

# Dietary variety and “Food Groups”

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Nurturing a leek



Eatwell Guide –Pros and cons



Highland food Plate



Fuelling and servicing a car



Physical Activity, Food Groups and Body Parts



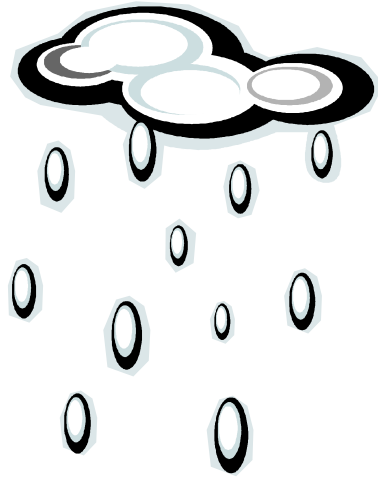
Micronutrients and the brain



Saturated and unsaturated fats



Highland shopping trolley



Air  
(CO<sub>2</sub>)



“Nutrients” in soil

(Nitrogen, phosphorous, sulphur, magnesium, calcium, potassium etc)

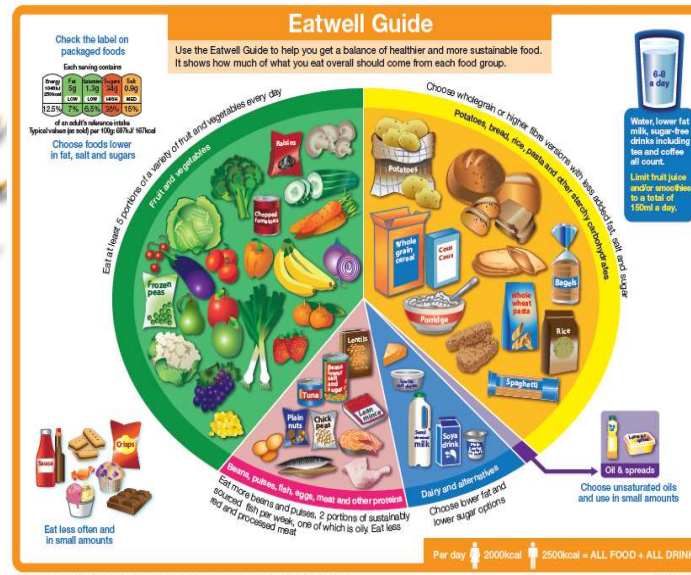
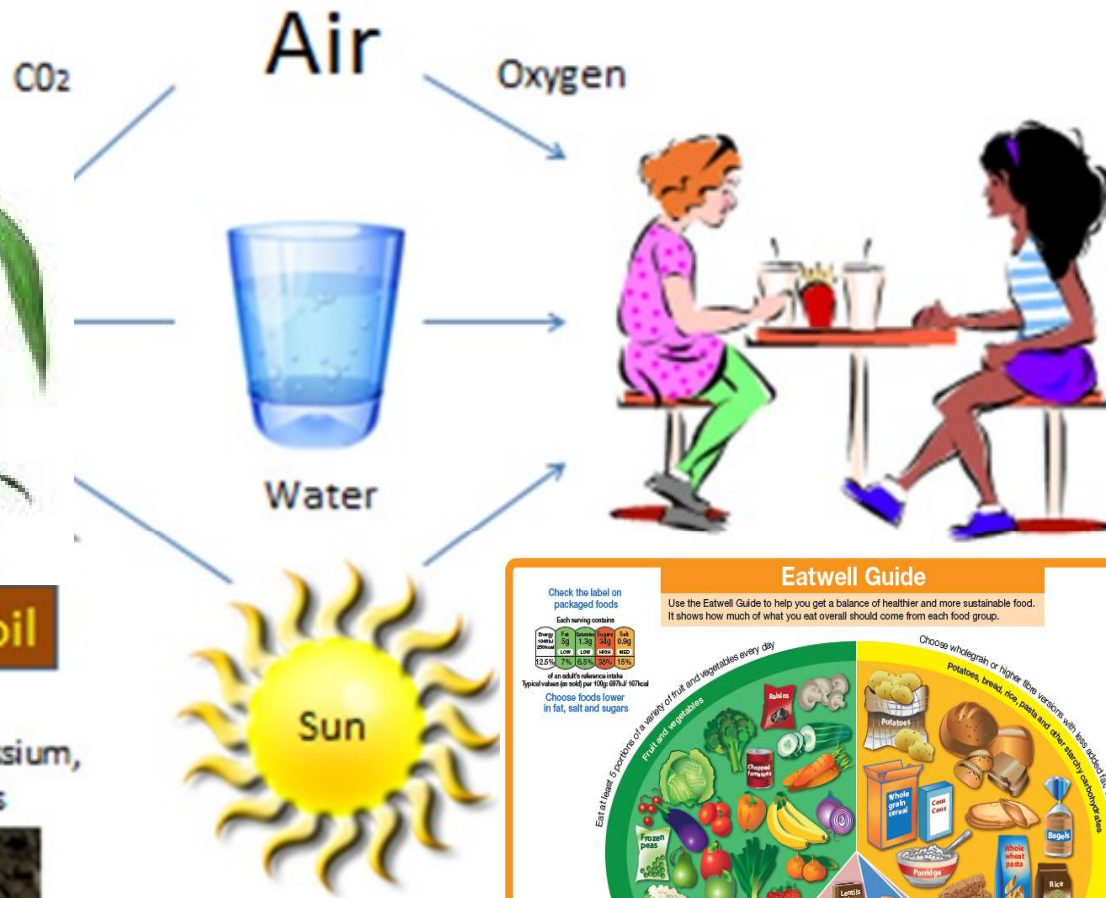
A vegetable needs **17** Nutrients

**You** need **40** Nutrients!



## "Nutrients" in soil

Nitrogen, Phosphorous, Magnesium, Sulphur, Potassium, Calcium and other minerals



# Eatwell Guide

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.

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturated	Sugars	Salt
1049kJ 250kcal	5g	1.3g	34g	0.8g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	39%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 897kJ/ 167kcal

Choose foods lower in fat, salt and sugars

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

Fruit and vegetables



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



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.

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

## Heathy Eating Guidelines:

- *Eating a varied diet & drinking water is main message but:.....*
- *Is it too prescriptive?*
- *Is it too negative?*
- *Can we take the good bits?!*

# Negative messages in Eatwell Guide

Traffic light food labels

E

**Be afraid!**

?

*"5 portions of fruit and vegetables a day"*

*"Portions with less added fat, salt & sugar"*

*"Choose lower fat and lower sugar options"*

Prescribed proportions for each *"food group"*

*"Calories per day"*

*"Eat less and in small amounts"*

# Eatwell Guide Simplified

Using symbols to simplify understanding of food groups.



- *Top 2 groups bigger as we need more*
- *We can call these 4 groups: “Everyday foods”*
- *To these we might add three things:*
  - *Water*
  - *Spreads and oils for bread and cooking*
  - *“Sometimes Foods”*



# Highland Food Guide

This is a locally developed alternative and includes the Highland Food Plate and Shopping trolley. This is different to the Eatwell Guide in two ways:

- It is intended to be more practical, thinking more about how we shop, cook and eat meals.
- It is also intended to limit the use of any negative language and avoid too much prescription.

This guide was written to help you think about the food you eat. It is designed to help you eat well. By 'eating well' we mean:

- Enjoying the food you eat
- Eating food that nourishes you
- Choosing foods that support your health and wellbeing
- Eating foods that are sustainable

Now thinking about 'How We Eat'.

- **Eating food we enjoy** is the most obvious way that food makes us feel good.
- **Try new foods** – often we need to try new foods a few times before we like them. Eating a wide variety of different foods gives you taste, texture and colour. It helps you get all you need from food.
- **Eat when you are hungry, and stop when you are full.** Gauge what your body needs. Over time we often learn to ignore these signals so it is important to tune in to them.
- **Eat with friends and family when you can.** It can be more enjoyable than eating alone.
- **Take time to cook** and eat, and share recipes and cooking tips.
- **Shopping thoughtfully** and being wary of advertising and marketing may mean we buy fewer highly processed foods. Instead, we are more likely to buy fresh and locally produced food. It may also mean that we don't fall into the trap of buying food we don't need. This reduces waste and helps us stick to budgets.



# Highland Food Guide (cont.)



The image shows what could be on or plates everyday. The smaller circles for fruit and dairy are outside of the main plate. This is because they are often eaten as a snack, dessert or drink. Sometimes they will be part of the main plate. The different sections of the plate, side dishes and glasses are shown in the way we typically eat these foods. The main plate shows just 3 main groups of food. These are:

- Potatoes & Cereals
- Vegetables & Salads
- Protein Foods

The headings around each section may help children relate the messages to themselves.

We all know that eating well can help keep your heart and bones healthy in the long term. How we eat and what we eat can help u feel good today, next week and over the next few months. Our energy levels and mood are affected by what and how we eat.

# Fuelling and servicing a Car

- Fuel gauge/hunger & food/fuel analogy covered in Regular Eating section. Recap this & then...
- *Ask what a car needs apart from fuel. As well as petrol in the tank, cars need oil in the engine, air in the tyres, and water for screenwash (& radiator). It needs the right amount of each. Ask participants to draw their own cars, with each of these things being provided at the garage. If you do, you might also ask them to draw an active child next to their car.*
- *We need calcium rich foods like milk for healthy bones; protein rich food like meat and beans for healthy muscles, starchy food like bread and potatoes for energy, and fruit and vegetables for a healthy heart. We need plenty of water too. You can link this to the food groups in the Eatwell Guide or Highland Food Plate. They can draw the different foods and the water going to the parts of the body that need them.*

# Physical Activity, Food Groups and Body Parts

See supporting word document for full description.

Participants are allocated to 1 of 4 groups shown on the next 4 slides.

Afterwards there is a discussion about body fat, oils and spreads and “Sometimes foods”

# Muscles

**To make and repair muscles you need protein.** Key points about protein rich foods include:

Most of us get enough protein already.

Foods rich in protein include meat, fish, eggs, nuts, lentils and beans (Look at the protein group of the Eatwell plate)

**Your muscles need “fuel” to make them work. The best fuel is starchy food.** Potatoes, rice, pasta, cereals and bread). Look at the starchy food group of the Eatwell plate. Key points about these starchy foods include:

We need to eat lots of these foods.

**High fibre** starchy foods give you fuel that lasts a long time.

The more you work your muscles, the more fuel they use up, and the more starchy food needed to keep them going.

If the body is like a car; the muscle is the engine that is made of protein; and the starch is the fuel that makes the muscles work (like petrol).

Remember to demonstrate to the group a physical activity that you think is really good for your muscles.

# Heart

- Your heart is another muscle that gets stronger, the more you use it.
- The best foods to keep your heart healthy are ***fruits and vegetables***. Key messages include:
- Choose a variety (different coloured ones)
- Have at least 5 handfuls a day
- Dried, fresh, frozen and canned versions all count
- A glass of ***pure*** fruit juice or a smoothie can count for 1 of your 5 a day.
- Most people do not eat as much of this group as they should.
- Remember to demonstrate a physical activity that you think is really good for keeping your heart healthy.

# Lungs

The right diet can also be good for your lungs.

The best foods to keep your lungs healthy are **fruits and vegetables**.

Look at the “Fruit and vegetable group on the Eatwell plate”

Key messages for the lungs group are:

- Have at least 5 handfuls a day (Same as heart group’s message)
- Apples, berries, cherries and oranges are good for your lungs because they contain something called **quercetin**.
- Green vegetables are good for your lungs because they contain a vitamin called **folic acid**. Quercetin and folic acid both help your lungs work properly and stay healthy.
- The most important thing for keeping your lungs healthy is to not smoke. (Smoking can harm your heart and bones too).
- Remember to demonstrate a physical activity that you think is really good for your lungs

# Bones

Your bones get stronger when you are active.

They also need calcium. Look at the calcium rich dairy group on the Eatwell plate.

Key messages include:

- Being active makes your bones stronger
- Playing outside in the summer sun also strengthens your bones because the sun gives you vitamin D.
- Bones are made partly of calcium.
- Calcium rich foods include milk, cheese and yoghurt.
- Even if you have a lot of calcium, too many sugary foods and drinks can still rot your teeth.
- Demonstrate a physical activity that you think is really good for making strong bones.

## Micronutrients and the brain

- Iron
  - Magnesium
  - Vitamin D
  - Omega 3 fats
  - Other vitamins and minerals
- 
- Dietary sources
  - Likelihood of deficiency
  - Supplements



# Getting the fats right

- Saturated and unsaturated
- Essential fats
- Affect on heart and brain
- Practical guidance

# Highland Shopping Trolley

- Highland food plate, meal planning & shopping list