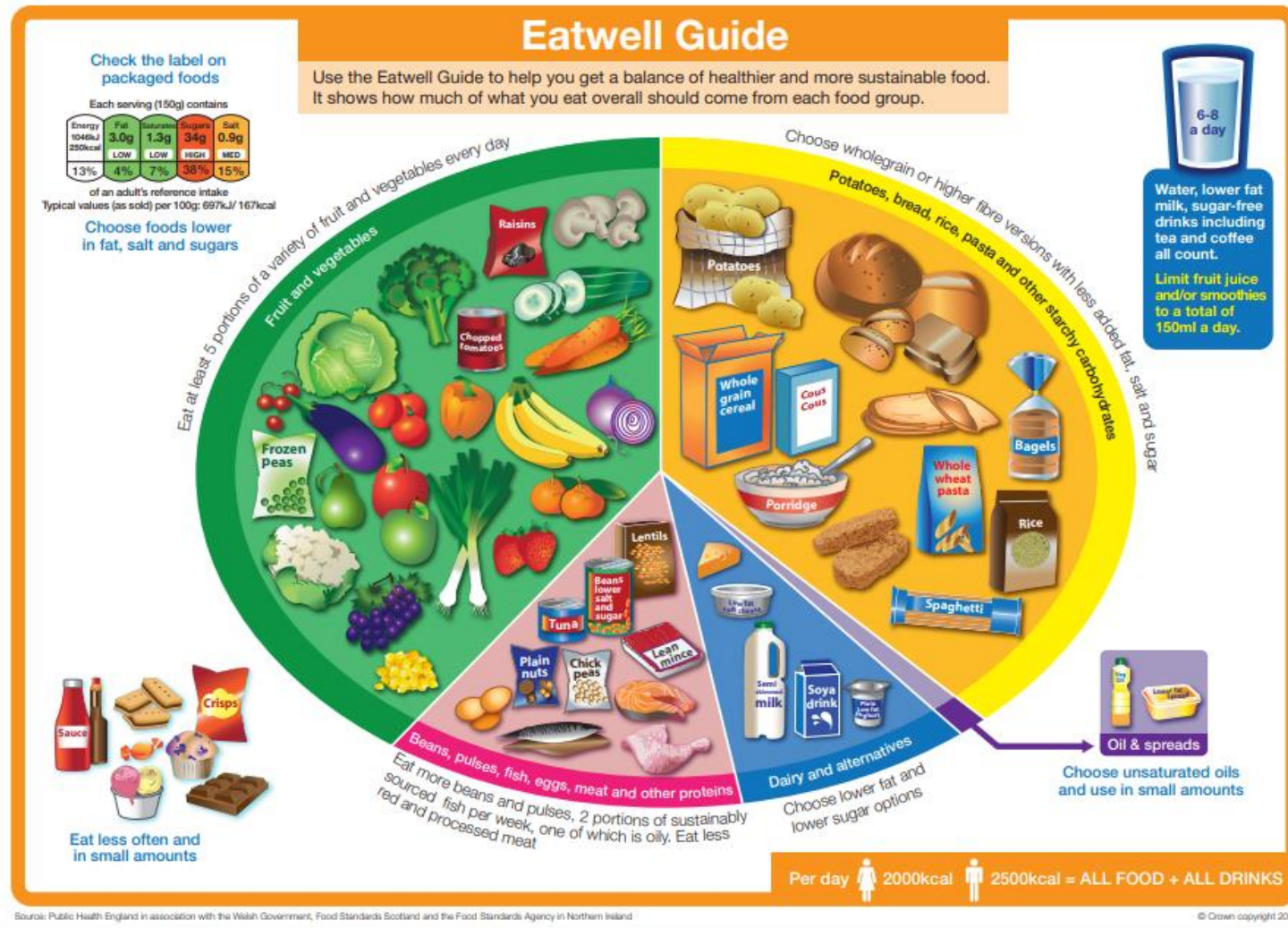


# What is a well-balanced diet (continued)?

- Foods that are high in fat, salt and sugar should be eaten less often and in small amounts
- These include
  - Chocolate
  - Cakes
  - Biscuits
  - Sweets
  - Sugary soft drinks
  - Butter
  - Ice cream



# The Eat Well Plate





# What do specific food groups do to your body?

## Heart Health



- A diet with lots of fruit and vegetables, whole grains (e.g., wholegrain bread) and low-fat dairy (e.g., yogurt) can reduce heart disease by reducing your blood pressure (how fast your heart pumps blood round your body)
- Oily fish (e.g., salmon or trout) can help keep your heart healthy



## What do specific food groups do to your body (continued)?

### Bones and teeth



- A diet with lots of calcium keeps teeth and bones strong
- Calcium can be found in
  - Dairy products (e.g., milk and yogurt)
  - Sardines, pilchards or tinned salmon (with bones)
  - Dark green vegetables (e.g., kale and broccoli)
  - Foods with added calcium (e.g., soya products, fruit juice and cereals)



# How does food impact on your physical health?



## Type 2 diabetes

Being a healthy weight can reduce the risk of developing type 2 diabetes

Eating food which is high in fat, salt and sugar can lead to being overweight



## How does food impact on your physical health (continued)?

### Saturated Fats

Too many saturated fats increase cholesterol (fat in your blood stream) which can cause heart disease

These are found in:

- Processed meat products - such as sausages and beef burgers

- Butter and lard

- Full-fat cream, milk and ice-cream

- Hard cheese - such as parmesan and cheddar

- Biscuits, cakes and pastries



## How does food impact on your physical health (continued)?



### Sugar

Too much sugar can cause weight gain and tooth decay

Avoid or cut down on foods with added sugar e.g.

Sweets and chocolate

Sugary drinks

Cakes and puddings

Ice cream

Breakfast cereals

Flavoured yoghurts

# How does food impact on your physical health (continued)?

## Salt

Everybody needs some salt in their diet, but too much can cause heart attacks or stroke

Avoid or cut down on foods with high salt e.g.

Salt cured meat- such as bacon, ham, salami and gammon, smoked meat and fish

Gravy granules, stock cubes and yeast extract

Savoury snacks, salted and roasted nuts

Cheese, soy sauce, ready meals



## How does food impact on your physical health (continued)?

### Fibre

Everybody needs fibre in their diet. It is only found in plants and eating enough can lower your risk of heart disease, stroke, type 2 diabetes and bowel cancer.

Fibre can be found in the following foods:

- grains - such as oats, barley and rye

- some fruit and root vegetables - such apples, bananas, carrots and parsnips

- beans and pulses, cereals and wholegrains, wholemeal bread and pasta

- brown rice, potatoes with their skins on, and some nuts and seeds

