FOODSPHERE

Hospitality and Catering

Specific dietary requirements

Lesson 2

Gain an understanding of specific dietary requirements due to customers preference, medical and religious reasons.

Carbohydrates

We all should eat carbohydrates. They give us energy to move and let our bodies function correctly.
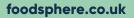
Carbohydrates

Typically include:

- Potatoes

- Wheat products – bread, cereals, pasta

- Rice

Problems with carbohydrates

When carbohydrates are digested they release sugar into the blood stream.

Problems with carbohydrates

This sugar gives us energy, when we eat too much we get too much sugar in the blood.

Sugar in the blood

Sugar in the blood stream is regulated by insulin and brings levels down.

Too much sugar in the diet will prevent insulin being produced in enough quantities.

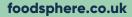This causes weight gain and diabetes.

FOODSPHERE

Refined carbohydrates

Any processed carbohydrate is usually white e.g. flour and sugar.

This enters the blood stream quickly and causes a sugar rush and insulin struggles to manage it.

We need carbohydrates that release their sugar slowly.

Wholemeal carbohydrates

Carbs which are processed less take longer to digest and release sugar into the body slowly e.g. wholemeal bread, brown rice and porridge.

Wholemeal carbohydrates

These are healthy carbohydrates and should take up a 1/3 of our food intake.

FOODSPHERE

Protein

Protein is essential in the diet because it helps to build muscle in the body tissue.

Especially important for healthy lifestyles where we need to exercise more.

Types of protein

Protein comes in different forms:

- Fish

- Meat

- Poultry

- Pulses

FOODSPHERE

Healthy protein

Not all protein is healthy. Too much red meat can cause health problems.

Healthy proteins include fish, chicken and pulses.

Aim to eat 2 portions of fish a week

Pulses

Pulses are dried seeds of various plants and contain healthier proteins and fibre.

- Lentils
- Chickpeas
- Beans

Fats

Fats include butter and lard and some oils. They form the basis of many processed foods, because fats are used as part of the cooking process or as an ingredient.
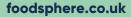
Saturated fats

Should be consumed at a minimum in anyone's diet, they contain very little nutritional benefit and cause the body to put on weight.
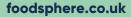
Saturated fats

Fats are needed by the body to help it function but we must choose healthier fat options.

Healthier fats

Avocados are a good source of healthy fat they promote brain function.

Fatty fish – salmon and mackerel contain omega 3 and promote brain function.

Nuts – good source of fat and fibre.

Minerals

Found in different foods and are essential for a healthy body.

- Calcium – healthy bones
- Zinc- healthy immune system
- Iron- healthy blood

Mineral rich foods

Choose low fat dairy products.

Fish, nuts and vegetables.

Supplements can be used to ensure we get

enough minerals in our diet but a balanced

diet is a better option.

Vitamins

Vitamin C – for general health and immune system.

B vitamins – for blood, skin and healing.

Vitamin D – helps the body to absorb calcium.
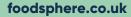
FOODSPHERE

Vitamin rich foods

All fresh vegetables and fruit contain

minerals and vitamins especially vitamin C

and antioxidants.

Meat and poultry contain B vitamins

Yoghurts and pulses contain B vitamins

Fibre

Food containing fibre helps the digestive process. More fibre in the diet will mean a healthier gut.

FOODSPHERE

Fibre

A healthy gut is suggested to help prevent cancer and is also linked to improved mental health.

FOODSPHERE

foodsphere.co.uk

Foods with fibre

Any wholemeal products and foods

which are fresh not processed.

- Potato skins

- Nuts

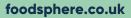- Pulses and grains

- Broccoli and carrots

Antioxidants

These are present in fresh fruit and vegetables.
Antioxidant work to cancel out the effect of cancer cause agents.

Antioxidants

They are only effective once, so we need to eat a lot of them and regularly.

Revision Activity 2

What foods contain protein?