



Your food toolkit



Welcome

- Each session is 1 hour
- Your measurements will be taken on the day of your session, please have them ready
- Please bring your handbook to all sessions

Working together

- Listen to others – don't interrupt.
- Respect – everyone's opinion/ideas are valid.
- There is no right or wrong.
- Confidentiality – 'what is said in this room, stays in this room'.
- Only share what you are comfortable with.
- Questions – please ask questions but I may suggest coming back to it later/at the end of the session.
- Our commitment to you and your commitment to us

Today's session

- Progress review
- Meal planning
- Cooking tips
- Shopping and budgeting
- Label reading
- Healthy swaps
- SMART goal setting



Progress review

Let's review what's happened since our last session

Since our last session...

What lifestyle changes have you made since our last session?



What changes did you not make that you had intended to?

What got in your way?



What went well?



Meal planning

Understand the importance of meal routine & planning

Meal routine

- No ideal number of meals and snacks in the day
- Keep to a routine as much as possible
- Include breakfast
- Tune into your bodies' signals with mindfulness
- Use planning to help build a meal & snack routine

Planning meal

Think of your next meal or snack

What will you eat?



Do you know when?



Who will be eating with you?



Have you thought of portions and portion sizes?



Where will this meal take place?



Tips for meal planning

- ✓ What is available?
- ✓ Make a list
- ✓ Plan ahead to ensure balance and variety
- ✓ Use what you already have
- ✓ Shop and plan according to your schedule

Creating balanced meals and snacks

- Choose your protein source e.g. chicken, fish, soya protein, egg, tofu or lentils
- Choose a carbohydrate e.g. wholegrain rice, pasta or bulgur wheat
- Choose seasonal vegetables or salad
- Identify or add a source of healthy fats e.g. olive oil, rapeseed oil
- Snacks – choose something from within the EatWell guide

Cooking Tips

- Batch cooking can be particularly helpful if you often do not have time to cook
- Improvise – kettle, hob, microwave, even cold meals
- Reduce the fat – cutting visible fat off from meat, skimming any visible oil off before serving
- Taste! - use herbs, spices & vinegars to season

Shopping and budgeting

Learn how shopping and budgeting can support your meal plan

Tips for shopping and budgeting

- Buy value ranges/brands and in bulk
- Eat in season
- Don't go shopping hungry
- Make a list
- Avoid 'end of aisle' BOGOF offers – they are generally unhealthy junk food options
- Look above and below eye level for cheaper options
- Coupons
- Cook in batches
- Freeze surplus food
- Use up leftovers



Label reading

Discover the different types of food labels, how to use them and how to avoid misleading labelling claims

Reference intake (RI)

- Rough estimates of average nutrient requirements for adults in the UK
- Do we all have the same requirements?

Energy/nutrient	Reference intake
Energy	8400 kJ/2000 kcal
Fat	70g
of which saturates	20g
Carbohydrate	260g
of which total sugars	90g
Protein	50g
Salt	6g

Nutrition values table

Nutrition				
Typical values (as consumed)	per 100g	per 1/2 pot (300g)	%RI	your RI*
Energy	167kJ 40kcal	501kJ 119kcal	6%	8400kJ 2000kcal
Fat	1.2g	3.6g	5%	70g
of which saturates	0.2g	0.6g	3%	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	4%	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	25%	6g

*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.

*Reference intake of an average adult is 8400kJ/2000kcal

Traffic light label

- Great for comparing products at a glance when you're food shopping
- Show a breakdown of calories, fat, saturated fat, sugars and salt.
- Go for green, occasionally amber, red for treats or in small amounts/less often



Labelling claims

Label Claim	What to look out for	Caution
“Lower, Reduced Fat, Light or Lite”	Must contain 30% less fat than full fat product	These products can still be high in fat and calories
“Low Fat”	Always check the label for unwanted ingredients and additives	Can contain added sugar such as sucrose, dextrose, maltose, syrups..
“99% Fat Free”	Often misinterpreted to mean healthy	May be high in sugar, salt and empty calories
Juice Drinks and Flavoured water	Always check the label for unwanted ingredients and additives	Read the label as these often contain additives and added sugar
Healthy Living, diet and Diabetic products	Often misleading, expensive and highly refined	Use your label reading skills to choose the healthier options

Ingredient labels

- Listed in order - highest percentage first
- Compare packaged fresh bakery bread and white sliced bread

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SALT, SOYBEAN OIL, CALCIUM SULFATE, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), SODIUM STEAROYL LACTYLATE, GUAR GUM, DATEM, ENZYMES, ASCORBIC ACID (DOUGH CONDITIONER), AZODICARBONAMIDE.
CONTAINS WHEAT AND SOY.

INGREDIENTS:
Freshly Milled Whole-Wheat Flour, Water, Honey, Yeast, and Salt.

- Which one would you choose and why?

Time for an activity



Healthy swaps

Learning how small changes can make a big difference



Sweet & savoury snacks



Jollof rice



Cheese burger & French fries



Aloo paratha



Chicken curry

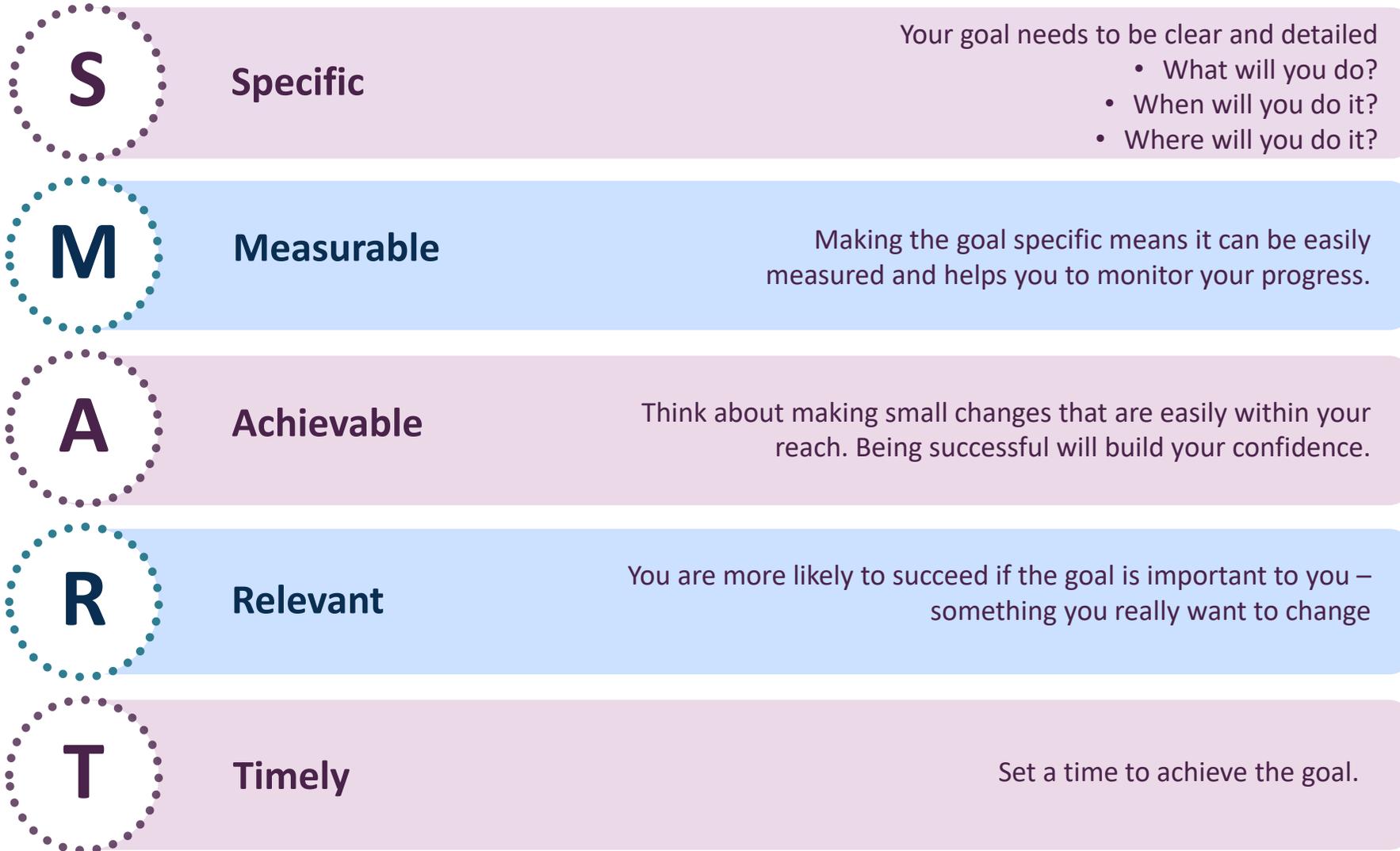
Turning learning into action



**“A goal without a
plan is just a wish.”**

Antoine de Saint-Exupéry

Turn learning into goals



Let's recap

Review what you've learned today and start applying your knowledge

What have we learned?

- Meal routine: There is no one ideal routine, find what works for you and keep to your routine as much as possible
- When planning meals think about: What/ how much/ when/ where you will eat? Who are you eating with?
- Cooking tips: To save time try batch cooking. When necessary improvise with the equipment/ ingredients you have. Reduce the fat and boost the flavour!
- Tips for shopping and budgeting: Buy value ranges/brands and in bulk, don't go shopping hungry, make a list! What other tips can you remember?
- Label reading can help us to make healthier choices, look out for traffic light labels/nutritional information on the back of the pack and the ingredients list
- Make simple adaptations/swaps to your favourite recipes/meals to create a healthier diet that still includes all of your favourite foods!

Now it's your turn!

- Create one SMART goal using knowledge you have gained today
- Write it in your handbook
- When will you review your goal?
- How will you celebrate your achievements?
- Ask the group for ideas and experiences
- Feel free to share your goal with the group
- We will review our goals in the next session

Well done

You've successfully completed today's session on Your food toolkit.

We look forward to seeing you at the next session for:

- Understanding what stress is and how it can have health risks
- Understanding the fight/flight response
- The causes of stress
- Overcoming obstacles
- The problem-solving wheel
- What is comfort eating?



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