Healthy Living Awareness 2015 Factsheet

Nutrient Focus: Low Fat Diets

Problems with a high fat diet.

- Obesity (A person who is 20%above their recommended weight for their height.)
- High cholesterol (cholesterol is a sticky substance that sticks to the walls of arteries and can block them.)
- Coronary heart disease (blocked blood vessels around the heart)
- Stroke (blocked blood vessels in the brain)
- Oily skin especially from eating too much crisps, pastries, cakes and chocolate.

Ways to reduce fat intake.

- Reduce saturated fat intake (animal fats such as meat butter and cream)
- Choose lean meat and trim the visible fat of meat before cooking.
- Increase intake of unsaturated fats such as vegetables, nuts and seeds.
- Choose low fat products such as low fat milk, low fat cheese etc.
- Increase the intake of fruit and vegetables.
- Grill, boil, microwave or steam food instead of frying.
- Read food labels.

*Remember fats are essential for the body and should not be eliminated from the diet.

Nutrient Focus: Low Salt Diets

Problems with a high salt diet.

- High blood pressure.
- Heart disease.
- Stroke.
- Kidney damage.

Ways to reduce salt intake.

- It is recommended that we consume no more than 4 to 6 grams per day.
- Reduce or avoid adding salt during cooking or at the table.
- Use other highly flavoured ingredients such as black pepper, garlic, herbs and spices and ginger.
- Snack foods such as crisps and peanuts should be avoided.
- Reduce intake of convenience foods such as stock cubes, sauce mixes, and packets of soup, ready-made meals and takeaways.
- Read food labels.

*Remember sugars are needed for energy and should not be eliminated from the diet.

Nutrient Focus: Low Sugar Diets.

Problems with a diet high in sugar.

- Obesity which can lead to heart disease.
- Excess sugar in the diet is stored as fat in the body.
- Diabetes type 2. This is where the body is not able to control blood sugar levels.
- Dental decay.

Ways to reduce sugar intake.

- Avoid sweets choose naturally sweet fruit such as strawberries or grapes.
- Avoid sugary drinks, drink water instead.
- Avoid sugar based breakfast cereals and choose a high fibre breakfast cereal instead.
- Read food labels to identify sugar content.

Nutrient Focus: High Fibre Diets

Importance of fibre in the diet.

- Gives a feeling of fullness
- Low in fat
- Helps the movement of food through the intestines
- Lowers cholesterol
- Reduces the possibility of CHD
- Reduces the possibility of bowel problems and bowel cancer

Ways to increase fibre intake.

- Use wholegrain or whole meal varieties of flour, bread, cereals, pasta and rice
- Increase fruit, vegetable, nuts and seeds
- Drink plenty of water – 8 glasses a day
- Increase exercise to aid movement of the bowel

Nutrient focus: Importance of Calcium in the Diet.

Importance of calcium in the diet.

- Healthy teeth and bones.
- Prevents osteoporosis.
- Osteoporosis is where bone mass is reduced resulting in fragile or weak bones.

Ways to increase calcium intake.

- Have 3 portions of dairy daily e.g. Milk/Cheese/Yogurt/Soya Milk.
- Vitamin D is needed to help absorb calcium. Vitamin D can be found in fish, eggs and milk.
- Tannins in tea and coffee can reduce the amount of calcium absorbed.

Nutrient focus: Importance of Iron in the Diet.

Importance of Iron in the diet.

- Helps make haemoglobin in red blood cells which is needed to transport oxygen around the body.
- Lack of iron can lead to tiredness and lack of energy.
- Iron helps prevent anaemia. This is where the bodies' stores of iron are exhausted and the blood levels fall below normal.

Ways to increase Iron intake.

- Choose foods that are rich in iron such as Lean red meat, chicken and eggs.
- Choose plant sources of iron such as cereals, broccoli and cabbage.
- Vitamin C helps absorb iron, vitamin C is found in fruit.