

‘Healthy Eating’ & Nutrition



Guidance for **Healthy Eating** while you are here at Flint House, through weekly Wednesday afternoon Nutrition Sessions to discuss a Healthy Mediterranean style of eating, reflecting the new **Eat Well Guide** (March 2016) based on the three meals over 24 hours we provide at Flint House, see above; and our own food labelling the Red, Amber and Green ‘Traffic Lights system for Fats Saturated Fats, Sugar & Salt as seen on our daily menus on the Touch Screen outside the dining room.

Healthy Eating – A way of Life, which will include a wide variety of **Vegetables, Leafy Salads and Fruit**; representing over a third (40%) (Or a minimum of 400g a day) of your daily food intake; coupled with just under a third of your daily intake from **Carbohydrate**, which is an important source of energy: with a small consumption of **added Free Sugar** – limited to 5% (of that actual 38%).

1x330ml can of Coke contains nearly 120% of that free sugar maximum daily allowance - a Diet drink is no healthy alternative!

Protein from nearly everything you eat >>> from **Vegetables, Fruit, Beans, Nuts, Eggs, Fish & Meat** to be 10% and no more than 15% of your daily food intake.

Average, Male 19-50 years at 74kg = minimum 55.5g a day.

Average Female 19-50 years at 60kg=minimum 45g a day.

Or a minimum of 0.75g up to a maximum of 1.5g per kilogram in weight per day

Dietary Fibre, 30g recommended figure for consumption from unprocessed food; wholemeal Bread, Pasta, Rice, Dried Fruit & Beans; Fibre is a source of energy 2-3kcal/g, nutrients for the gut and gut bacteria and works in the liver helping to break down oils and fats

Salt, a mineral (metal) sodium chloride which should be restricted; a diet high in salt can result in high blood pressure – Hypertension. A Target of no more than 6g per day is recommended and that target is being lowered to be below 5g per day by 2025 - World Health Organisation (W.H.O.)

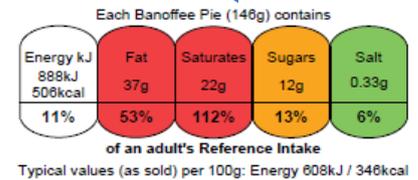
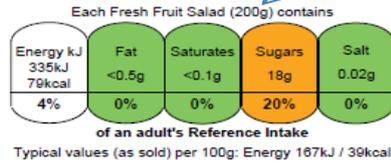
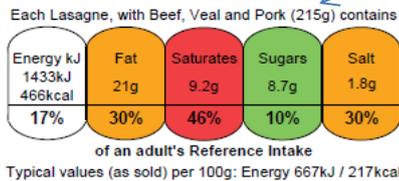
Fat has four functions in the diet:

- a) Source of energy
- b) Makes our food more palatable
- c) Essential Fatty acids
- d) Fat soluble vitamins

Should not be more than 30% or 600 kcals a day. Dietary fats are important as contributing to (Saturated) or protecting against (Fish Oils - omega-3) Cardiovascular Disease. Very calorie dense and contribute to weight gain and obesity when comprising over 30% of dietary energy.

'Healthy Eating' & Nutrition (cont2)

Our menus and recipes carry information on nutritional content of your **'plated meals'** using the **'Front of Packaging Indicators' – (previously known as Traffic Lights)** including Energy **'kcal' (kilo calories)** and or **'kJ' (kilo joules)** This calorie information to assist you in maintaining and understanding your 'Healthy Eating' – thus a Healthy Body – as in the affluent 'west' we are all over eating, not exercising enough – we give you options and opportunities to consider adapting your life style, where and if appropriate; for the better, to a new **Way of Life ~ Health Eating!**



We need to safe guard the quality of the food we provide for you; the provenance of using the best is tremendously important and we really enjoy providing the best we can for you. Eating well is better for us all.

So below is the introduction to our new philosophy with our/your new mantra:

Eat less, exercise more!

According to the Food and Agriculture Organisation, 'Food' means any substance, whether processed semi-processed or raw, which is intended for human consumption, and includes drink, and any substance (even chewing gum) which has been used in the manufacture, preparation or treatment of 'food'

Concept of a balanced diet

Good nutrition is a balanced diet containing adequate amounts of all the essential nutritional elements that the body must have to function properly and in turn will help to reduce the risks of Coronary Heart Disease, diabetes and obesity; three of the UK's major health issues at this time - costing the NHS £Billions a year

Carbohydrates including >>> "of which Sugars"

A primary source of energy, weight for weight provide about the same amount of energy as Protein where Fat produces twice as much (see below). The digestion of Carbohydrate starts in the mouth, Although, the body will and can use Protein and Fat in place of Carbohydrates (though essential for the brain) too little results in tiredness and fatigue, muscles will convert to using fat for energy but it is not ideal as other complications can arise. Too much Carbohydrate, in the form of sugar, can have dental implications and, of course, weight gain. Sugar, insofar as the sugar bowl in concerned being completely refined 'pure' sucrose.

Examples of sugars on food labels: Corn Sugar, Dextrose , Fructose, Glucose, High Fructose-Glucose Syrup, Honey, Maple Syrup, Agave Nectar (Syrup), Inverted Sugar (Golden Syrup), Isoglucose, Levulose, Maltose, Molasses and (Sucrose in your sugar bowl!)

There is no "Healthier Sugar" – all has the same number of calories per gram

Our **Energy** comes from the main food groups:-

Fat 9.0kcal/g

Carbohydrate 3.75 kcal/g

Protein 4.0 kcal/g

Watch out for Alcohol at 7.0 kcal/g

'Healthy Eating' & Nutrition (cont.3)

Dietary Fibre

What was called 'roughage' - is now recognised as a vitally important part of human nutrition - specifically for our Gut. Plant cell wall provides Dietary Fibre, (also known as, NSP (Non-Starch Polysaccharides) comes from eating **unrefined or unprocessed carbohydrates or whole foods** e.g. Brown Pasta & Rice plus Wholemeal Bread and some breakfast cereals including porridge. Cell walls, mainly cellulose are fibrous, which provides energy for the bacteria in the large bowel which absorbs most of the Dietary Fibre.

Protein

Our 'Healthy Eating, life choices' will contain enough 'energy foods' i.e. carbohydrate & fat, it will almost certainly contain enough protein, whether from Vegetables, Fruit, Beans, Nuts, Eggs, Fish or Meat.

In other words look after the carbs and fat content of your diet and the protein will look after itself - in most western diets.

Rigorous exercise means eat more carbohydrates and not more protein – the idea that more protein increases muscle growth is erroneous

Fats

Olive and possibly Rape Seed Oils now thought to be health beneficial; opinion and discussion agree that fat intake should be reduced, where possible to below 35% or below 30% where weight is an issue. Fat should though be adjusted in favour of vegetable and fish oils or more accurately **Polyunsaturated & Monounsaturated oils and fats** at the expense of animal (or saturated) fats. A small 15g portion of nuts, contain both saturated and unsaturated fats, are a good source of Vitamin E and Selenium & Copper (micronutrients – minerals). Consider the implications of 'Marg' and or 'Spread' rather than Butter or Oil with Healthy Eating.

Vitamins and Minerals

Vitamins are essential, cannot be synthesised in the body. Water-soluble B & C cannot be stored in the body – though A, D, E & K can, so deficient states develop more slowly. D also synthesized by skin exposure to sunlight – ***in Great Britain it is recommended to take D supplements through the winter months.*** The effects of cooking and storage of foods can be particularly damaging to the Vitamin content; this is and can be particularly relevant in the catering and food industries with food preparation and 'processing'.

Most essential Minerals are required in only tiny amounts and are provided by eating a health variety of foods – plants, (including nuts and or seeds) fish, dairy & or a combination thereof. Some are needed in larger amounts like Calcium, Phosphorus & Potassium for bones and teeth.

Calories	2000 kcal (kilo-calories) (kJ 8368 (kilo-Joules)	
Fat	(g/day)	70g
Saturates	(g/day)	20g
Protein	(g/day)	55.5g (Male 19-50 years)
Carbohydrates	(g/day)	230g
Sugars	(g/day)	90g
Dietary Fibre	(g/day)	30g (=18g NSP)
Salt	(g/day)	<5g (W.H.O. by 2025) Sodium 2.5g

Department of Health (1991) Dietary Reference Values for food energy and nutrients for the United Kingdom.
Report of the Panel on Dietary References Values of the Committee on Medical Aspects of Food Policy No 41. London HMSO Crown Copyright
sarn 'Scientific Advisory Committee on Nutrition' Carbohydrates and Health 2015

The 2000 calories, under legislation, used by manufactures and supermarkets on their 'traffic light labelling' system; under the heading 'Front of Packaging Indicators' which uses this figure for 'the average women's' (19-50 years of age) daily requirement.

'Healthy Eating' & Nutrition (cont.4)

NHS – Weight Loss Guide:

After your two weeks at Flint House, if you need to consider a calorie controlled weight loss programme I would suggest: - The NHS Choices 12 week weight loss guide combines advice on healthier eating and physical activity. You get an information pack for each week of the plan, which is full of advice and tips, plus a stick-it-on-the-fridge planner to help you track your weekly progress.

<http://www.nhs.uk/LiveWell/weight-loss-guide/Pages/weight-loss-guide.aspx>

In the UK, the food industry has led a novel approach to guiding consumers towards achieving their daily nutrient requirements through food labelling. Guideline daily amounts have been agreed for major nutrients, as a single bench-mark. The figure is used to describe the amount in a food item or a meal as 'nn% of GDA'. This needs to apply to both male and female consumers of all ages, so the GDA (guideline Daily Amount) use the females DRV (Dietary Reference Values) (EAR) (Estimated Average Requirement) for energy (2000kcal/d) on the guide that overconsumption is usual, and can be permitted for men but not for women, to reduce risk of weight gain.

Fox and Cameron's Food Science Nutrition and Health 7th edition 2006 Michael E. J. Lean (p37/38)

The Catering Department, supported holistically by the 'Health & Wellbeing' plus Physiotherapy Departments brings you this guidance to help you with your life style choices; so not just for you as patients here at Flint House but from this day forward – something that you can take home with you.

We are not necessarily here to tell you how much to eat or what you can or cannot eat – this guidance can and will inform you, so you can make more informed 'choices', for yourself – for example:

Did you need that dessert – yet alone the second!

The brigade, supported by the rest of the Catering Department, will give the very best food and service to you, within the scope of our remit and your dietary requirements as a group; and individually for specific health reason. The Health & Wellbeing Department and Physiotherapy Department will support the Catering Department and you in turn with medical and exercise advice to fulfil our commitment to **YOU!**

References

*Fox and Cameron's
Food Science, Nutrition and Health (7th edition) 2006 – Michael Lean*

*Department of Health (1991) Dietary Reference Values for food Energy and Nutrients for the United Kingdom
Report on health and Social Subjects No 41 London HMSO Crown Copyright
SACN 'Scientific Advisory Committee on Nutrition'
Carbohydrates and Health 2015*

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