



What's on your plate



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
- Current recommendations for
 - Protein
 - Fat
 - Carbohydrates
- Fibre and Glycaemic index
- Fluid requirements
- Introduction to mindful eating
- 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?



What is a healthy diet?

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy (kcal)	Fat (g)	Saturated fat (g)	Salt (g)	Sugar (g)
13%	Low	Low	Low	Low
13%	4%	2%	28%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day  2000kcal  2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Protein

Understand the current health recommendations for protein



Protein

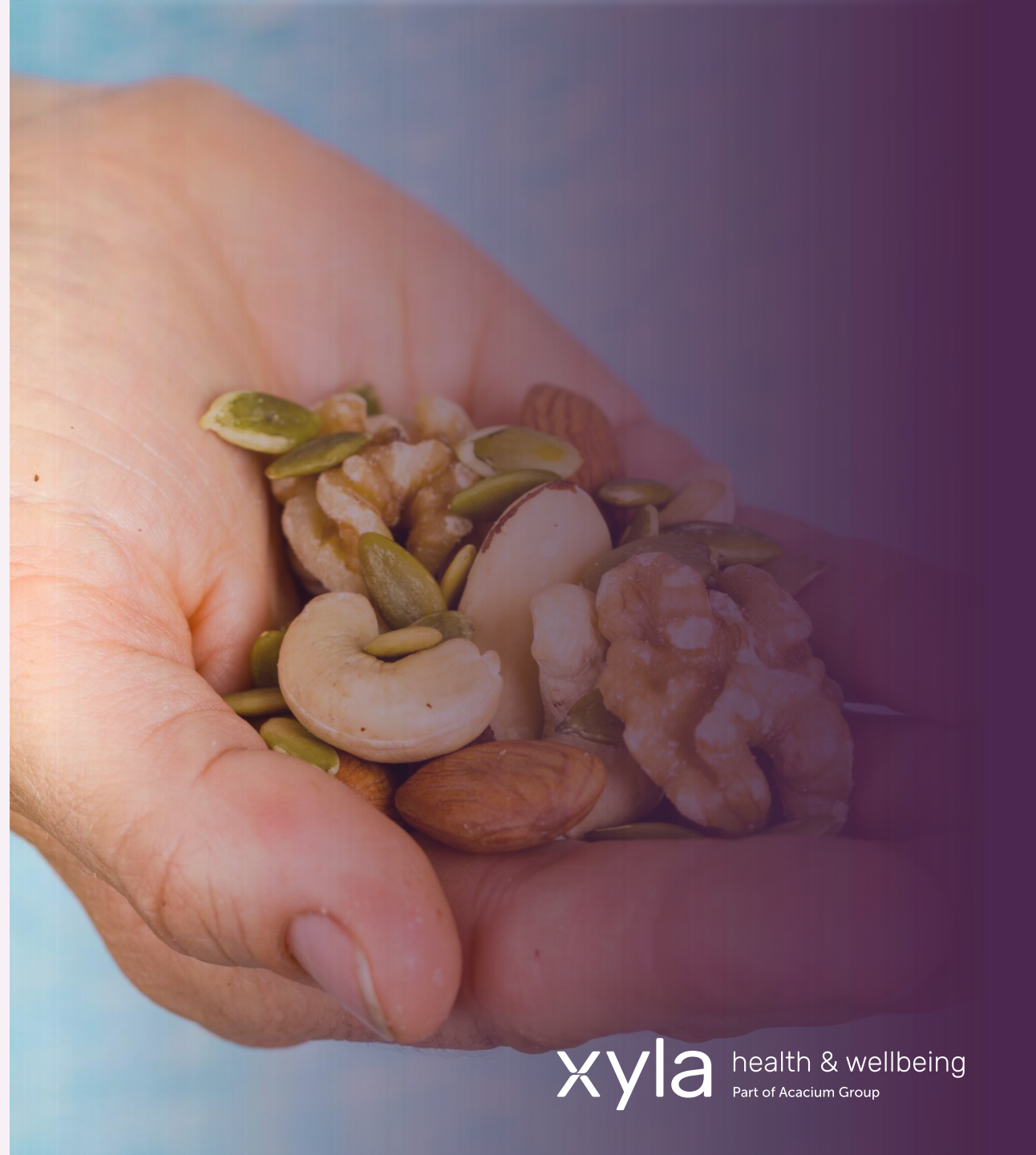
- Why do we need protein?
 - Protein rich foods are important for the growth and repair of your body
- Can you name some examples of foods that contain protein?
 - Examples: Meat, fish, poultry, eggs, beans, lentils, soy products, nuts and seeds
- How many portions should we aim for per day?
 - Recommendation: 2-3 portions of protein foods per day



Protein

What does 1 portion look like?

- A tin or hand sized piece of fish
- A palm size piece of meat
- Two eggs *
- Handful of cooked beans/lentils/pulses
- A small cupped handful of nuts/seeds
- Typically covers quarter of a plate



Protein

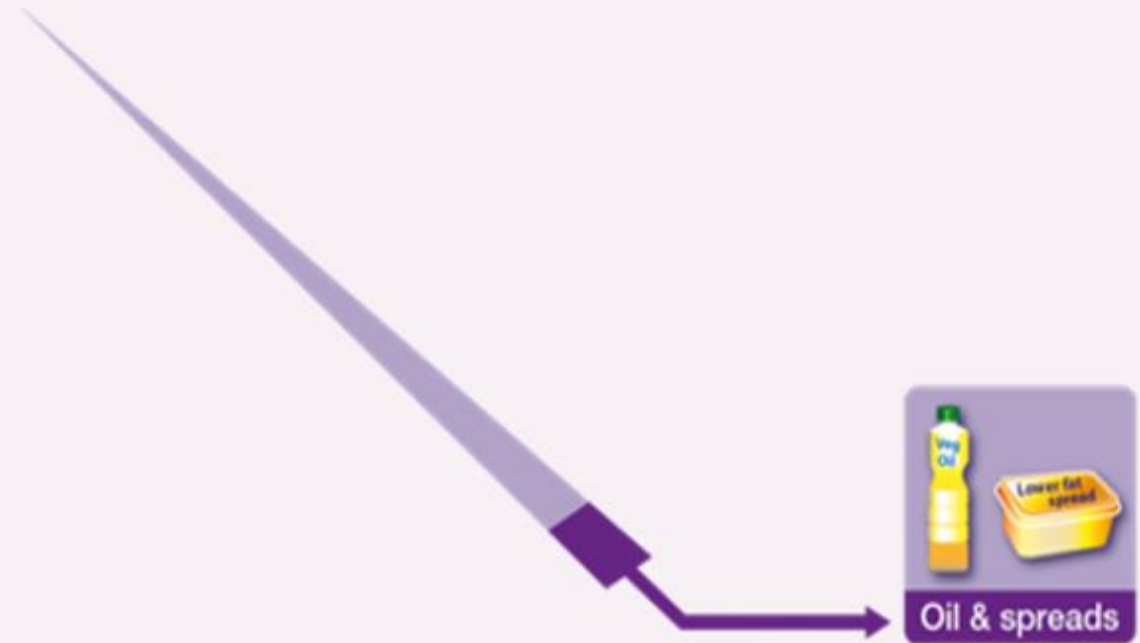
Further recommendations:

- 2 portions of fish per week, one of which to be oily fish (e.g. salmon, mackerel, sardines, herring, trout)
- Include more vegetarian proteins such as beans and pulses
- Limit red and processed meats



Fat

Understand the current health recommendations for fat



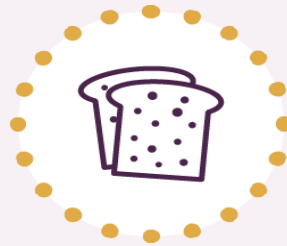
Added fats

Protein



4 kcal/g

Carbohydrates



4 kcal/g

Fat



9 kcal/g

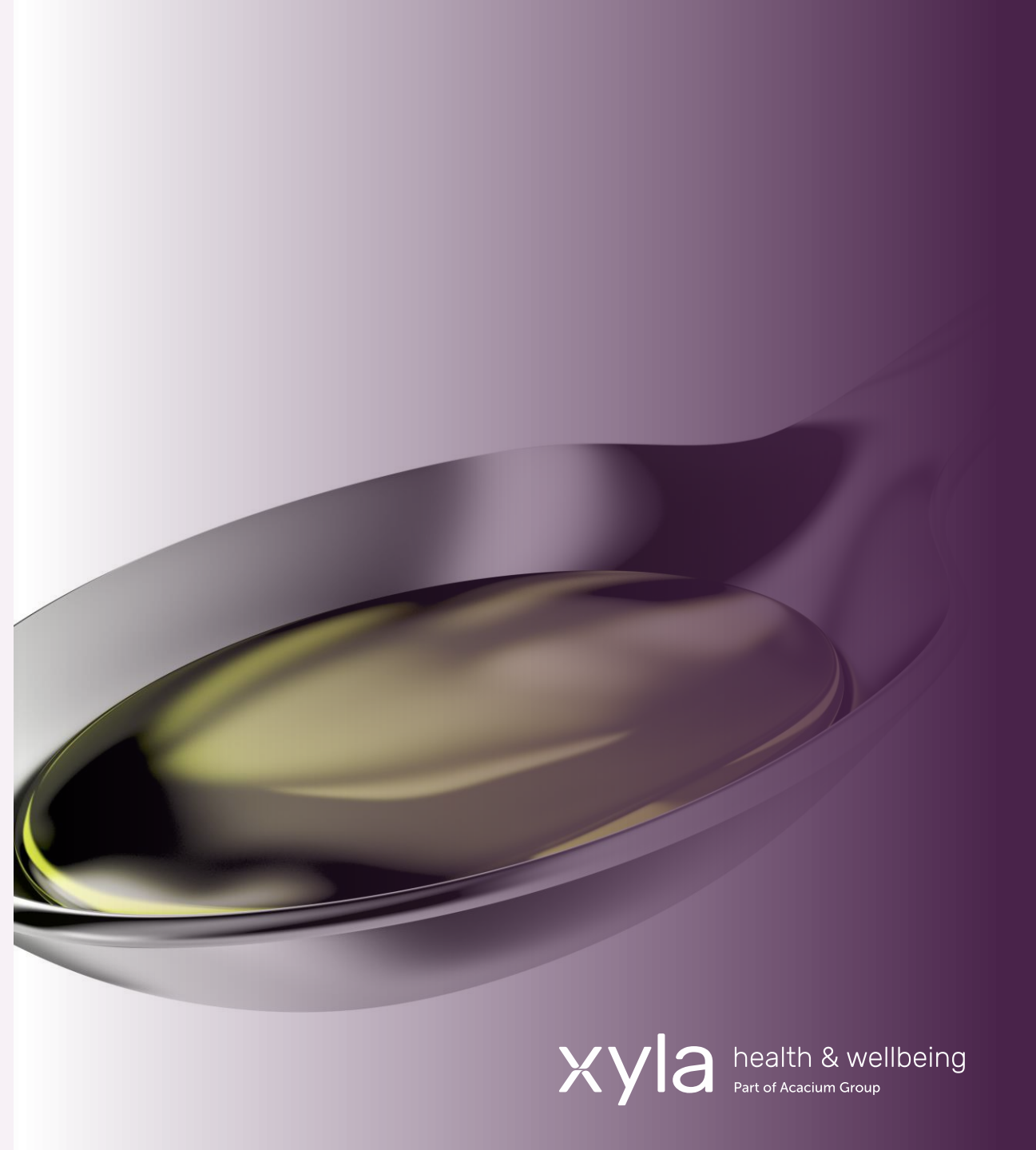
Per gram, fat contains more than double the calories compared to protein and carbohydrates.

Cooking with fats

You can reduce the total calories of a meal by reducing the amount of oil you cook with

Instead try:

- Using a one calorie spray to pan fry or roast
- Adding water instead of oil to soften onions or vegetables
- Using a non-stick pan and dry fry
- Using a teaspoon to measure any oil that you do add
- Heart healthier options: olive oil, rapeseed oil, linseed oil



Type of Fat	Examples	Health Effects	Conclusion
Trans- Fats	<ul style="list-style-type: none"> •Hard cooking fats •Vegetable shortening •Pastry •Cakes •Donuts •Biscuits 	Increase bad cholesterol, lower our good cholesterol	Avoid
Saturated Fats	<ul style="list-style-type: none"> •Coconut Oil •Butter, Ghee •Fatty Meats •Cream •Cheese 	•Too much saturated fat may have an impact on your heart health.	In moderation
Dietary Cholesterol	<ul style="list-style-type: none"> •Eggs •Shellfish 	•Naturally contain cholesterol but do not increase bad cholesterol	Include as part of a balanced diet
Unsaturated Fat	<p>Monounsaturated Fat:</p> <ul style="list-style-type: none"> •Pumpkin seeds, Nuts, Avocados, Olive oil, Rapeseed oil <p>Polyunsaturated Fat (omega 3):</p> <ul style="list-style-type: none"> •Oily fish, Flaxseeds/linseeds, Walnuts 	<ul style="list-style-type: none"> •Increase good blood cholesterol •Reduce bad blood cholesterol •Helps absorb fat soluble vitamins •Are used to build and maintain body functions. •Important for maintaining healthy heart circulation 	Replace saturated fat with unsaturated fat as often as you can

Time for an activity



Which of these contains the most fat?



Poppadum



Bread roll



Crackers



Oat Cake

Answer: Poppadum

Poppadum as served in restaurants is likely to be highest in fat. Instead of being fried in oil, these can be baked or cooked in the microwave to reduce fat content.

Which is highest in saturated fat?



Coconut oil



Butter



Lard

Answer: Coconut oil

About half of the fat in lard and butter is made up of saturated fat, where as coconut oil is around 85% saturated fat. This type of fat is very stable at high temperatures but should be used very sparingly.

Which of these is a source of saturated fat?



Cottage or
shepherd's pie



Lasagne



Moussaka



Meat balls in
tomato sauce

Answer: All of them

All of these recipes can be adapted to increase vegetable content and reduce fat and can form part of a balanced diet.

Carbohydrates

Understand current health recommendations for carbohydrates



Carbohydrates / 'Carbs'

- Starchy foods and foods containing natural or added sugar contain carbs
- Carbs provide us with **energy, fibre, vitamins and minerals**
- Starchy carbohydrates to form about a quarter of each meal
- Where possible choose high fibre, wholegrain options – these are also known as “low glycaemic index” foods

Wholegrains

Wholegrains

- Helps you to feel fuller for longer
- Keeps your gut healthy
- Can help to control glucose levels
- Which wholegrain or high fibre foods do you eat regularly?





Examples:

- Seeded wholegrain bread
- Basmati rice
- Rolled oats
- Berries



Examples:

- Most fruits
- Rice
- Pasta
- Potatoes



Examples:

- Fruit juice
- Sweets
- Sugary drinks

Fluid requirements

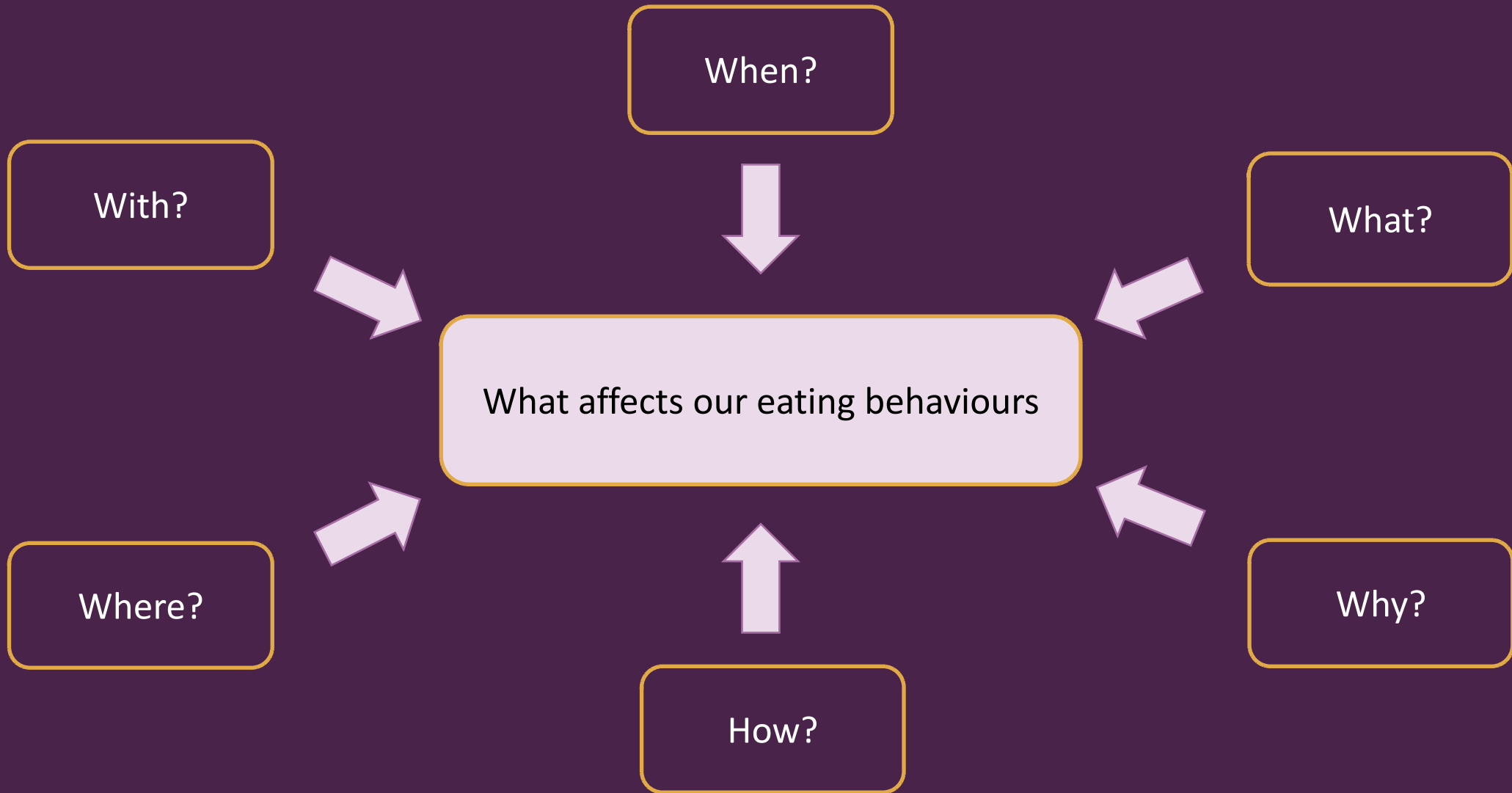
- Approximately 8-10 cups daily/ 2 litres
- More if physically active / hot weather
- Water and unsweetened drinks
- Links with weight loss too!



Understanding our eating behaviours

What affects the way we eat?

Activity



Eating mindfully

- Mindful eating helps you to understand and respond to your body's messages by using all your senses to enjoy food.
- Eating mindfully increases our awareness of what, when and why we eat turning our attention to the present and reducing distraction.

Try eating mindfully

- Try eating only when hunger sensations are present
- Try eating more slowly
- Stop eating when you are full
- Use your five senses to enjoy your food



Time for an activity

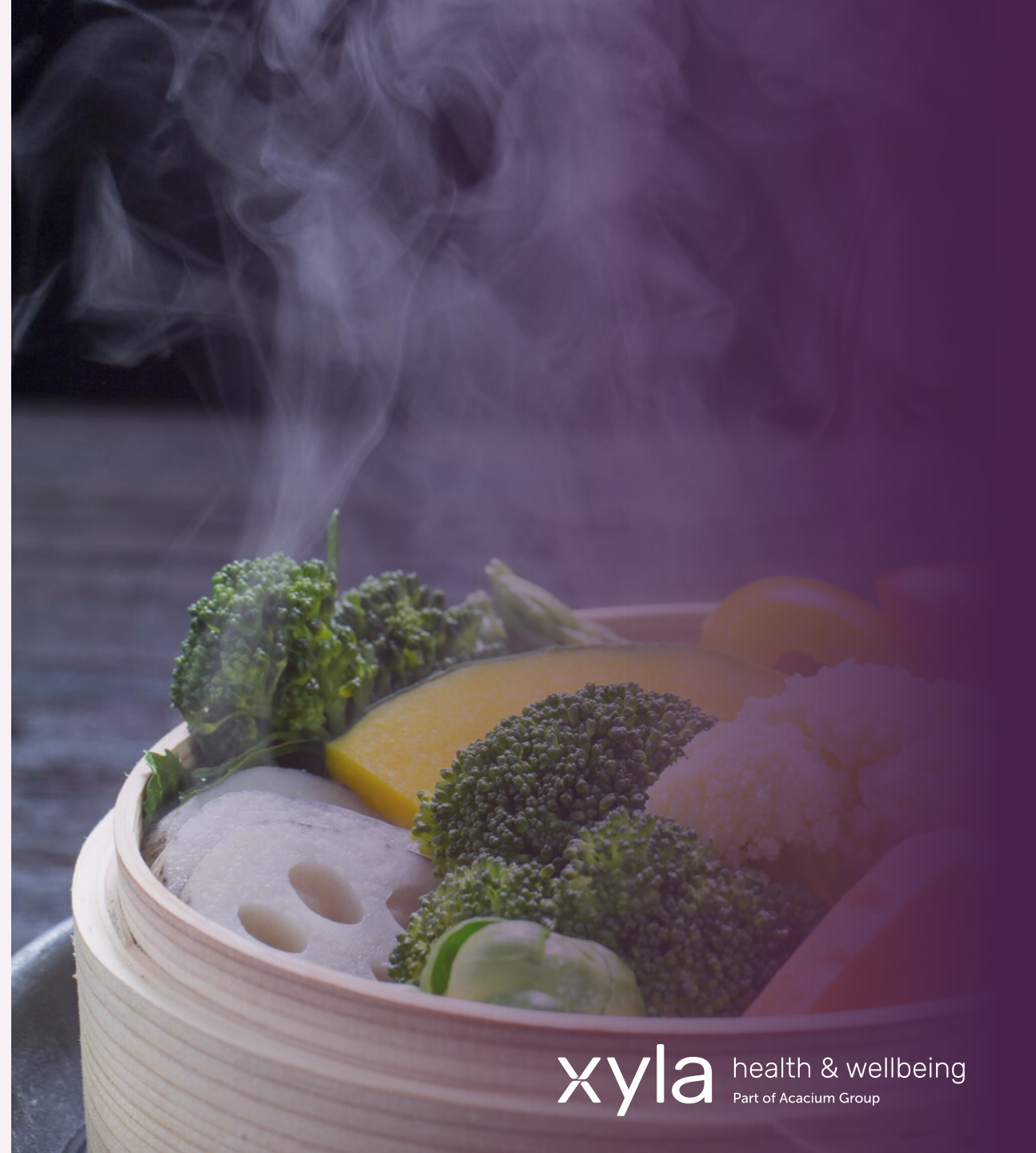
Guess the food!



Tips to eat more mindfully

- Be aware of why you decided to start eating
- Eat more slowly and try not to rush meals
- Stop eating when you are full
- Avoid distractions whilst eating
- Pay attention to how you're feeling

- **We will talk more about 'comfort eating' in week 8**



Remember

- There are some foods that do have more calories than others, but this does not make the food - 'bad' - portions are most important
- Of course, food is an important part of life, and it is important to include foods you enjoy

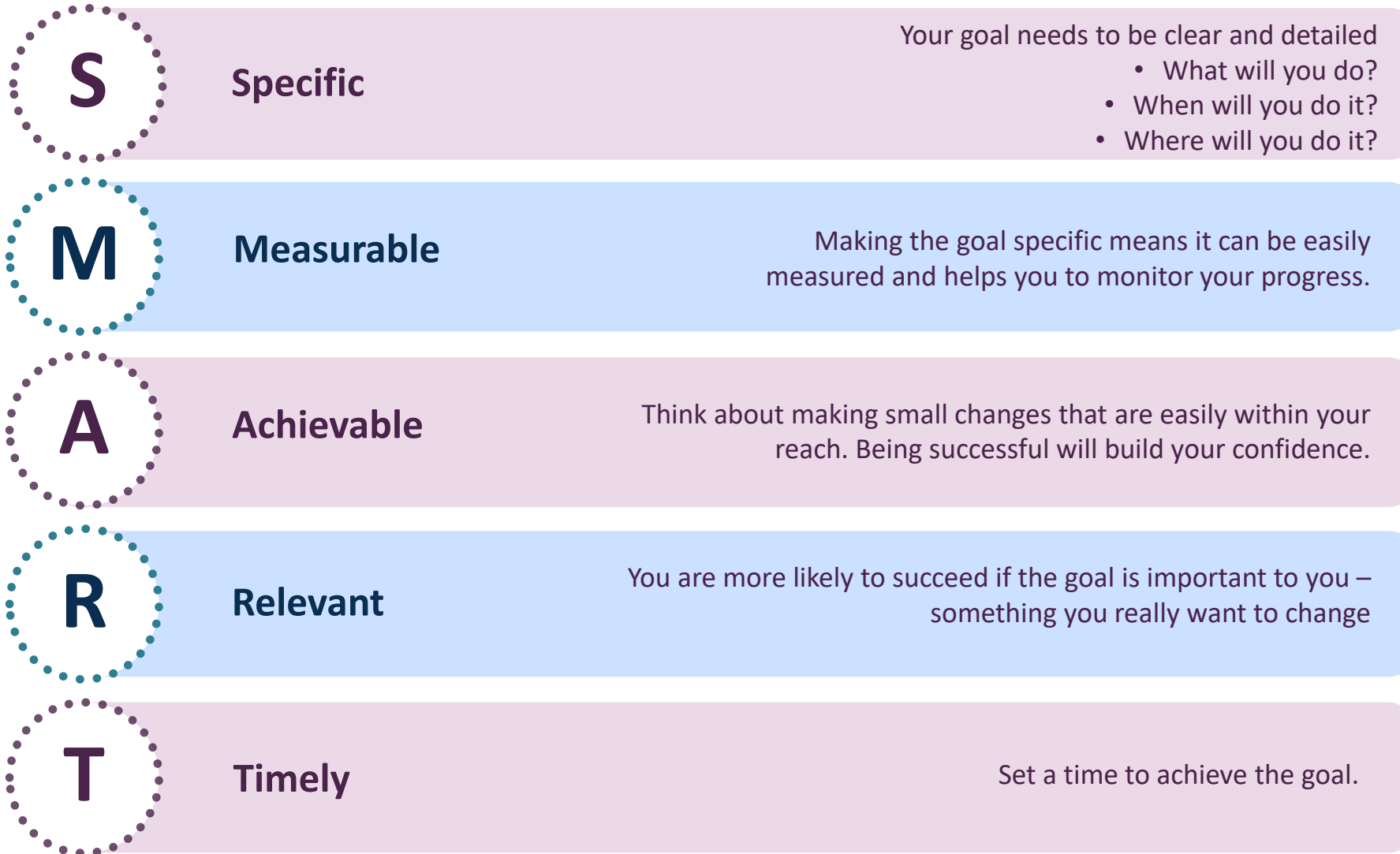
Turning learning into action



**“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?

- Aim for 2-3 portions of protein per day. One portion = a palm size piece of meat/ two eggs/ handful of cooked beans/lentils/pulses
- Per gram, fat contains more than double the calories compared to protein and carbohydrates
- You can reduce the total calories of a meal by reducing the amount of oil you cook with
- Starchy carbohydrates to form about a quarter of each meal
- Where possible choose high fibre, wholegrain options, a high fibre diet will help you to feel fuller for longer
- Aim to drink approximately 8-10 cups daily/ 2 litres fluid per day
- To eat mindfully, try eating more slowly, only when hunger sensations are present and using your five senses

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 What's on your plate.

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

- Current recommendations for:
- Dairy & dairy alternatives
- Fruits and vegetables
- Added sugar
- Salt and alcohol



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