

DIET & LIFESTYLE MODIFICATIONS FOR A HEALTHY HEART

OUTLINE

- The eatwell plate
- Food groups in-depth
- Guide to healthy eating
- Food labels
- Ethnic/ religious dietary variations
- Socio-economic factors
- Lifestyle changes.



The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

 FOOD STANDARDS AGENCY
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Fruit and vegetables

- Fruit and vegetables should make up about a third of the food eaten each day
- It is important to ensure that there is a variety of fruit and vegetables in the diet
- It is recommended that **at least five portions a day** should be consumed.



Fruit and vegetables

1 portion of fruit/vegetables = 80g

1	apple, banana, pear, orange or other similar sized fruit
½	a grapefruit or avocado
1 slice	large fruit, such as melon or pineapple
2	plums or similar sized fruit
3	tablespoons of baked beans
3	tablespoons of cooked vegetables
1 glass	fruit juice



Practical tips for your patients

- Eat fresh fruit and vegetables as soon as possible rather than storing for a long time - or use frozen or tinned instead
- Don't overcook – steam rather than boil
- Use as little water as possible when you cook fruit and vegetables
- Buy fresh fruit and vegetables in season as they will be cheaper
- Try eating dried fruit as one of the five portions
- Include vegetables in sauces/soups, e.g. Can of tinned tomatoes in Spaghetti Bolognese
- Choose fresh or dried fruit as nutritious snacks instead of chocolates and biscuits
- Add salad to your sandwiches.



Bread, rice, potato and other starchy foods

- Starchy carbohydrate foods should make up about a **third** of the daily diet
- These types of food contain less than **half the calories of fat**, just watch the fat used to cook or serve these foods with
- Starchy foods are a good source of energy and the main source of a range of nutrients in our diet. As well as starch, these foods contain fibre, calcium, iron and B vitamins.

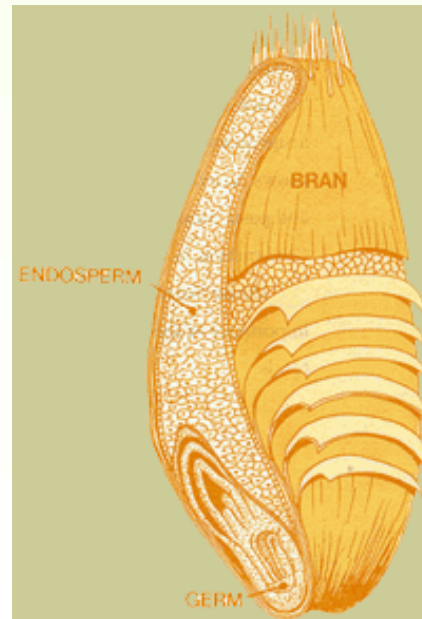
Sources:

Bread, cereals, rice, pasta and potatoes. Wholegrain varieties should be used where possible



What does wholegrain mean?

A wholegrain refers to the **entire edible grain** after the removal of the inedible parts. A wholegrain must include the entire germ, endosperm and bran but does include grains which are ground, cracked or flaked if they contain these three components in the same relative proportions as the intact grain.



Why is wholegrain important?

- Wholegrain foods contain **more fibre** and other nutrients than white or refined starchy foods
- The fibre in wholegrain foods can help to maintain a **healthy gut**, aid **digestion** and **maintain blood sugar** levels
- Wholegrain consumption can be an important part of managing your heart health
- Wholegrain foods that are rich in fibre, are bulky and help us **feel full** for longer
- Wholegrain foods include wholemeal and wholegrain bread, pitta and chapatti, wholewheat pasta, brown rice and wholegrain breakfast cereals.



Recommendations for whole grains

- **UK eatwell plate**

“plenty of bread, rice, potatoes, pasta and other starchy foods and to choose wholegrain varieties whenever you can” (FSA)

- **US**

“at least 48g of wholegrain per day” (US Dept. of Health and Human Services and Us Dept of Agriculture, 2005)



Insoluble vs. soluble fibre

Insoluble fibre

- This is the fibre that the body can't digest and so it passes through the gut helping other food and waste products move through the gut more easily. It helps **keep bowels healthy** and **stop constipation**. Foods rich in this sort of fibre are more bulky and so help make us **feel full**, which means we are less likely to eat too much
- Wholegrain bread, brown rice, wholegrain breakfast cereals and fruit and vegetables all contain this type of fibre.

Soluble fibre

- This fibre can be partially digested and may help to **reduce the amount of cholesterol** in the blood
- Particularly **good sources** of soluble fibre include oats and pulses such as beans and lentils.



Practical tips for your patients

- Try wholemeal and wholegrain breads
- Try using brown rice in salads
- Swap white pasta for brown pasta
- Choose wholegrain cereals or mix some in with your favourite cereal
- When baking try substituting white flour for wholemeal
- Plain popcorn makes a good wholegrain snack.



Milk and dairy foods

- Milk and dairy products are important sources of protein and vitamins A and B12
- These types of food also provide the body with **calcium** which is essential to maintain bone strength
- Full fat dairy products can often be high in **saturated fatty acids**, which lead to raised cholesterol
- The fat content of different dairy products varies a lot, so choose the **lower fat options**
- Some dairy products can be **high in salt** which, in excess, can raise blood pressure.

Sources: Cheese, yogurt, milk and fromage frais



Practical tips for your patients

- Use lower fat milks such as semi-skimmed or skimmed milk and low-fat yogurts. These products contain at least the same amount of protein, B vitamins, calcium, magnesium, phosphorus, potassium and zinc as full-fat versions
- Choose reduced fat cheeses or try a strong, mature cheese so you use less of it
- Instead of cream use low fat plain yogurt or fromage frais.



Meat and poultry

- Meat is a good source of protein and vitamins and minerals, such as zinc, iron, selenium and B vitamins. It is one of the main sources of vitamin B12
- Some types of meat are high in fat, particularly saturated fatty acids, which can result in raised cholesterol levels.



Practical tips for your patients

- Use chicken or turkey without the skin because these are lower in fat
- Try oven baking or grilling meat rather than frying
- Limit processed meat products such as sausages and beef burgers, because these are high in saturated fat and often contain high levels of salt
- Use leaner cuts of meat such as lean pork joint and check food labels to check saturated fat content
- Cut off all visible fat before cooking
- Watch the meat portion sizes – bulk up with pulses (beans, lentils and peas), vegetables and starchy foods instead.



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Fish

- Oily fish is rich in omega-3 fatty acids (EPA and DHA) which can help to maintain a healthy heart
- Oily fish is also a source of essential vitamins and minerals such as selenium, iodine, Vitamins A and D.



Sources: sardines, herring, mackerel, trout and salmon are all rich sources of omega-3 fatty acids.



General recommendations

- **EPA & DHA:** 450mg a day*
- **SACN** recommends the population should eat at least two portions of fish per week, one of which should be oily.#



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* Department of Health. Dietary reference values for food, energy and nutrients for the United Kingdom. Report of the panel on dietary reference values of the Committee on Medical Aspect of Food Policy. 1991. HMSO. London
Advisory Committee on Nutrition (SACN) and the Committee on Toxicity. Advice on fish consumption: benefits and risks. London, TSO (The Stationary Office), 2004.

Oily fish – weekly maximum recommendations

2 portions of oily fish	4 portions of oily fish
girls and women who might have a baby one day	other women
women who are pregnant or breastfeeding	men and boys

Where one portion = 140g



Eggs

- Eggs are a good choice as part of a healthy balanced diet
- Eggs are a good source of protein, vitamin D, vitamin A, vitamin B2 and iodine
- Eggs contain cholesterol, however **dietary cholesterol** has less of an effect on cholesterol levels in the blood than the amount of saturated fatty acids consumed.



Beans and other vegetarian sources of protein

- Beans are a sub-group of pulses and are an excellent source of protein, iron and fibre. They also count as one portion of fruit/vegetable
- Other types of pulses include peas and lentils
- It is important for all pulses to be soaked to make them easier to digest. Cooking times vary depending on the type of pulse and how old they are, so it is essential to check the instructions on the packet. Alternatively choose tinned beans, which are quick and easy to use as they have already been soaked and cooked.
- Beans also contain soluble fibre which can be partially digested and may help to reduce the amount of cholesterol in the blood.

Sources: baked beans, lentils, black eyed peas, garden peas, runner beans.

Soya, tofu, nuts and seeds are other useful vegetarian sources of protein



Practical tips for your patients

- Beans can be used in soups, casseroles and meat sauces to add extra texture and flavour helping to make meals lower in fat and cheaper
- Add seeds to breakfast cereals and salads.



EXERCISE 1

1. Think of two simple, healthy meals that include meat
2. Suggest a healthy lunchtime family meal including eggs as one of the ingredients for under £5
3. Suggest three ways to include pulses into a meal



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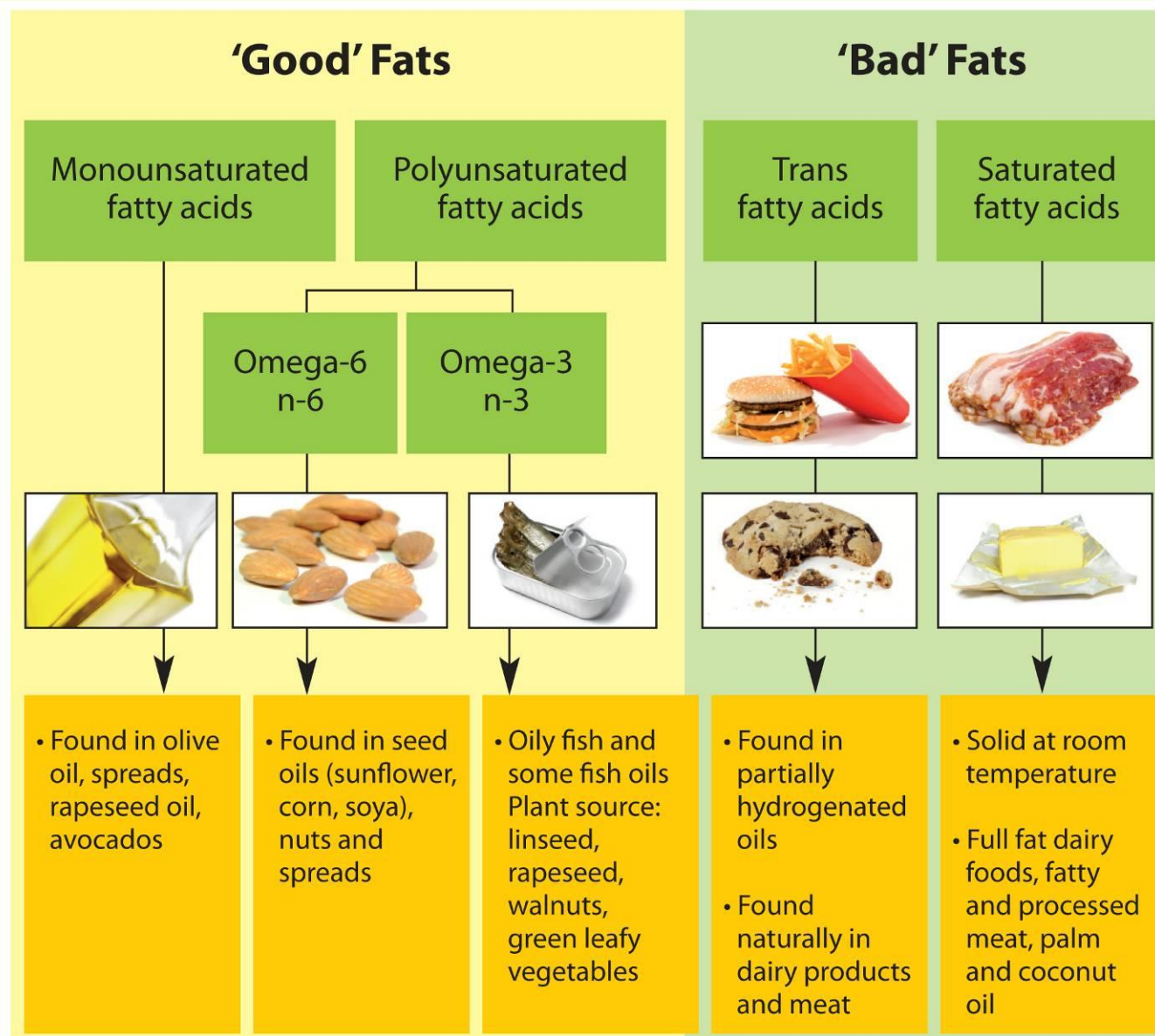
Fats

- Fats are an important part of the diet as they assist the absorption of fat soluble vitamins (A,D,E,K) and are also an energy source
- They are also a source of essential fatty acids including omega-3 and omega-6 fatty acids which have been shown to be beneficial for heart health
- Intake of saturated and trans fatty acids should be limited. These are found in foods such as high-fat dairy products, including cream, hard cheeses, butter as well as cakes and biscuits, fried foods and pastries, fatty meats and meat products.

Sources of omega-3: Vegetable oils including flaxseed (linseed), rapeseed, soya and spreads made using these oil, oily fish and fish oils, walnuts and dark green vegetables



Different types of fatty acids



Foods and drinks high in fat

Total fat

High is more than 20g fat per 100g

Low is 3g fat or less per 100g

If the amount of fat per 100g is in between these figures, then that is a medium level of fat.

Saturated fatty acids

High is more than 5g saturates per 100g

Low is 1.5g saturates or less per 100g

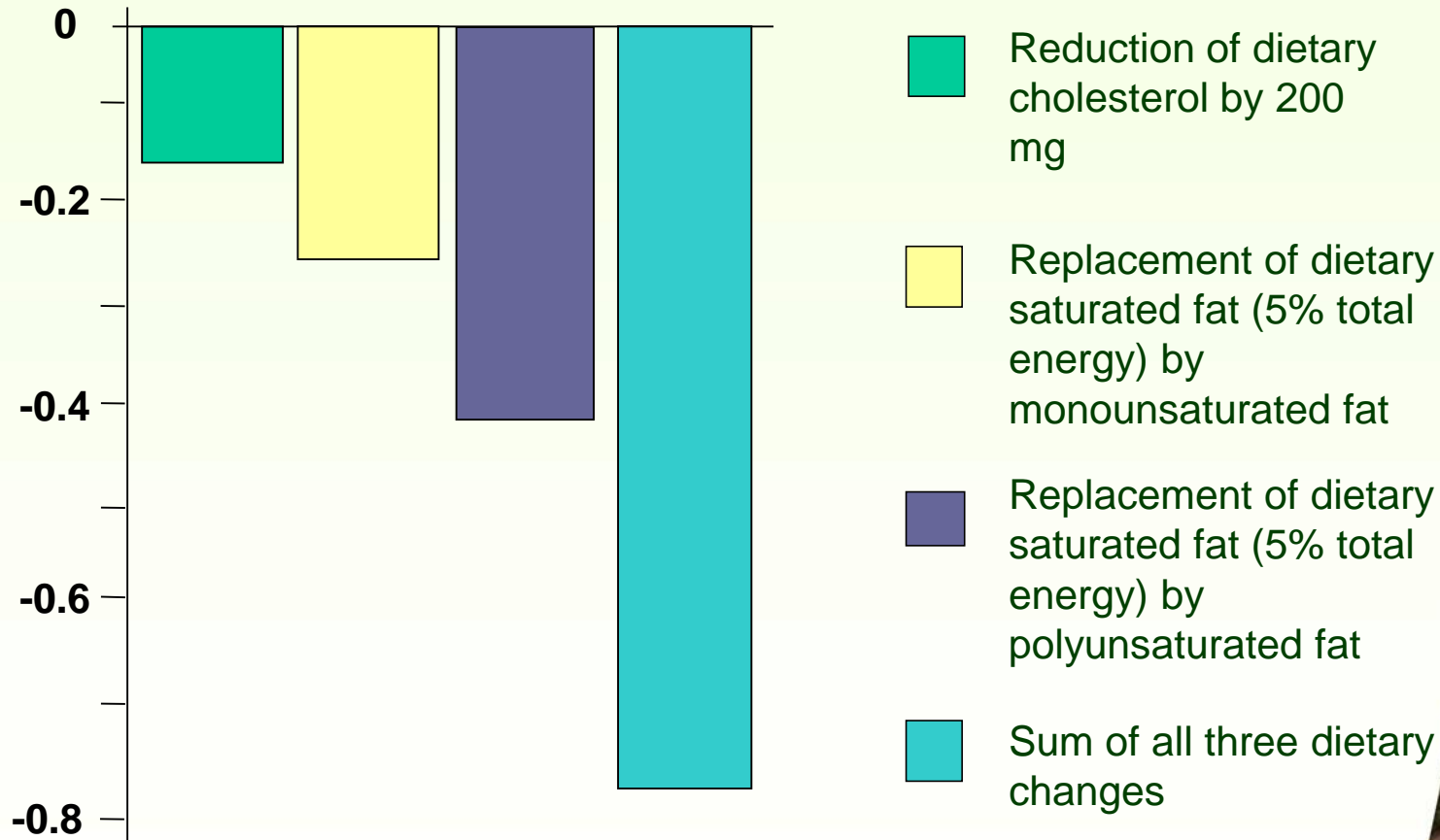
If the amount of saturates per 100g is in between these figures, then that is a medium level of saturated fat.

Remember that the amount you eat of a particular food affects how much fat you will get from it.



Type of fat eaten impacts blood cholesterol

Changes in total blood cholesterol levels (mmol/L)



Foods and drinks high in sugars

Food and drinks containing lots of added sugars contain calories but can often be low in other nutrients. These should be consumed in low quantities.

High is more than 15g sugars per 100g

Low is 5g sugars or less per 100g



Practical tips for your patients



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Food Swaps

- If you like fizzy drinks then try diluting fruit juice with sparkling water
- Instead of cakes or biscuits, try having a scone or some malt loaf with lower fat spread
- Rather than adding sugar to your cereal, trying using sliced banana or other fruits.



Salt

- Three-quarters (75%) of the salt we eat is already in the food we buy
- In the UK, 85% men and 69% women eat too much salt
- Adults should have no more than six grams (g) of salt a day.

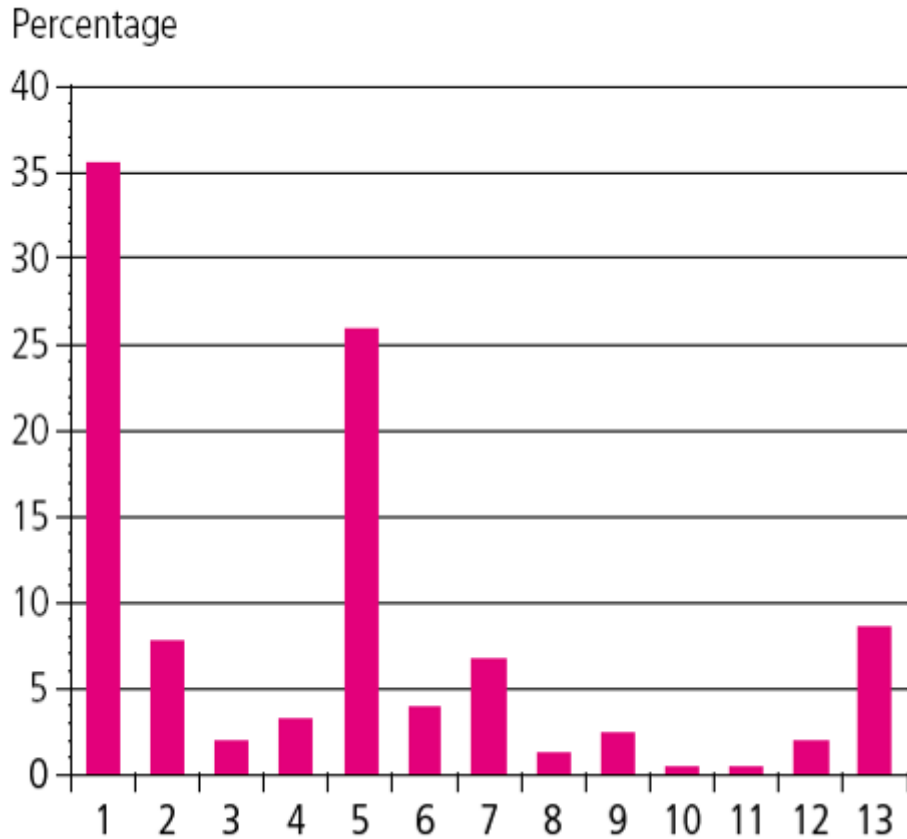
What is the current average daily salt consumption in the UK?



8.6g/Day



Percentage contribution of food types to average daily intake of sodium*



- 1 Cereals & cereal products
- 2 Milk & milk products
- 3 Eggs & egg dishes
- 4 Fat spreads
- 5 Meat, meat dishes & meat products
- 6 Fish & fish dishes
- 7 Vegetables & vegetable dishes (excluding potatoes)
- 8 Potatoes
- 9 Savoury snacks
- 10 Fruit & nuts
- 11 Sugar, preserves & confectionery
- 12 Drinks
- 13 Miscellaneous

* Data in this table are for intakes from food only and do not include further additions of salt in cooking or at the table.



Practical tips for your patients

- Add less salt to your cooking
- Avoid adding salt to meals; taste first
- Cut down on salty snacks such as crisps and nuts
- Choose lower-salt stock cubes, make your own stock, or add herbs and spices for flavour instead
- Check labels and choose the lowest salt varieties:
 - High is more than 1.5g salt per 100g (or 0.6g sodium)
 - Low is 0.3g salt or less per 100g (or 0.1g sodium).



Alcohol

The NHS and the Food Standards Agency recommends:

- **Men should not regularly drink more than three to four units of alcohol per day**
- **Women should not regularly drink more than two to three units of alcohol per day**
- Spread drinking throughout the week and **avoid binge drinking**
- Take a **break for 48 hours after a heavy session** to let your body recover
- **Pregnant women** or women trying to conceive should avoid drinking alcohol. If they do choose to drink, they should not drink more than 1-2 units of alcohol once or twice a week and should not get drunk
- Drinking alcohol in moderation (about 1-2 units per day) may **be beneficial for heart health** in men aged over 40 and women who have gone through the menopause
- Excessive alcohol increases blood pressure
- All alcoholic drinks are **high in calories** and can result in weight gain particularly around the middle section of the body (central obesity).



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One UK unit is 10ml or eight grams of pure alcohol (also called ethanol)

A unit is:

- Half a pint of **standard strength** (3 to 5% ABV) beer, lager or cider
- A '**pub**' measure of spirit.

Note:

- 1 bottle of Alcopop is about **1.5** units
- A glass of wine is about **2** units
- Half a pint of **super strength** (9% ABV) beer, lager or cider is about **2.5** units.



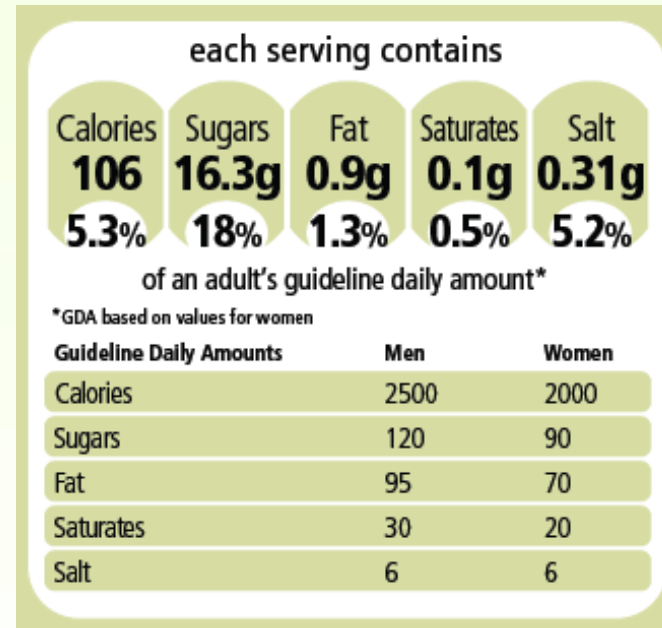
EXERCISE 2

1. **Brainstorm four ways you can reduce bad fats in the diet**
2. **Guess the following:**
 - Calories in a chocolate bar
 - Units in a pint of beer
 - Salt content in a packet of crisps
 - Amount of sugar in a can of cola
 - Amount of saturated fat in a croissant



Guideline daily amounts (GDAs)

- GDAs are guidelines for healthy adults and children about the approximate amount of certain nutrients – calories, fat, saturated fat, sugars, and salt – required for a healthy diet
- Different GDAs have been set for children and adults. The example provided is based on values for women
- GDAs should be used as a guide as individual targets will vary.



Practical tips for your patients

- Check and compare the GDA label on food products before you buy them. This will show you the proportion of each nutrient that the food item accounts for. You should not exceed the total daily recommended amounts
- Remember that the percentages are often based on GDA values for women.



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Ethnic/ religious dietary variations

Muslim

Every food is lawful (Halal) unless declared unlawful (Haram)

- Haram foods
 - Food & food products from pig
 - All meat not ritually slaughtered
 - Manufactured food containing ingredients derived from pig or other animals not ritually slaughtered
 - Animal fats
 - Shellfish/ seafood without fins or scales
 - Alcohol.

Dietary concerns – need to cut down on fat. A high proportion of cooking involves frying foods and high use of cooking oils

Hindu

- Beef is forbidden
- Strict Hindus – no meat/ fish of any kind
- Many lacto-vegetarians – if very strict, no eggs
- Ghee (clarified butter used in Indian cooking) & vegetable oils are used instead of animal derived fats i.e. lard.

Dietary concerns – as most are vegetarians, they need vitamin A from β -carotene foods. Often need to cut down on fat

Good sources of beta-carotene: dark green and orange-yellow vegetables, such as carrots, sweet potatoes, squash, spinach, broccoli, romaine lettuce, apricots, and green peppers



Ethnic/ religious dietary variations

Sikh

- Beef is forbidden & unlikely to eat pork
- Less food restrictions, unless self imposed
- Some lacto-vegetarians, but many eat chicken, lamb & fish
- Alcohol forbidden.

Dietary concerns – as some are vegetarians, they need vitamin A from β -carotene foods. Often need to cut down on fat

Jewish

All animal & birds **Kosher**

- Jewish Kashrut code of dietary laws
- Pork & pork products forbidden
- No shellfish but fish with fins & scales allowed
- Meats not cooked with milk/ milk products
- Milk & meats not served at similar times.



Ethnic/ religious dietary variations

African-Caribbean

- Dietary customs of people from the Caribbean are not uniform and people from different islands can have different dietary practices
- Certain religions can influence dietary practices e.g. Rastafarians are vegetarian or vegan. If meat is eaten many will not eat pork as it is regarded as an unclean meat
- Typical foods:
 - Starchy foods – rice, corn and cornmeal, oats, pasta, cakes and bread, green bananas, plantain, breadfruit, cassava, yam, sweet potato
 - Fruits and vegetables – spinach, kale, peppers, karela, carrots, avocado, sweetcorn, okra, cabbage, tomato, aubergine, pumpkin, pawpaw, guava, banana, pineapple, grapefruit, mango
 - Dairy foods – condensed and evaporated milk in preference to fresh milk
 - Meat, fish, eggs, etc – snapper, red mullet, mackerel, salted codfish. Pulses in the form of peas and beans are included into stews, and as an accompaniment to meals (rice and peas). Cashew nuts, almonds and coconut are often included in the diet as snacks
 - Sugar rich foods – sweetened foods and drinks are popular.

Popular cooking methods include stewing, braising, steaming, frying and roasting and very often involve the use of added fat



Socio-economic factors

- Recent explosion in food prices has made healthy eating more difficult
- Official figures show wholesale food prices rose by 7% in the past 12 months
- Biggest jump has come in the cost of fresh fruit and vegetables, with a rise of almost 16 per cent
- 6% ↑ in cost of dairy products
- 7% ↑ in cost of fish and meat prices.



Socio-economic factors

Diet of lower socio-economic groups tend to be less balanced than recommendations

Practical tips for your patients

- Make use of reduced price deals
- Make use of BOGOF (Buy one, get one free) offers (if healthy)
- Tinned & frozen vegetables can be a cheaper alternative to fresh produce
- Buy fruit and vegetables in season to reduce costs
- Shop later in the day to benefit from price cuts on foods such as bread, pastas, meats and fish
- Look out for fresh fruit and vegetables in markets where prices tend to be cheaper
- Keep an eye on expiry dates
- Use local butchers/grocers and ask for cheaper alternatives.



Lifestyle changes – Tips for your patients

As well as having an understanding of what foods should be eaten in a balanced diet, there are lifestyle factors which influence our dietary choices. These need to be identified and discussed if changes in the diet are to be maintained and made permanent.

Problem situations and possible solutions

- At mealtimes, only cook as much as you and the family will eat to avoid the temptation of snacking on leftovers
- If eating is due to boredom, tiredness, stress or low mood, try to develop some strategies to help to overcome this i.e. go for a walk, gardening, phone a friend, have a bath.

Be more aware

- Keep a diary; record what you eat, physical activity and general mood
- Learn to tell the difference between true physical hunger and psychological hunger
- Weigh yourself no more than twice a week
- Always sit at a table when eating rather than eating while standing or on the move.



Lifestyle changes – Tips for your patients

Mealtime tips

- Relax before eating
- Eat slowly and chew food properly
- Concentrate on eating with no distractions such as TV
- Serve less than you think you'll need
- Use a smaller plate
- If you're still hungry after a meal, wait 20 mins before eating.

Changing the way you eat

- Make gradual changes to your diet
- Be organised – plan what you eat
- Always make time for breakfast
- Take lunch to work
- Prepare a shopping list & don't shop when you're hungry
- When eating out, try to adjust your food intake throughout the day.



Lifestyle changes – Tips for your patients

Being more active

- Think about how to fit activity into daily routine
- Regular activity on a weekly basis – 30mins on most days of the week – breakdown into smaller sessions throughout the day.

Coping with dietary slip ups

- Be realistic, think about what made you slip up
- Occasional mishap will not ruin healthier lifestyle
- Reward yourself with a non food treat!



Lifestyle changes – Tips for your patients

Stop smoking

- Make a date to stop smoking and stick to it
- Try to avoid situations that normally prompt you to smoke
- Treat yourself to something you like with all the money you are saving.



Reduce your alcohol intake

- Women should not regularly drink more than 2-3 units of alcohol per day
- Men should not regularly drink more than 3-4 units of alcohol per day.



8 tips for eating well

- Base your meals on starchy foods
- Eat lots of fruit and vegetables
- Eat more fish
- Cut down on saturated fat and sugar
- Try to eat less salt – no more than 6g a day
- Get active and try to be a healthy weight
- Drink plenty of water
- Don't skip breakfast





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Thank you

Questions?





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HANDOUTS



Fat-wise Eating Guide – a brief guide for a healthy heart



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Food group	Choose occasionally or avoid	Eat and enjoy
	Foods rich in saturated and/ or trans fats	Foods lower in saturated fat or rich in unsaturated fats
Meat and poultry	Fatty meat, pies, pasties, sausages, burgers	Lean red meat, poultry with the skin removed
Fish and seafood	Fried/battered fish	Oily fish such as herring, mackerel, salmon, trout, sardines (including canned) and fresh tuna once a week. White fish and seafood
Dairy products	Full fat cheese, milk or cream	Semi-skimmed or skimmed milk and lower fat yogurts and cheese
Cooking fats and oils	Lard, dripping, ghee	Sunflower, rapeseed, flaxseed (linseed) and corn oils
Spreads	Butter, margarine	Polyunsaturated spreads and lower fat spreads. Some spreads have added fish omega-3
Salad dressings	Salad dressings made from cream and cheese	Olive or walnut oil based dressings, yogurt dressings, lower fat salad cream and mayonnaise
Sauces	Butter or cream based sauces	Tomato-based sauces made using olive oil or vegetable oils
Snacks	Biscuits, cakes, pastries, crisps, savoury snacks	Olives, nuts, seeds



Healthier cooking tips



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Method	Helpful hint
Grilling	<p>Marinate foods in lemon or lime juice, tomato, sweet chilli or Tabasco sauce</p> <p>Seasonings such as herbs, garlic, ginger, mustard & other spices may be added before grilling to add tenderness & flavour</p> <p>Foods will cook evenly when at room temperature before cooking</p>
Roasting	<p>Season with garlic, herbs, spices or pepper</p> <p>Cook meat on a rack in a baking dish over water for best results</p> <p>Cover meat with lid to keep moist</p> <p>To brown meat remove cover for last 15 minutes of cooking</p> <p>Wrap vegetables in foil or brush sparingly with oil & bake</p>
Steaming	<p>Remove visible fat & skin from meat</p> <p>Season food with pepper, herbs, spices, garlic</p>
Casseroling	<p>Remove visible fat & skin from meat</p> <p>Use little oil when browning meat</p> <p>Prepare meat a day ahead, refrigerate and remove surface fat</p>
Stir frying	<p>Cut all ingredients into similar sized pieces</p> <p>Add water or stock to wok with flavourings</p> <p>If using oil, use 1 teaspoon per person</p>
Curries & sauces	<p>Measure oil, aiming for 1 teaspoon per person</p> <p>Add water or tinned tomatoes to help prevent food sticking</p> <p>If food appears a little dry, stir through low fat natural yogurt or low fat crème fraiche before serving</p>
Potatoes	<p>For a low fat alternative to chips, cut potatoes into large wedges, place in a plastic bag with tablespoon of oil and rosemary or Cajun spices & shake well. Remove from the bag and cook in oven for 15-20mins</p> <p>Mash potatoes with skimmed or semi-skimmed milk. Low fat natural yogurt or low fat crème fraiche can be used</p> <p>Or use oven chips (for healthier alternative)</p>



Recipe rescue

Ingredient	Healthier choices to reduce fat
Butter, margarine, oil	Use polyunsaturated or monounsaturated spread instead Use up to one teaspoon of oil per person
Cheese	Use lower or reduced fat cheeses such as a reduced fat hard, mature cheddar Try smaller amounts of strong cheese such as parmesan & blue cheese instead Limit portion to match box size
Paneer	Use semi-skimmed milk to make paneer Reduce portion size
Cream	Use 'light' cream/ evaporated light milk Blend 1 part skimmed milk with 2 parts low fat ricotta cheese Use half fat crème fraiche or low fat natural yogurt or 0% Greek Fat yogurt
Yogurt	Use skimmed milk if making your own yogurt Use low fat natural yogurt rather than Greek or full fat Use 0% Greek Fat yogurt
Salad dressings	Use lemon juice with garlic and ginger or vinegar Choose low fat or 'fat free' commercial salad dressings
Salt	Use stock cubes in cooking Make use of spices and herbs to add to the flavour
Mayonnaise	Use low fat natural yogurt or half fat crème fraiche Opt for lower fat, omega-3 enriched mayonnaise

