

Healthy Eating for All

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Balance



A healthy diet

- ▶ Good looking and feeling hair, skin, teeth, breath
- ▶ Keeps the body healthy
- ▶ Energy throughout the day
- ▶ Ensures proper growth
- ▶ Ability to concentrate

Meal Times

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

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



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



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



Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

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

- ▶ Starchy
- ▶ Meat & alternatives
- ▶ Dairy products
- ▶ Fruit & vegetables
- ▶ Fats
- ▶ Fluid

For children from the age 5 years

Energy Intake

- ▶ Protein foods 4kcal/1g
 - ▶ Carbohydrate foods 3.75kcal/1g
 - ▶ Fats 9kcal/1g
 - ▶ Alcohol 7kcal/1g
-
- ▶ Energy balance right is important for all
 - ▶ In children energy is required for growth & development

Fat Soluble Vitamins

- ▶ **VITAMIN A** Dairy foods, liver, fish, liver, oils, carrots, yellow and green vegetables
- ▶ **VITAMIN D** Oily fish, egg yolks, offal, fortified margarines and spreads. **Sunlight on skin**
- ▶ **VITAMIN E** Wheatgerm, eggs, vegetable oils

Water Soluble Vitamins

- ▶ **VITAMIN B COMPLEX** Meat, Poultry, Beans, Pulses, Wholegrains, Cereals, Yeast Extracts, Vegetables
- ▶ **VITAMIN C** Oranges, Lemons, Grapefruit, Potatoes and Tomatoes

5 a Day



Calcium

- ▶ Milk (full, skimmed, semi skimmed)
- ▶ Yoghurt
- ▶ Cheddar cheese
- ▶ Canned sardines
- ▶ Milk puddings
- ▶ Processed cheese
- ▶ Cooked spinach
- ▶ Fortified Soya milk



Iron

- ▶ Red meat – beef, lamb, corned beef
- ▶ Liver, black pudding, haggis
- ▶ Fish – sardines, pilchards, shrimps, fish paste
- ▶ Pulses- lentils, chickpeas, beans
- ▶ Green leafy vegetables; peas; potatoes
- ▶ Fortified breakfast cereals
- ▶ Dried fruits – raisins, apricots

LOW IRON INTAKES

Iron deficiency anaemia the commonest nutritional disorder

- ▶ Decreased capacity
- ▶ Decreased intellectual performance and behaviour
- ▶ Decreased resistance to infection

Iron stores influenced by long term nutrition.

If untreated it leads to loss of efficiency and impaired general health and vitality.

FLUID



- ▶ In adults generally
~ 1.5-2.0 L (8-10 cups) per day
- ▶ In children varies due to age
and weight

Chronic Dehydration leads to:-

- ▶ Constipation
- ▶ Headaches
- ▶ Lethargy
- ▶ Mental confusion
- ▶ Increased risk of urinary tract infections and renal stones

Salt/Sodium

- ▶ 1 - 3 years 2g salt per day (0.8g sodium)
- ▶ 4 – 6 years 3g per day (1.2g sodium)
- ▶ 7 – 10 years 5g per day (2g sodium)
- ▶ 11+ years 6g per day (2.5g sodium)

<https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/salt>

High Salt/Sodium Foods

- ▶ Baked beans
- ▶ Biscuits
- ▶ Breakfast cereals
- ▶ Cooking sauces
- ▶ Hot chocolate
- ▶ Pizza
- ▶ Ready made meals
- ▶ Soup
- ▶ Tinned spaghetti
- ▶ Tinned veg and pulses (with added salt)
- ▶ Bacon
- ▶ Cheese
- ▶ Chips (if salted)
- ▶ Crisps
- ▶ Gravy granules
- ▶ Olives
- ▶ Pickles
- ▶ Salted & dry roasted nuts
- ▶ Salt fish
- ▶ Smoked meats and fish
- ▶ Soy sauce
- ▶ Stock cubes
- ▶ Yeast extracts

Fats

- ▶ Monounsaturated fats – olive oil, walnut oil, rapeseed oil, avocado
- ▶ Polyunsaturated fats – cornflower oil, sunflower oil, soya oil, fish oil
- ▶ Omega-3 fats – fish oil, oily fish e.g. herring, kippers, mackerel, pilchards, sardines, salmon, trout, fresh tuna
- ▶ Saturated fats – butter, hard cheese, lard, dripping, suet, ghee, coconut oil, palm oil

8 points for a healthy diet

- ▶ Base meals on starchy foods
- ▶ Eats lots of fruit and vegetables
- ▶ Eat more fish
- ▶ Cut down on saturated fat and sugar
- ▶ Try to eat less salt – varies by age
- ▶ Get active and try to be a healthy weight
- ▶ Drink plenty of water
- ▶ Don't skip breakfast

Food Labelling

A lot / 100g	A little / 100g
22.5g sugar or more	5g sugar or less
17.5g fat or more	3g fat or less
5g saturates or more	1.5g saturates or less
1.5g of salt or more	0.3g of salt or less

Useful Recipe Links

- ▶ <https://letsgetcooking.org.uk/lets-get-cooking-at-home/hundreds-of-recipes/>
- ▶ <https://www.parentclub.scot/recipes>
- ▶ <https://cookingonabootstrap.com/>

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- ▶ Today's presentation was based on a talk developed & given by Dr Laura Stewart in 2007. Updated with new links April 2020

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