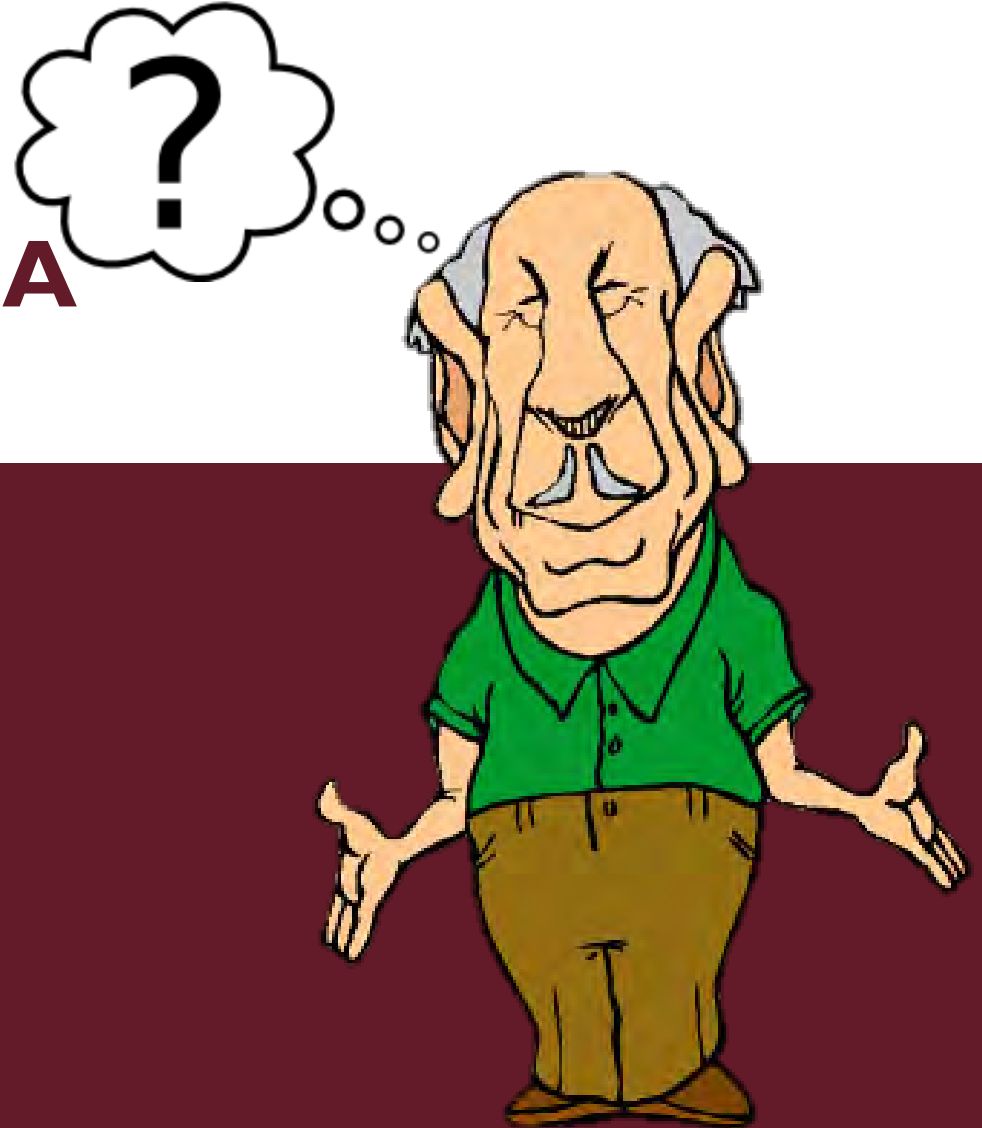

GRANDAD'S DIET DILEMMA

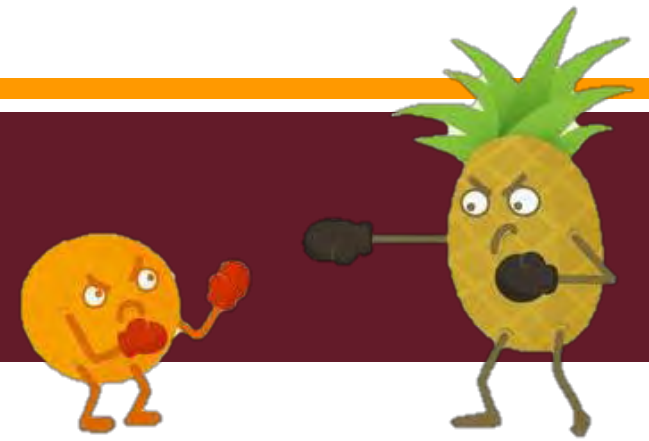
BY EMMA AND RACHEL



BREAKFAST



FRUIT – FRESH VS PRESERVED



- Fresh fruit often makes the most sense in terms of taste, texture and nutritional value. But canned or preserved can be a good option too.
- When choosing canned fruit, keep in mind:
 - ◆ Some canned fruits have been peeled = reduced fibre content!
 - ◆ Some fruits are canned in syrup = lots of added sugar!
 - ◆ Choose canned fruit packed in its own juice or in water instead!

BREAKFAST

- With so many breakfast cereals up for grabs, which one should you buy?
 - It can be a real challenge to find a cereal that's high in fibre but low in fat, sugar and salt!
- **HOT TIP – Don't always trust the front of the pack!**



OATS AND PORRIDGE

- A good source of B vitamins!
- + Soluble fibre which can help reduce cholesterol reabsorption!
- What to look for:
 - ◆ Choose the traditional rolled oats over the ‘instant’ or ‘quick’ oats!



MUESLI

- The range of muesli is massive!
- Some are roasted in oil, others baked in honey or sugar, some are natural!
- It is important to *read the label* to compare the kilojoules, fats, sugar and sodium!



COMMERCIAL CEREALS

- The most confusing of the breakfast options! Don't be fooled by their claims on the front of the box – some can be closer to confectionary than a healthy breakfast cereal option!!
- What to look for:
 - ◆ Check the ingredients list!
 - ◆ Read the label!



READING LABELS

Always look at the per 100g column as this allows for comparison between products and deciding which is the healthier option.

Sugar

- **Aim for 15g per 100g or less**

Fibre

- Choose the product highest in fibre per 100g
- **Aim for at least 7.5g per 100g**

Nutrition Information		
Servings per package: 1		
Serving size: 35g		
	Per Serve	Per 100g
Energy	501kJ	1430kJ
Protein	3.5g	10g
Fat	0.4g	1g
Saturated fat	0.2g	0.5g
Carbohydrate		
Total	25.3g	72.2g
Sugar	7.5g	21.5g
Fibre	3.4g	9.7g
Sodium	185mg	535mg

- **Total fat aim for 10g per 100g or less**
- **Saturated fat aim for 3g/100g**

Sodium (Salt)

- **Aim for 120mg per 100g or less**
- Limit foods which contain more than 400mg per 100g

NUTRITION CLAIMS

Light or Lite	<ul style="list-style-type: none">• This doesn't always mean low-energy or low-fat.• The product may just be light in colour, taste or texture.
Low Fat	<ul style="list-style-type: none">• 3g of fat or less per 100g
Reduced Fat	<ul style="list-style-type: none">• 25% less fat than regular product• At least 3g or less of fat per 100g
Diet	<ul style="list-style-type: none">• These foods usually have artificial sweeteners in them instead of sugar.
No Added Sugar	<ul style="list-style-type: none">• No sugars have been added but the product may contain natural sugars.
Heart Foundation Tick	<ul style="list-style-type: none">• Foods meet the Heart Foundation Guidelines for total fat, saturated fat, salt, sugar and where appropriate fibre.

LUNCH

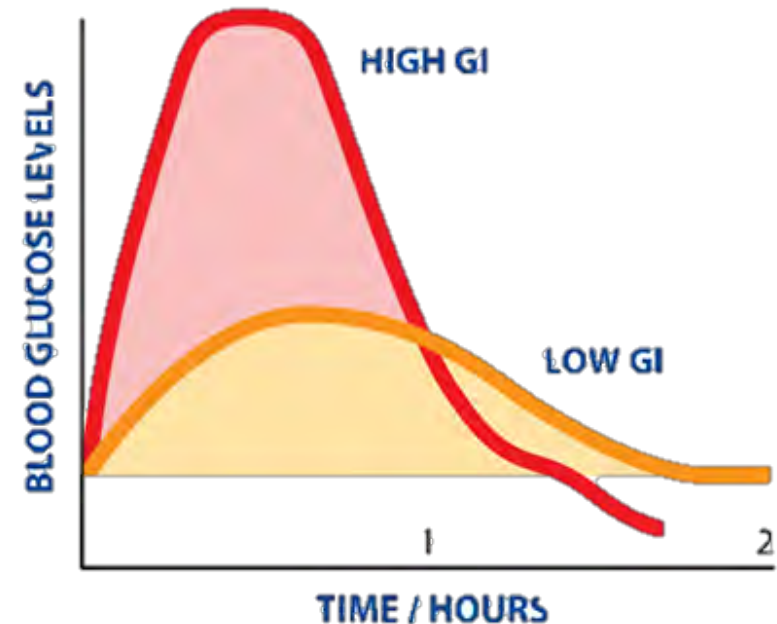


EMMA'S ADVICE ON BREADS: GO FOR GRAINS! WHY?



- High in Fibre!
- Low GI!

Glycaemic Index (GI) is a measure of how quickly or slowly a carbohydrate food digests and increases blood glucose levels.




BUTTER VS MARGARINE



And the winner is.... Margarine!

Switching butter to margarine is one way to reduce saturated fat content and add healthier unsaturated fats, for heart health protection.

Butter is around 50% saturated fat and 4% trans fat – the unhealthy fats that raise our cholesterol levels.

Margarine spreads with the heart foundation tick  have around 28% saturated fat, less than 1% trans fat (most only 0.1-0.2%) and are a good source of healthier fats.



PROCESSED AND RED MEAT



- For every 50g of ham, bacon or any other processed meat you eat each day, your bowel cancer risk rises by 18%
 - ◆ Save these meats for special occasions or avoid them altogether.
- Red meat
 - ◆ Can stay on the menu but your ideal overall weekly intake should be 3 palm size pieces of red meat. Go for other alternatives like chicken, fish, eggs, legumes or tofu.
- Cooking Tip: Don't burn your steak!
- Marinating your meat may also reduce the formation of these chemicals.

DINNER



SALT

- Recommended Daily Salt Intake: 2300mg
- What does 'low salt' on labels mean?
 - ◆ The food contains no more than 120mg sodium per 100g.
- What does 'reduced salt' on labels mean?
 - ◆ The food contains less sodium than the original food – but may not necessarily be low in salt.



STIR FRY SAUCES

- Stir Fry Sauces are notoriously high in salt! For example, one tablespoon of soy sauce contains 1262mg sodium – that's 55% of the total daily recommended maximum for adults!

- Key Tips to Limit Salt:

- ◆ Check labels

- ◆ For flavour without salt, try combinations of chilli, ginger, garlic, Chinese 5-spice and sesame oil and add fresh herbs at the end of cooking, like coriander, mint and basil for extra flavour.



WHICH IS THE BEST OIL?

Saturated Fats and Trans Fat

Increase LDL “BAD” Cholesterol



- Palm Oil
- Coconut Oil
- Lard
- Hydrogenated Oil

Polyunsaturated Fats

Reduce LDL “BAD” Cholesterol and Increase HDL “GOOD” Cholesterol



- Vegetable Oil
- Sunflower Oil
- Sesame Oil
- Soybean Oil
- Grapeseed Oil

Monounsaturated Fats

Reduce LDL “BAD” Cholesterol



- Olive Oil
- Canola Oil
- Peanut Oil

FROZEN VS FRESH VEGETABLES



No difference in nutrition between fresh and frozen!



RICE : WHAT'S THE BEST OPTION?

- Basmati (brown and white): Low GI!
- Wild - Low GI and High Fibre!
- Brown – Medium GI, High Fibre and High Levels of Vitamin B!



DESSERT



HEALTHY SWEET IDEAS THAT ARE QUICK!

- ◆ **Low Fat Ice Cream with Fruit**
- ◆ **Bulla Mini Frozen Yoghurt Sticks**
- ◆ **Nice Cream:** Blend frozen bananas and a dash of milk!
- ◆ **Low fat Greek Yoghurt and Berries:**



CHOCOLATE

- ◆ Chocolate is made with cocoa, derived from cocoa beans
- ◆ Contains antioxidants called polyphenols - linked to improved arterial function and playing a role in the prevention of degenerative diseases such as cardiovascular disease
- ◆ The more cocoa in a product the more antioxidants
- ◆ Despite its benefits chocolate still has added fats and sugars to make the cocoa more palatable – consider it a treat and **enjoy in moderation!**

**Come over to
the dark side!**



CONCLUSION

Why is it important that Grandad has a healthy diet and knows all the facts?!

A healthy well balanced diet not only improves physical health but it also improves mental health!!!!

