



Nutrition

Eat Well Diet

Lesson 1

Understand how to follow the eatwell guide and have a varied nutritious diet whilst on a budget.





Learning objectives

- Recognise the importance of a good, varied diet
- State the changes made to the eatwell plate when creating the eatwell guide
- Identify the energy requirements of the body
- Describe the sections and proportions of the eatwell guide
- Summarise when the eatwell guide should be used
- Define composite foods and list examples of composite foods
- Identify what parts of the eatwell guide are not being followed by the public in the UK





Learning objectives

- Explain the 8 tips for eating well which was developed by Public Health England
- Recognise who may need to take supplements in addition to the eatwell guide
- State how the eatwell guide is described as being sustainable
- Explain how to produce a child's packed lunch following the eatwell guide
- List healthy packed lunch ideas
- Describe how to eat healthy on a budget
- Summarise how leftovers can be used to prevent wastage





A good varied diet is essential to maintaining the bodies health and ensuring you feel fighting fit.





**A good diet
should be made
up of lot's of
different foods
so the body
receives a
variety of
nutrients.**





In 2007 the Food Safety Standards Agency developed an eatwell plate which outlined five food groups and the proportions of them that should be consumed.





In 2016 Public Health England changed the eat well plate and replaced it with the eatwell guide. The guide incorporates other important information as well as the five food groups.





There are 10 main changes made in the eatwell guide:

1. Eatwell guide instead of eatwell plate
2. High fat, salt and sugar foods have been moved off the plate but included outside the main picture to show they should only be eaten in small amounts and not frequently
3. Only oils and spreads are in the smallest section of the guide
4. Hydration guidance has been added

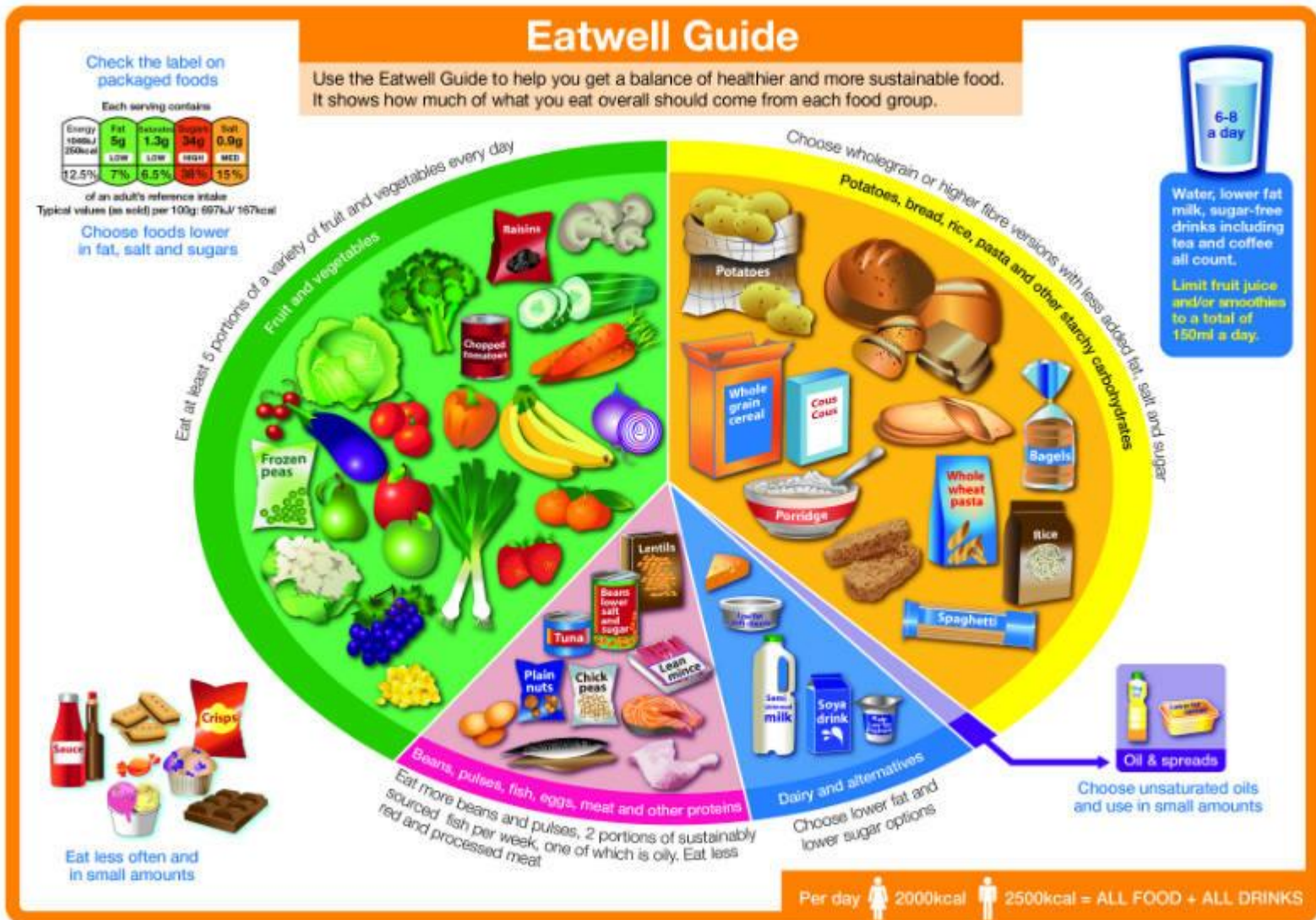




There are 10 main changes made in the guide continued:

5. Fruit juice has been removed from the fruit and vegetable section
6. Section names have changed
7. The size proportions of sections have changed
8. Addition of further guidance in the sections
9. Addition of energy requirements
10. Addition of nutrition label information







A healthy diet should give the body the correct amount of energy. This is the correct amount of calories or kilojoules.





When the body takes in the correct amount of calories to equal the amount of calories used by the body this is known as energy balance.





The body uses calories for the normal function of the body such as breathing and pumping blood around as well as walking and other physical exercise.





It is important to make sure the correct amount of calories are consumed in a diet as too many calories may cause weight gain and be stored as fat in the body.





**In the UK over
50% of all adults
are overweight or
obese.**





There is also a large proportion of children who are overweight or obese which can lead to problems in later life. This can increase the chance of developing cancer, type 2 diabetes and heart disease when they are adults.





The adult average daily amount of energy required from food and drink are:

- Female 2000 calories (8400 kilojoules) per day
- Male 2500 calories (10500 kilojoules) per day

The eatwell guide states the recommended male and female calorie intake required.





The eatwell guide applies to everyone apart from children under 2 years old and anyone with specific health conditions which maybe affected by a healthy diet.





The eatwell guide divides food and drink into five sections with different proportions. The idea of the guide is to eat the proportions of the sections over the whole day not every meal time.





The guide enables a variety of foods and drinks to be consumed which provide lot's of different nutrients which are essential for the body.





The five sections of the eatwell guide are:

1. Fruit and vegetables
2. Potatoes, rice, bread, pasta and other starchy carbohydrates
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and dairy alternatives
5. Oils and spreads





**All the sections
of the guide
should be
consumed to
ensure there
are no
deficiencies in
the body.**





Section 1 - Fruit and vegetables

At least five portions of a variety of different fruit and vegetables should be consumed every day.





Section 1 - Fruit and vegetables

A single portion could be:

- 80g of fruit and vegetables
- 30g of dried fruit
- A 100% unsweetened fruit smoothie or juice (not from concentrate). Do not consume more than 150ml per day.





Section 1 - Fruit and vegetables

Examples of the best fruit and vegetables to consume:

- Fresh fruit and vegetables
- Dried fruit and vegetables
- Frozen fruit and vegetables
- Canned fruit and vegetables
- Fruit and vegetable juice (only 150ml per day)

Do not include potatoes they are part of the starchy carbohydrate section.





Section 2 – Potatoes, bread, rice, pasta and starchy carbohydrates

Wholegrain and high fibre are the best foods to eat. Try to choose versions which have the least added sugar, salt and fat.





Section 2 – Potatoes, bread, rice, pasta and starchy carbohydrates

This section should be just over a third of all the food consumed. All meals should be based on starchy carbohydrates.





Section 2 – Potatoes, bread, rice, pasta and starchy carbohydrates

**Examples of foods in
section 2 are:**

- **Oats**
- **Pasta**
- **Rice**
- **Cornmeal**
- **Potatoes**
- **Couscous**
- **Breakfast cereals**
- **Noodles**
- **Bread**



Section 3 – beans, pulses, fish, eggs, meat and proteins

Mostly beans and pulses
should be consumed
from this section





Section 3 – beans, pulses, fish, eggs, meat and proteins

Each week you should eat two portions of fish making sure one of the portions is oily fish. It is a good idea to ensure the fish is from a sustainable source.





Section 3 – beans, pulses, fish, eggs, meat and proteins

When eating meat try to limit the amount of red and processed meat, ideally no more than 70g.





Section 3 – beans, pulses, fish, eggs, meat and proteins

**Each day some foods
from this section
should be consumed.**





Section 3 – beans, pulses, fish, eggs, meat and proteins

Examples of foods from section 3 are:

- **White and oily fish**
- **Meat**
- **Poultry**
- **Shellfish**
- **Eggs**
- **Beans and pulses**
- **Nuts**
- **Vegetarian meat alternatives e.g. tofu**



Section 4 – dairy and dairy alternatives

When consuming dairy products it is best to choose low fat and low sugar options.





Section 4 – dairy and dairy alternatives

Every day milk and
dairy foods/alternatives
should be consumed.





Section 4 – dairy and dairy alternatives

**Examples of dairy and
dairy alternative
products are:**

- **Milk**
- **Cheese**
- **Cream cheese**
- **Yoghurt**
- **Dairy calcium-
fortified alternatives
e.g. soya milk**

**Butter, ice creams and
cream do not fit into
this section due to the
high saturated fat
content.**

Section 5 – oils and spreads

Unsaturated oils and spreads should be consumed instead of saturated. However unsaturated oils and spreads should only be eaten in small amounts as they are high in calories.





Section 5 – oils and spreads

Unsaturated fats give the body essential fatty acids which the body uses to absorb fat soluble vitamins A,D, E and K.





Section 5 – oils and spreads

Examples of some unsaturated fat products are:

- **Olive oil**
- **Rapeseed oil**
- **Sunflower oil**
- **Vegetable oil**
- **Soft spreads which are made from the unsaturated oils listed above**

Butter is not included in this section as it is high in saturated fat.



Section 6 – foods to eat in small amounts, less often

This section contains foods which are not considered to be part of a healthy balanced diet. These foods usually contain too much sugar, salt and saturated fats.





Section 6 – foods to eat in small amounts, less often

Examples of products in section 6 are:

- **Chocolate/sweets**
- **Cakes**
- **Biscuits**
- **Sugary soft drinks**
- **Pastries/puddings**
- **Jams/syrup/honey**
- **Crisps**
- **Butter**
- **Gravies**
- **Cream/ice cream**
- **Fried foods**
- **Mayonnaise**



You should try to use the eatwell guide for every occasion such as:

- When shopping for groceries
- During cooking at home
- Eating out
- When choosing a snack or meal





Composite foods are dishes which contain more than one section of the eatwell guide in them.





Examples of composite foods are:

- Lasagna
- Stir fries
- Salads
- Sandwiches
- Curry dishes
- Shepherds pie





In order to try to follow the eatwell guide, try to think of the amounts of each product in the composite food and what section they come from in order to make a decision on how healthy the dish is.





Revision Activity 1

What is the largest section on the eatwell guide?