

Patient Information

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HEALTHY EATING FOR A HEALTHIER YOU

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A balanced diet

The 'Eatwell' Plate

Healthy Eating is not all about salads and living like rabbits! Balance is the key to a healthy diet. The eatwell plate shows the variety and proportions of food we need to eat to have a healthy balanced diet. Don't worry if you can't do it every meal, but try to do for most of your meals in the week. Choose options that are lower in fat and salt when you can. The eatwell plate applies to most people, even if you are healthy, overweight, vegetarian and people of all ethnicities.

Eating healthily is about eating the right amount of food for your energy needs. In England, many adults are either overweight or obese. This means many of us are eating more than we need, and should eat and drink fewer calories in order to lose weight. In the UK, most people eat and drink too many calories, too much sugar, salt and fat and not enough fruit vegetables, fibre and oily fish. It is important to have some fat in your diet but not from the 'foods and drinks high in fat and/or sugar'

People with special dietary needs or medical needs should check with a Registered Dietician to check the Eatwell Plate applies to them.



Food Groups

- ✓ Plenty of fruit & vegetables
- ✓ Plenty of bread, rice, potatoes, pasta and other starchy foods
- ✓ Some meat, fish, eggs, beans and other non dairy sources of protein
- ✓ Some milk and dairy foods
- ✓ A **small** amount of foods and drinks high in fat and/or sugar



Bread, Rice, Potatoes, Pasta and other starchy foods



Starchy foods such as bread, potatoes, rice, pasta and cereals are an important part of your diet; they also contain fibre, calcium, iron and B vitamins. They are our main source of carbohydrate and should provide around one third of your meal. Try to include at least one starchy food with each of your main meals. Where possible, choose wholegrain varieties. For more fibre and vitamins, eat potatoes with their skin on even when boiling or roasting.

Breakfast

Choose a wholegrain cereal low in salt and sugar

Lunch

Have a sandwich



Evening meal

Use pasta, potatoes or rice as a base for your evening meal.

Starchy food contains less than half the calories of fat. The fat you add when cooking increases the calorie content.

You may wish to swap your lunch and evening meals if you prefer to have your main meal in the middle of the day.

Wholegrains

Choose wholegrain foods eg wholemeal/granary bread, whole-wheat pasta and rice and wholegrain breakfast cereals. Wholegrain is digested more slowly making us feel fuller for longer. Wholegrains can contain up to 75% more nutrients than



refined cereals. They are rich in insoluble fibre (helps to keep your bowel healthy) and soluble fibre (helps to lower cholesterol levels and promote healthy gut bacteria).

The fibre in wholegrains moves food along the bowel more quickly and easily, it also seems to provide a food source for the 'friendly' gut bacteria which helps to protect the gut wall. Over time, wholegrains may also help in maintaining healthy body weight. They are low in fat but rich in carbohydrate, often with a low glycaemic index (GI). This means they provide a slow release of sugar into the blood, together with the fibre content may help keep you feeling fuller for longer – helping to control snacking.

Wholegrains and ideas for use

TYPE OF FOOD	WHOLEGRAIN VARIETIES	IDEAS FOR USE
Breakfast cereal	Whole oats including rolled and oatmeal*; whole wheat cereals eg Weetabix; Shreddies; Shredded Wheat, Bran flakes; Wholegrain Fruit & Fibre; puffed wholegrains; Cheerios; wholegrain muesli*; wholegrain cereal bars	With milk or yogurt for breakfast or as a snack. As a topping for crumbles or pies. Use Wholegrain or seeded bread for making breadcrumbs to coat fish, chicken
Bread and crackers	Wholemeal; granary, wheat germ; multi-grain, seeded or mixed-grain bread*; soya and linseed breads*; whole-wheat crackers and pitta; rye bread (pumpernickel)*; rye crisp bread*; wholegrain rice cakes, oatcakes*	In place of white bread, cream crackers and sweet biscuits
Flour	Wholemeal flour; wheat germ; buckwheat flour; unrefined rye* and barley flour*; oatmeal and oat flour*	In baking or recipes in place of white flour
Meal accompaniments	Brown rice; whole-wheat pasta*; whole barley*; bulgar wheat* (cracked wheat) quinoa* pearl barley	With casseroles, curries and sauces; in salads

* Low GI varieties of wholegrains



Fruit & Vegetables

There's evidence that people who eat at least five portions of fruit and vegetables a day have a lower risk of stroke, heart disease and some cancers.

Fruit and vegetables should make up a third of the food you eat each day. Aim to eat at least five (80 g) portions of a variety of fruit and vegetables each day. The World Health Organisation (WHO) recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems such as type 2 diabetes, stroke, heart disease and obesity.

It's not as hard as it sounds just one apple, banana, pear or similar-sized fruit is one portion. Three heaped tablespoons of vegetables is another portion. In winter time when there is less variety, choose from fresh, frozen, tinned, dried or juiced.

Five a day – what counts?

Fruit & vegetables don't have to be fresh to count, the following **all** count:

- ✓ Fresh fruit & vegetables
- ✓ Frozen fruit & vegetables
- ✓ Tinned/canned/pouch fruit and vegetables. Buy those in natural juice or water with no or reduced added salt or sugar
- ✓ Dried fruit – currants, raisins, dates, figs
- ✓ Fruit and vegetables used in cooking dishes eg soups, stews, pasta dishes
- ✓ A glass (150ml) of unsweetened 100% fruit or vegetable juice. Juice counts as a maximum of 1 portion/day however much you drink as it has less fibre

- ✓ Smoothies contain edible pulp of fruit and/or vegetables. A smoothie can count as a maximum of 2 portions/day depending on how it's made
- ✓ Fruit and vegetables in convenience foods eg ready meals, soups etc. Look out for fat and salt content in ready meals
- ✓ Beans and pulses. No matter how much you eat they'll only count as 1 portion as they have less nutritional value
- ✓ Sweet potatoes – although a starchy food, they're usually eaten in addition to the starchy food part of the meal

What doesn't count?

- ✗ Potatoes as they're classed as a starchy food. Although not included, they are important in the diet as they contain a good source of energy, fibre, potassium, B and C vitamins

5 A day on a budget

- ✓ Buy fruit and vegetables loose rather than packaged, they can be as little as half the price
- ✓ Look for supermarket offers eg buy one get one free, 3 for 2
- ✓ Buy fruit and vegetables in season
- ✓ If you can, buy from your local market rather than the supermarket
- ✓ Eat fruit as a morning or afternoon snack, it's cheaper and healthier than a packet of crisps or biscuits
- ✓ Use vegetables that are going soft or about to go out of date in soups/stews which you can freeze for another day
- ✓ Look for offers on canned fruit, vegetables and dried pulses. Supermarket brands are usually cheaper. Buy those with reduced sugar and salt
- ✓ Swap ready meals for home made alternatives
- ✓ Cook in bulk and freeze portions or meals for another day

What is a portion?

One portion = 80g or any of these:

- ✓ 1 apple, banana, pear, orange or similar sized fruit
- ✓ 3 heaped tablespoons of vegetables
- ✓ Dessert bowl of salad

✓ 150ml glass of fruit juice

Counting the number of portions you have may help you to increase the amount and variety you eat.

For breakfast use seasonal fruit with low fat or fat free yogurt (plain or flavoured) over the top and cover with a whole wheat or nut granola. For a tasty dessert, make a seasonal fresh fruit salad and cover with low fat or fat free vanilla yogurt.

Try experimenting and making your own fruit juice with your favourite fruits. Add carrot, celery, spinach and kale to juices to add flavour and increase your vegetable intake.



Milk and Dairy Products

Milk and dairy products, such as cheese and yoghurt, are good sources of protein and calcium to help keep bones strong and form part of a healthy diet. To make healthier choices, go for lower-fat milk and dairy foods such as yogurt and fromage frais but check they're not high in added sugar.

Some dairy foods can be high in saturated fat, if you use whole milk (blue top), try semi skimmed (green top) or skimmed (red top). Some supermarkets also have 1% fat milk (orange or purple top). They may seem watery at first, but you will quickly become used to them and will reduce your fat intake. Lower fat milk still contains all the essential nutrients.



Cheese can be high in saturated fat. It's a good idea to keep track of how much you eat and how often. Most cheeses contain between 20 and 40g of fat per 100g such as Brie, cheddar, Lancashire, Stilton and Double Gloucester. Some well-known brands now produce a lower fat version which is just as tasty. Alternatively, just have a small amount of the normal or stronger flavoured varieties.

Some cheeses can also be high in salt – more than 1.5g per 100g is considered high. Too much salt can contribute to high blood pressure.

Cream is very high in saturated fat. In the UK, the fat content of creams are:

Clotted	55%
Extra Thick	48%
Double	48%
Whipping	35%
Sterilised	23%
Single	18%
Half cream	12%

In professional kitchens, manufacturing cream (not available in retail shops) contains more than 40% fat. When holidaying overseas, 'heavy cream' is usually the UK equivalent of double cream.



Fat



Fat is an important part of our diet. You must ensure you eat the right type of fat and in the right quantity. Too much fat is linked with many health problems and can lead to being overweight. The British Dietetic Association recommend men should have a maximum of 30g of fat per day and women 20g per day.

Which fat?

Some fats are better for us than others. As well as the amount of fat, some food labels will give the type of fat present in the food. There are 3 main types of fat; most foods contain a mixture of all three:

- Saturated
- Monosaturated
- Polyunsaturated

Example

The **total** amount of fat is given first, and is shown per 100g of the food, and often also per serving

NUTRITION INFORMATION		
	TYPICAL VALUES	
	Per 100g	Per serving (16g)
Energy	2086KJ 497kcal	334KJ 80kcal
Protein	7.0g	1.1g
Carbohydrates (of which sugars)	66.6g 18.8g	10.7g 3.0g
Fat	22.6g	3.6g
of which saturates	9.8g	1.6g
monosaturates	8.2g	1.3g
polyunsaturates	4.6g	0.7g
Fibre	32.g	0.5g
Sodium	0.6g	0.1g

Which fat?

Some fats are better than others. Try to reduce or avoid the not so good fats and oils, these fats can raise your blood cholesterol levels and increase your risk of further Stroke and/or heart disease. The healthiest oil to use is Olive oil.

Bad fats ☹️

× Saturated fat



No more than one third of our fat intake should come from saturated fats which come from: Lard, butter, oil, fat on meats, fatty meat products, pastries, full fat dairy products, many takeaway meals.



× Hydrogenated vegetable oils

Vegetable oils than have been processed to make them hard. They are less healthy like saturated fats. They are found in processed foods eg cakes, biscuits, pastry. Cut down on these fats too.

Good fats 😊

✓ Unsaturated fats/oils

Generally found in plant foods such as fruit, seeds, nuts, vegetables, sunflower and olive oils. They can be divided into polyunsaturated or monounsaturated fats. These fats should provide about one third of our fat intake

✓ Polyunsaturated fats include sunflower, soya, sesame and corn oils

✓ Monounsaturated fats include olive and rapeseed oils

OMEGA 3 FATS 😊

These are referred to as 'essential fatty acids' that cannot be made in the body in sufficient amounts. Oily fish such as salmon, mackerel, rainbow trout, tuna (fresh), shrimp, crab, sardines and pilchards are excellent sources. To get the most benefit adults and children over 12 are advised to eat 2



portions of fish per week, one of which should be oily. For most of us there is no risk from eating up to 4 portions weekly.

If you are pregnant, breastfeeding or likely to become pregnant, stick to a maximum of two portions weekly. Pregnant, breastfeeding or women planning to become pregnant and children under 16 should avoid Shark, Swordfish and Marlin as they may contain concentrated sources of mercury.

Foods containing smaller amounts of Omega 3 are rapeseed, walnuts, soya, flax and linseed oils. Evidence suggests as well as keeping our hearts healthy, they can offer many other health benefits as well.

Tips on eating less fat

Check food labels

Nutrition labels on food packaging can help you to reduce the amount of fat you eat:

High-fat foods

High fat foods contain more than 17.5g of total fat per 100g

Low-fat foods

Low fat foods contain less than 3g of total fat per 100g

Some tips to help you cut the total amount of fat in your diet:

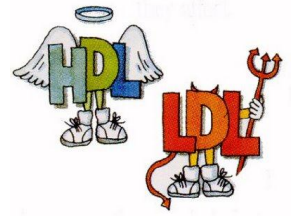
- ✓ Compare nutrition labels when shopping. Remember, servings may vary, so read the label carefully
- ✓ Ask your butcher for lean cuts of meat, or compare nutrition labels on meat packaging
- ✓ Choose lower-fat dairy products, such as 1% fat milk, lower-fat cheese and low fat/fat free yogurt
- ✓ Grill, bake, poach or steam food
- ✓ Measure oil with tablespoons rather than pouring it straight from a container: this will help you use less
- ✓ Trim visible fat and take skin off meat before cooking
- ✓ Use the grill instead of the frying pan, whatever meat you're cooking



- ✓ Throw out the chip pan and use low fat oven chips
- ✓ Put more vegetables or beans in casseroles, stews and curries, and a bit less meat.
Skim any fat off the top before serving
- ✓ When making sandwiches, leave out the butter or spread if you're using a moist filling.
When you do use spread, go for a reduced-fat variety and choose one that is soft straight from the fridge, so it's easier to spread thinly



✓ Cholesterol



Cholesterol is found naturally within the body in the cell walls. It is also used to produce Vitamin D, steroid hormones and in the manufacture of bile acids which help digestion and absorption of dietary fat in the gut.

Having an excessively high level of lipids in your blood (hyperlipidemia) can have an effect on your health. High cholesterol itself does not cause any symptoms, but it increases your risk of serious health conditions.

Cholesterol is transported in the blood on proteins known as:

Low-density lipoprotein (LDL) – bad cholesterol ☹️

- LDL carries cholesterol from your liver to the cells that need it. If there is too much cholesterol for the cells to use, it can build up in the artery walls, leading to disease of the arteries. This can increase the risk of Stroke and Heart disease. One cause of high LDL cholesterol is a diet high in saturated fat.

High-density lipoprotein (HDL) – good cholesterol 😊

- HDL is beneficial to the body. It carries cholesterol away from the cells and back to the liver, where it is either broken down or passed out of the body as a waste product. For this reason, it is referred to as "good cholesterol" and higher levels are better.

What causes high cholesterol?

- An unhealthy diet. Some foods already contain cholesterol (dietary cholesterol). What is more important is the amount of saturated in your diet
- Other factors such as smoking stops HDL transporting fatty deposits to the liver leading to your arteries becoming narrowed
- Having high blood pressure or diabetes
- Having a family history of stroke or heart disease

- There is also an inherited condition known as familial hypercholesterolaemia (high cholesterol that runs in the family). This can cause high cholesterol even in someone who eats healthily.

How do you test for Cholesterol?

A newer type of test that measures non-high density lipoprotein (non-HDL) is now sometimes used because it's thought to be more accurate in estimating cardiovascular disease (CVD) risk than LDL. Non-HDL cholesterol is total cholesterol minus HDL cholesterol. It's also not necessary to fast before the test, so is more convenient.

How can I reduce my cholesterol levels?

- By having and maintaining a healthy balanced diet. Keep your diet low in fatty food, reduce the amount of red meat you eat (you need some red meat for the iron content), eat mainly white meat and fish (especially oily fish for their healthy oils). Swap foods containing high saturated fat – such as processed foods (bacon, sausages, pies, cakes) for wholegrain cereals, fruit and vegetables. This will help you to keep your cholesterol levels lower.
- Do regular exercise as your condition allows
- Stop smoking

You may have been prescribed a cholesterol lowering tablet (statin) as part of your Stroke secondary prevention treatment. It is just as important however, that you adopt healthier choices in your diet.

Types and main sources of dietary fat

Saturated fat (Bad) ☹	Unsaturated fat (Good) ☺
Full fat dairy products; meat and meat products such as pasties, sausages, pies; biscuits; cakes; pastries; savour snacks; chocolate; butter; ghee; lard; coconut milk; cream; coconut oil; palm oil	<p>Polyunsaturated fat Sunflower; soya; corn or safflower oil/soft spreads/margarines; oily fish and fish oil</p> <p>Monounsaturated fat Olive and rapeseed oil; avocado; nuts</p>

Tips for reducing saturated fat



Look for hidden saturated fat in biscuits, cakes, ready meals, pastries. Compare labels and choose products that are lower in saturated fat. Foods are **high in saturated fat** if they contain **more than 5g of saturates per 100g**. **Low saturated fat is 1.5g or less per 100g**.

Choose healthier snacks such as dried or fresh fruit or a handful of nuts rather than crisps, salted nuts or other savoury snacks.

Be smart with cooking and spreading with fats, grill, dry/spray oil fry or choose vegetable oils, margarines and low fat spreads with a low saturated fat content. Avoid lard, butter, ghee and cream. Plant stanols help reduce the amount of dietary cholesterol absorbed but you need a certain amount for it to be beneficial. Adding just 2g of these to your diet each day can reduce LDL cholesterol by 10-15%. If you can afford it, try Benecol[®] or Flora Pro-Activ[®] spreads. Mini drinks and yogurts are also available. Many supermarkets are now producing their own label products which are cheaper than known brands.

Look out for lean cuts of meat and mince. Trim off the fat, check labels. Cut down on fatty products such as burgers, sausages, pate, meat pies, pasties and salami.

Avoid cheese and creamy sauces. Some manufacturers now produce low fat cheeses eg, select these in preference to the full fat version. Instead of creamy sauces, look for tomato or vegetable based sauces that are also low in salt.

Choose more:

- **Poultry** - Skinless chicken and turkey.
- **Vegetarian options** - Lentils, chick peas and soya.
- **Fish** – oily fish such as salmon, tuna, mackerel
- **Lower fat** dairy foods such as 1% milk, reduced fat cheese and low fat yogurt or fromage frais. Grating a stronger flavoured cheese often means you need to use less.



Sugar

In 2015, sugar has taken over from fat as the media's public health enemy number one, with celebrity chefs' taking a personal interest and campaigning to reduce the nations' sugar consumption. Most adults and children in the UK eat too much sugar. Cut down by eating fewer sugary foods, such as sweets, cakes and biscuits, and drinking fewer sugary soft drinks.

Sugar, like starch is a carbohydrate. There are many different types of and names for sugar. Fructose is naturally found in honey and fruit and lactose is found in milk whereas sucrose is added to confectionary, drinks and baked goods.

Glucose is one of the simplest forms of sugar; it is the basic building block of starch. Glucose is the type of sugar that circulates in the blood commonly called blood glucose or blood sugar; it's what gives us energy.

Sugar has an important role in providing flavour and texture to foods. It is not bad for you; it's the amount and how often you eat the sugar that matters. Sugar contains calories but few nutrients. Eating too much sugar in foods and drinks may make your diet less nutritious.

Does sugar make you fat?

Weight gain occurs when we take in more calories than we burn. Sugary foods and drinks (including alcohol) can therefore only make you gain weight if you consume more calories than you use for energy.

Does eating sugar cause diabetes?

No, Diabetes is caused by a combination of genetic and environmental factors. Being overweight increases the risk of developing Type 2 Diabetes. People with a family history of diabetes are advised to eat a healthy diet and exercise to control their weight.

How much sugar should I have?

A moderate amount of sugar is OK as part of a healthy diet. To help us understand the issue of sugars, the World Health Organisation (WHO) (2015) and the Scientific Advisory Committee on Nutrition (SACN) (2014) have split sugars into two camps : 'Intrinsic' sugars which occur naturally and 'Free' sugars which are added to foods.

The kind of sugar we eat too much of is known collectively as "free sugars". Free sugars are any sugars added to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices.

Many foods and drinks that contain added sugars can be high in energy (commonly known as calories/kcal) and often have few other nutrients. Eating these foods too often can mean you eat more calories than you need, which can lead to weight gain and obesity.

The government currently recommends that free or added sugars shouldn't make up more than 5% of the energy (calories) you get from food and drink each day. That's a maximum of 30g of added sugar a day for adults, which is roughly seven sugar cubes.



Children should have less – no more than 19g a day for children aged 4 to 6 years old (5 sugar cubes), and no more than 24g (6 sugar cubes) for children aged 7 to 10 years old.

Added sugars are found in foods such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks are the sugary foods we should cut down on. For example, a can of cola can have as much as 9 cubes of added sugar!

Sugars also occur naturally in foods such as fresh fruit and milk, but we don't need to cut down on these types of sugars.

How to eat less sugar

Check food labels for the amount of sugar it contains. The sugars figure in the nutrition label is the 'total amount' of sugars in the food. It includes sugars from fruit and milk, as well as sugars that have been added.

When checking ingredient lists, watch out for other words used to describe added sugars, such as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey

Remember to use the traffic light system for a quick guide.

Sugar content guidelines

High – more than 22.5g of total sugars per 100g

Medium – 5g to 22.5g of total sugars per 100g

Low – 5g of total sugars or less per 100g

Portion size is important. Jam is high in sugar but you may only have a small amount. A 500ml bottle of cola has 54g (13 teaspoons) which is approximately 200 calories!

Cut down on	Fill up on ...
Sweets, biscuits, cakes, confectionary	Fresh fruit, dried fruit, nuts, seeds, malt loaf (without butter), plain biscuits, fruit bun, wholemeal scone
Sweet desserts, ice cream, puddings, full fat/full fat & sugar yogurts	Baked apple, summer pudding, fat/sugar free or low fat/low sugar yogurt or fromage frais with pureed or fresh fruit
Canned fruit in syrup	Canned fruit in natural juice
Sugary drinks	Pure juice diluted with fizzy water, diet fizzy drinks, milk, fruit smoothies, no added sugar squash, water
Sugary cereals	Wholegrain breakfast cereals, porridge



Meat, Fish, Eggs, Beans & other non dairy sources of protein

This group of foods is not only a good source of protein but also vitamins and/or minerals. Aim to eat something from this group every day.

Meat is a good source of protein, vitamins and minerals in your diet. The Department of Health has advised that people who eat more than 90g (cooked weight) of red and processed meat a day cut down to 70g.

Some types of meat are high in saturated fat and can raise your cholesterol levels. Whilst it is preferable for you to have white meat and fish, some red meat is essential as it is a rich source of iron and one of the main sources of Vitamin B12.

When buying meat buy lean cuts. The cut of meat and how you cook it can make a big difference. Ask your butcher for advice. Limit your intake of processed meats such as sausages, pork and other meat pies. If available, choose a lower fat option. If you eat a lot of red and processed meats, the Department of Health recommend you cut down as there is a link to bowel cancer.

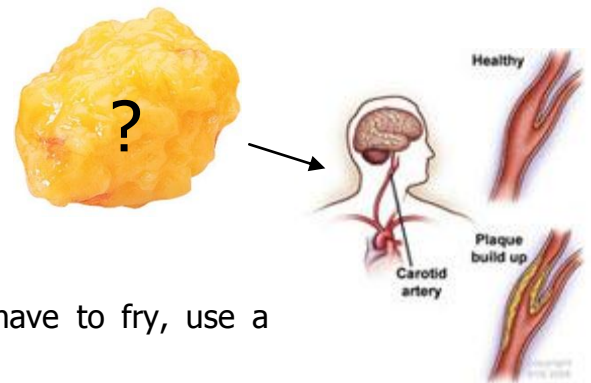
Aim to eat at least 2 portions of fish per week including a portion of oily fish, where possible buy fish from sustainable sources.

OILY FISH		WHITE FISH	
Salmon	Trout	Cod	Haddock
Mackerel	Herring	Plaice	Coley
Sardines	Pilchards	Whiting	Lemon Sole
Kipper	Tuna (fresh only)	Skate	Halibut
Anchovies	Swordfish	Dover Sole	Flounder
		Hake	Red & Grey Mullet
		Red Snapper	Sea Bass
		Sea Bream	Shark
		Talapia	Turbot

Peas, beans, lentils (types of pulses) are a good source of alternative protein than meat. They're naturally very low in fat, high in fibre, protein, vitamins and minerals. They digest more slowly so make you feel fuller for longer.

Cutting down on saturated fat

- ✓ Choose leaner cuts of meat and leaner mince
- ✓ Cut the fat off meat and the skin off chicken
- ✓ Grill meat and fish instead of frying. If you have to fry, use a griddle pan and spray oil.
- ✓ Limit your intake of sausages, meat pies and salami's, they're often high in fat
- ✓ Poach or boil eggs instead of frying
- ✓ Don't use lard and butter for pastries, use lower fat alternatives
- ✓ Get rid of your chip pan and opt for oven chips



Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of stroke and heart disease. It is reported most of us in the UK eat 20% more than the maximum recommended amount.

AVERAGE SATURATED FAT CONSUMPTION DAILY	
Men – 30g	Women – 20g

An easy way to cut down on saturated fat is to compare product labels. Choose the one lower in saturated fat.

Foods to watch out for 😞

😞 Fatty cuts of meat	😞 Sausages
😞 Pies	😞 Butter
😞 Cream	😞 Cheese
😞 Pastries	😞 Cakes & biscuits
😞 Chocolate	



Salt

Salt is essential for your health. It helps maintain the fluid in the blood, brain, nerves and muscles. Eating too much salt can increase your risk of developing high blood pressure (hypertension). Hypertension is a major risk factor for Stroke and Heart disease. Reducing your salt intake can help to reduce your blood pressure and your risk of Stroke and heart disease. Before using Lo Salt, consult your GP to check this is suitable for you.

The recommended amount for adults is 6g. The average intake of salt is 8.6g per day (about 2 teaspoons).

Some of the salt we eat comes from:



Salt used in cooking



Salt added at the table



Processed foods/ready meals

A lot of everyday foods may not be salty but contain 'hidden salt'. 75% of the salt we eat is already added to the food we buy eg ready meals, processed foods, cheese, soup, pasta sauces, bread, and breakfast cereals.

Be salt aware

- ✓ Use little or no salt in cooking, try using black pepper, herbs and spices to add extra flavour
- ✓ Try not to add salt at the table. Leave the salt shaker off the table to avoid temptation
- ✓ Cut down on salty processed foods and ready meals. If unavoidable, choose lower salt options
- ✓ Check food labels, there can be differences between brands

✓ Ask in restaurants and take-aways for no salt

Choose 'low salt options'. To make healthier food choices, check the salt content on food labels. Instead of using salt in cooking, use herbs and spices to flavour food. Reducing your salt intake is an important part of a healthy diet.

Cook with less salt

Many people add salt to food when cooking. There are many ways to add flavour to your cooking without using any salt. Some suggestions:

- Use black pepper as seasoning instead of salt. Try it on pasta, scrambled egg, pizzas, fish and soups
- Grow your own herbs and add them with spices to pasta dishes, vegetables and meat. Try garlic, ginger, chilli and lime in stir fries
- Make your own stock and gravy instead of using cubes or granules. Many brands now have reduced-salt products
- Try baking or roasting vegetables such as red peppers, tomatoes, courgettes, fennel, parsnips and squash to bring out their flavour
- Make sauces using ripe flavourful tomatoes, garlic and chilli

Main foods containing salt are

- 👉 Salty meats and meat products eg ham, bacon, sausages
- 👉 Packet, canned and instant soups
- 👉 Sauces – ketchup*, soy sauce*, mayonnaise, pickles
- 👉 Gravy granules*, stock cubes*, salted flavourings
- 👉 Any canned food containing salt
- 👉 Smoked fish and meat, prawns, anchovies
- 👉 Meat and yeast extracts
- 👉 Cheese
- 👉 Salted snacks – salted nuts, crisps, biscuits, popcorn
- 👉 High salt ready meals, sauces and take-away meals – pizza, Chinese, Indian
- 👉 Sandwiches
- 👉 Pasta sauces

👉 Bread and breakfast cereals are an important part of a healthy diet but bread and some breakfast cereals contain salt – compare labels and choose those lowest in salt

* Some manufacturers produce a 'low salt' version of their original product

Choose lower salt options using the following guidelines

High – more than 1.5g salt per 100g (0.6g sodium)

Medium – 0.3g to 1.5g salt (0.1g to 0.6 g sodium)

Low 0.1g to 0.3g salt (0.1g sodium)

Salt and sodium what's the difference?

Sometimes, food labels only give the figure for sodium. There's a simple way to work out how much salt you are eating from the sodium figure:

- Salt = sodium x 2.5

Adults should eat no more than 2.4g of sodium per day, as this is equal to 6g of salt.

Soluble vitamin supplements or painkillers

If you routinely take an effervescent (dissolvable) vitamin supplements, or painkillers, it's worth remembering that these can contain up to 1g salt per tablet. 2 tablets could contain a third of the recommended daily amount. You may therefore wish to consider changing to a non-effervescent tablet.



Alcohol



Safe alcohol levels

Regardless of your body weight, the new recommended daily intake is no more than:

- 2-3 units per day for men and women
- Maximum 14 units per week

Make sure you have some alcohol free days but don't 'save up' all your units to have in one go. If you drink 6 units or more in one go, this is considered 'binge drinking'.

How much is a unit?

1 unit contains 8g or 10ml of alcohol. The % volume of alcohol on the label tells you how many units are in a litre. A bottle of 12% wine contains 12 units in 1 litre, or 9 units in a 750ml bottle. A 5% beer or cider contains three units in a pint. Alcopops contain 1.5 units per 275ml bottle.

Sensible drinking

If you think you may over indulge, try the following tips to limit the damage :

- ✓ Alternate alcoholic with non alcoholic drinks
- ✓ Don't drink on an empty stomach, you will get drunk quicker. Food in the stomach will help delay the absorption of alcohol into the blood
- ✓ Sip drinks slowly
- ✓ Empty your glass before refilling so you can watch how much you drink
- ✓ Drink plenty of water before bed to re-hydrate yourself and reduce the effects of a hangover
- ✓ Use low calorie mixers
- ✓ For white wine spritzers use sparkling water instead of lemonade or soda
- ✓ Don't drink in rounds, you may be tempted to drink more than you'd like. Drink at your own pace
- ✓ Avoid 'binge drinking' (drinking 8 or more units for men or 6 or more units for women in one go). You can't save up your weekly allowance to splurge at weekend

Is alcohol

Good for you ?

A moderate amount has been shown to have protective effects against coronary heart disease in men and women over 50 and post-menopausal women. In particular, red wine contains substances that may protect artery walls. Any greater than a moderate amount may have a detrimental effect eg liver cirrhosis which is greater than any positive effect of substances in red wine.

Bad for you ?

Anyone drinking more than 4 units per day is putting their health at risk.

Short term effects

- Increased heart rate
- Palpitations
- Muscle weakness
- Facial flushing
- Water loss from the kidneys which can lead to dehydration – particularly if you drink spirits as they have a higher alcohol content and less water
- Impaired mental function – causes accidents, loosens inhibitions, increases cheerfulness

Long term effects

- 👉 Irregular and/or damaged metabolic processes
- 👉 Raised blood pressure
- 👉 Stroke
- 👉 Heart disease
- 👉 Liver disease
- 👉 Pancreatic disease
- 👉 Cancers – breast, oesophageal
- 👉 In women – decreased libido, irregular menstrual cycles, in severe cases loss of fertility

Curing a hangover

Symptoms of a hangover are caused by having a low blood sugar and dehydration. Sadly, there is no cure, but the following tips may help :

- ✓ Drink plenty of fluids to rehydrate eg water, juice (not caffeine based drinks)

- ✓ Raise blood sugar levels by drinking fruit smoothies, fresh fruit juice
- ✓ Avoid spicy, salty or fatty foods that may irritate the stomach
- ✓ Get some fresh air
- ✓ Avoid alcohol
- ✓ Plenty of sleep

Diabetes and alcohol

Diabetes UK advises people with Diabetes, like the rest of us should not consume excess amounts of alcohol and never drink on an empty stomach. Larger amounts of alcohol in combination with some types of diabetes medication or insulin can increase the risk of unpredictable hypoglycaemia (low blood sugar) and subsequent rises in blood glucose.

Calorie content of popular drinks

1 125ml glass of wine (125ml, 12% alcohol) = 83 calories

1 pint of beer (5% alcohol) = 165 calories

1 standard measure of whisky = 51 calories

It's easy for these calories to add up quickly when you're consuming a liquid. If you're watching your waistline, moderate your alcohol intake. Alcohol is a stimulant, a night of excessive drinking can lead to overeating late at night. It can also lead to poor sleep.



- Drinkaware: Track and Calculate Units App

Track and reduce your alcohol units



For advice on drinking, see <https://www.drinkaware.co.uk>

Diabetes



What is Diabetes?

Diabetes is a condition where the amount of glucose in your blood is too high because the body can't use it properly. This is because your pancreas doesn't produce any insulin, or it doesn't produce enough insulin to help glucose enter your body's cells, - or the insulin that is produced does not work properly (insulin resistance). Insulin is the key to unlock your cells to allow glucose to enter to be used for energy.



3.9 million people in the UK already live with Diabetes; as many as 590,000 people will have the condition but as yet haven't been diagnosed. It's for this reason that we screen for Diabetes as part of Stroke care.

Type 2 Diabetes is reaching crisis point in the UK. Research published last year suggests one third of adults in the UK are at the stage known as 'pre-Diabetes', it is sometimes called impaired fasting glucose, or impaired glucose tolerance). Pre-Diabetes can be reversed with a few lifestyle changes. The biggest risk factor for developing Type 2 Diabetes is being overweight. 57% of women and 67% of men in the UK are overweight or obese, many people have little or no idea what's classified as being overweight.

Both Type 1 and Type 2 diabetes are serious, but only Type 2 is lifestyle related.

Whether you have Type 1 or Type 2 Diabetes, it is crucial that you have good blood sugar control to prevent Stroke, Heart Disease and the complications associated with the condition.

Eating with Diabetes

- ✓ There's no need to buy 'diabetic' foods. They are usually more expensive and have no health benefits
- ✓ Eat regular meals. This will keep your blood sugar levels stable
- ✓ Include the four main food groups every day – protein, carbohydrate, low fat dairy and fruit & vegetables
- ✓ Have low-GI snacks – low fat yogurt, unsalted nuts, reduced-fat cheese and wholegrain crackers. These will help keep your blood sugar levels stable
- ✓ Keep unhealthy snacks that are high in sugar, salt and saturated fat to a minimum. Stick to fresh produce and avoid processed foods
- ✓ Portion control can help with weight loss and improve blood sugar levels
- ✓ Choose water or sugar-free soft drinks. Stay within the recommended guidelines for alcohol
- ✓ Complement your healthy diet with at least 30 minutes of exercise five times a week as your condition allows. (See page 42 on exercise)

How can I reduce the risk of developing diabetes?

Making healthy food swaps, portion control and weight management will reduce your risk of developing Diabetes.

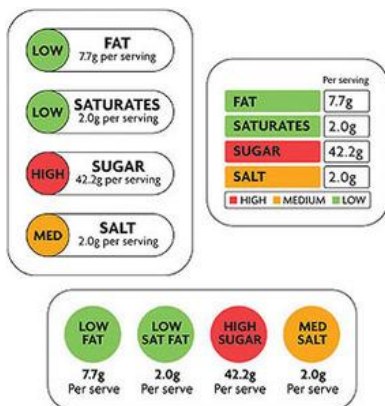
Exercise is also a key part in helping to reduce and maintain your weight.

Am I at risk of developing diabetes?

Diabetes UK invites people to know their risk of developing Type 2 Diabetes. Go to http://riskscore.diabetes.org.uk/?_ga=1.30749375.1494223053.1443490438 to check your risk.

Discuss any concerns with your Doctor

For more information, support and advice, visit <http://www.diabetes.org.uk> or call Diabetes UK on 0345 123 2399



SERVES 1 - THIS PACK PROVIDES				
CALS	SUGAR	FAT	SAT FAT	SALT
315	3.6g	12.6g	8.1g	1.80g
16%	4%	18%	41%	30%
OF YOUR GUIDELINE DAILY AMOUNT				

Food Labelling

You will see a nutrition label on most pre-packed foods on the back or side of the packaging. These labels usually include information on calories, protein, carbohydrate and fat. Some may provide additional information on salt, sugars and fat. Labels are standardised to provide nutritional information per 100 grams of the product and occasionally per portion of the food. Nutrition labels can also provide information on how a product/item fits into your daily diet. They can help you check if the foods you're eating are high in fat, salt and sugar.

Nutrition labels can also help you choose a more balanced diet.

How do I know if a food is high in fat, saturated fat, sugar or salt?

There are guidelines to tell you if a food is high in fat, saturated fat, salt or sugar, or not. These are:

Total fat

High: more than 17.5g of fat per 100g

Low: 3g of fat or less per 100g

Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

Sugars

High: more than 22.5g of total sugars per 100g

Low: 5g of total sugars or less per 100g

Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

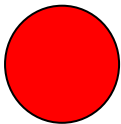
Low: 0.3g of salt or less per 100g (or 0.1g sodium)

For example, if you are trying to cut down on saturated fat, limit your consumption of foods that have more than 5g of saturated fat per 100g

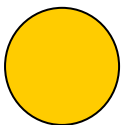
Traffic light colour coding



Most of the big supermarkets display nutritional information in a 'Traffic Light' format on the front of packaging. This enables you to tell at a glance if a product is high, medium or low in calories, fat, sugar and salt.



High levels of calories, fat, sugar or salt 😞
Eat less often and in small amounts



Medium levels of calories, fat, sugar or salt 😊
Can eat most of the time



Low levels of calories, fat, sugar or salt 😊
Healthier choice

Ingredients list



Most pre-packed food products also have a list of ingredients. It may be on the label or attached wrapper. The ingredients list can help you work out how healthy the product is. Ingredients are listed in order of weight. The main ingredient will be at the top of the list. If the first few ingredients are high fat ingredients eg oil, butter or cream, then the product is a high fat food.

Shopping tips

What can you do to make the healthier choice even when you're in a hurry?

Ready meals

Check the 'traffic light' nutrition label on the front of the pack.

Remember to go for more greens and/or ambers rather than reds.



Healthier option ready meals may be higher in calories and fat than home-made equivalents. If you or a family member can make the meal, you could save money too!





Water and Drinks



It's important to drink water or other fluids for the body to work properly and to avoid dehydration. Most of the chemical reactions in the cells need water. Water also carries nutrients and blood around the body.

The body loses water all the time through perspiration (sweating), respiration (breathing), passing urine and faeces. If the temperature rises or we do more activity, this increases the amount of water we lose. To stay healthy, it's important for us to replace the water we lose. We can do this by drinking water or other fluids.

How much water/drinks?

In the UK climate, we should drink about 6 to 8 glasses of fluid every day. In hotter climates, the body needs more. Some fluid is also taken in through the food we eat.

Dehydration

This is when we don't have enough water in our body. One of the first signs is feeling thirsty.

Common signs of dehydration are:

- Dark coloured urine and not passing much urine when going to the toilet
- Headaches
- Irritability and confusion
- Lack of Concentration
- Contributes to constipation

Types of drinks

Try and choose healthier drinks. Many soft drinks contain lots of sugar or sweeteners. Some sweeteners, eg Sorbitol if taken in large amounts can cause loose stools.

Food and drinks high in sugar are often high in calories and may lead to weight gain.

Water

Water is the healthiest choice for quenching thirst. It has no calories and contains no sugars that can damage teeth. If you don't like the taste of plain water, try sparkling water with lemon or lime added to taste. Fruit juice or squash can also be added for flavour.

Milk

Milk is a good source of calcium that helps build and maintain healthy bones. It contains other minerals and vitamins and does not cause tooth decay. For a healthy choice choose semi skimmed or skimmed milk. Milk based energy drinks, malt drinks; milk shakes and condensed milk all contain sugar which may damage teeth.

Fruit juices and smoothies

Fruit juices and smoothies contain various vitamins that are good for our health.

A glass (150ml) of fruit juice counts as one of your '5 a-day' portions of fruit and vegetables. No matter how much juice you drink, it will count as 1 portion as it doesn't contain the fibre found in whole fruit and vegetables.

Sugars found naturally in fruits are also less likely to cause tooth decay as the sugar is found within the structure of the fruit. Once blended, the sugars are released and, if drunk in large quantities may cause tooth decay. When buying fruit juices, check the labels – choose juice with 100% fruit juice and no added sugar. 'Juice drinks' may have as little as 5% fruit juice with a lot of added sugar. These types of juice do not count towards your 5 a-day.

Tea and coffee

Tea and coffee both contain caffeine which is a stimulant. Caffeine can temporarily make us feel more alert or less drowsy and affects some people more than others.

It is OK to drink tea and coffee as part of your balanced diet but it's important that these are not your only source of fluid. Caffeinated drinks can also make you produce more urine. It depends on how much caffeine you have and the frequency.

Fizzy drinks and squashes

These contain very few nutrients and lots of sugar and should be kept to a minimum.

The high sugar content of fizzy drinks and squashes mean they also contain lots of calories. Cutting down on these drinks or having low sugar or sugar free drinks is a good way to reduce your calorie intake. Diet versions of fizzy drinks also contain fewer nutrients.

Energy drinks

Like tea and coffee, energy drinks also contain high levels of caffeine and are often high in sugar. They may also contain other stimulants and sometimes vitamins and minerals or herbal substances. The caffeine levels in these drinks vary but is often around 80mg of caffeine in a 250ml can. This is the same amount of caffeine as two cans of cola or a small mug of coffee.

Sports drinks

These can be useful when you need an energy boost for endurance sports and need an energy boost. They are no different to any other sugary soft drink which means they are high in calories and contribute to tooth decay. Unless you're taking part in endurance sports, drink water, it's the healthier choice to replace water you have lost.

LOSING WEIGHT



One quarter of British adults are obese. The UK has become “the fat man of Europe” with obesity levels more than trebling in the last 30 years. By 2050, it is estimated more than half the population could be obese. Obesity is becoming the ‘norm’, and will take several decades to reverse.

The rapid rise in obesity has been blamed on our modern lifestyles, including the prevalence of the car, TVs, computers, desk-bound jobs and high-calorie food.

The consequences of obesity on our health include diabetes, heart disease and cancer, and people dying needlessly from avoidable diseases.

If people are overweight, it’s simply because they eat and drink more calories than they burn for everyday body functions and movement. Excess calories will get stored as fat which is distributed all over your body. It doesn’t matter where the extra calories come from, it’s the excess that piles on the pounds and puts inches on your waistline. Portion control is one simple method to help cut down your food intake. Using smaller plates cuts down your portion size.

How do you measure up?

Your waist measurement is a reasonable guide to your risk of health problems and considered to be a better measure of your health risk than looking at your weight or body mass (BMI) index. It is the visceral fat (deep fat) that’s the problem. See the table below and guide how to measure your waist to see how you measure up.

Men	Women	Health risk
Less than 94cm (37 inches)	Less than 80cm (31.5 inches)	Average
94 – 102cm (37 – 40 inches)	80 – 88cm (31.5 – 34.5 inches)	Increased
More than 102cm (40 inches)	More than 88cm (34.5 inches)	Greatly Increased





If you feel you need to lose weight, it's important you consult your GP first as you may have specific needs. Once you're given the OK, there is lots of information and advice that can help you keep going to lose weight. An excellent and free way to start is to check out the NHS web site at







<http://www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx>

In conjunction with the British Dietetic Association, it has developed a 12 week programme full of information guides on diet, healthy eating and activity. It also includes a weekly food and activity chart to help you track your progress.

Losing weight will bring you a range of health benefits. If you think of making small realistic changes to your diet and level of activity, this easily becomes part of your normal daily routine. When you cut back on calories and lose weight, your body usually burns visceral fat first 😊

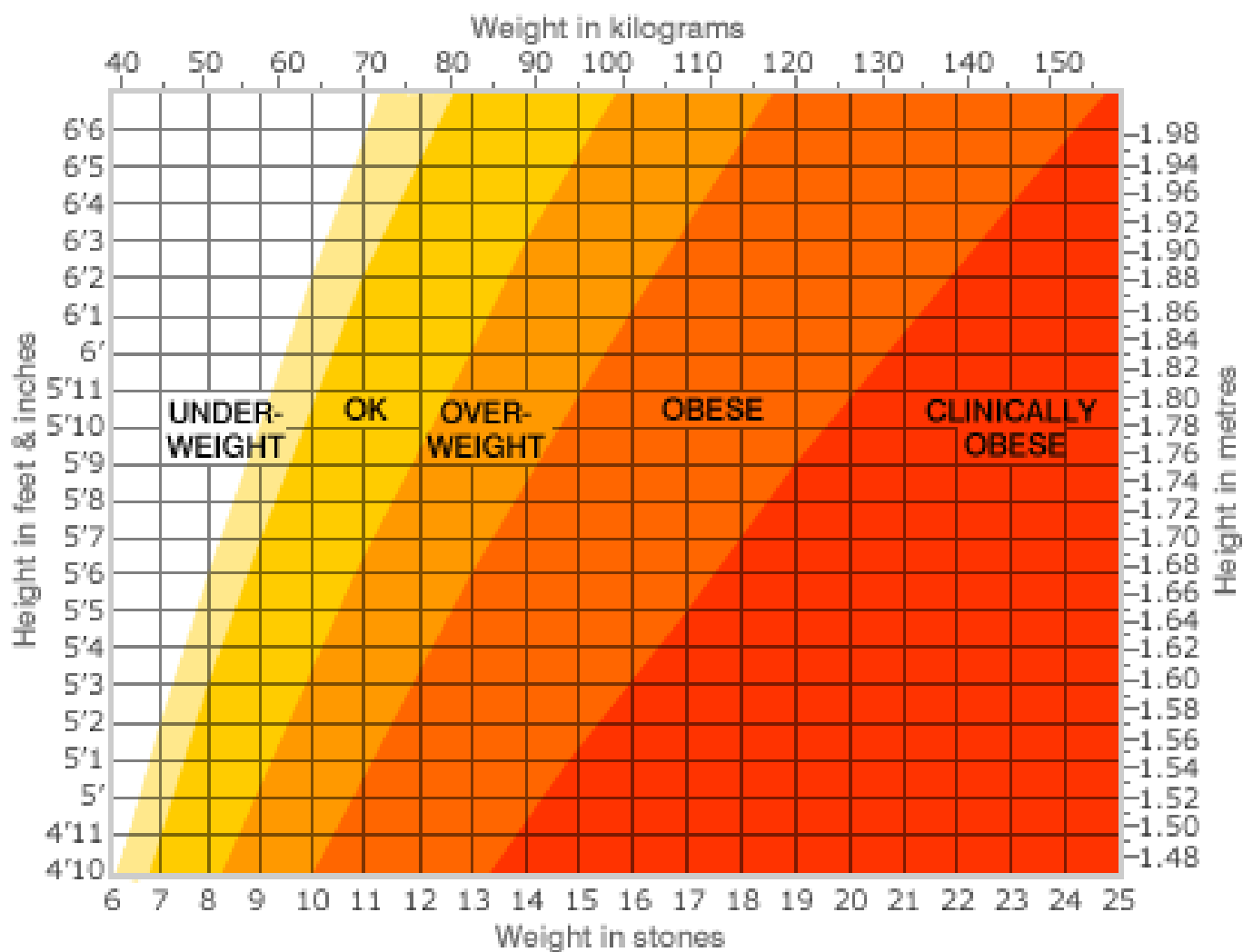
Give up 1 treat and lose up to 5lb

DITCH YOUR → DAILY				
In 40 Days ↓	2 chocolate digestive biscuits	1 large (250ml) glass of dry white wine	1 can (330ml) of coke	1 large (50g) packet of crisps
Save enough calories to lose ...	2lb	2lb	1 1/2lb	3lb
Cut out this much fat ... (tbsp. oil)	30	0	0	58
Cut out this much sugar ...	102	15	350	2
Cut out this much salt (tsp) ...	3 ¼	¼	0	5 1/2

DITCH YOUR  DAILY				
In 40 Days 	1 cupcake	2 scoops of ice cream	5 tsp sugar	1 large (50g) chunk of cheddar
Save enough calories to lose ...	4 1/2lb	2 1/2lb	1 lb	2 1/2lb
Cut out this much fat ... (tbsp. oil)	63	36	0	63
Cut out this much sugar ...	500	187	200	63
Cut out this much salt (tsp) ...	1 1/2	1 1/4	0	7 1/4

(Healthy Food Guide March 2014, p20-21)

If you prefer to use the body mass index (BMI) as an indicator of your weight, you can monitor changes using the healthy weight calculator. You can log onto <http://www.nhs.uk/bmi>





Evidence shows the best way to lose weight is to make long term changes to diet and physical activity that result in a steady rate of weight loss. Aim to lose weight at around 1lb to 2lb (0.5kg to 1kg) a week until you achieve a healthy BMI. Modern life can make it easy to eat too much and do too little physical activity – result = weight gain!

To lose weight, you need to change your habits by eating a healthy balanced diet and increasing your physical activity. Fad diets and drastic exercise regimes result in rapid weight loss that is unlikely to work long term as these kinds of lifestyle can't be maintained. You will return to your old habits and regain any weight you've lost.

Choose a diet and physical activity changes that you can make a part of your daily routine and stick to it for life.

READY
STEADY
GO



- ✓ Along with your GP, check your BMI and agree a plan of how much weight you need to lose to achieve a healthy BMI.
- ✓ Replace common snacks with a healthier option – a piece of fruit, fruit juice or smoothie. Aim to do the same every day: you've adopted your first weight loss habit.
- ✓ Find a way to add an extra walk into your day. Walk as briskly as your ability allows. This will burn calories and can often be fitted into your daily routine. If you're unable to walk, try and do chair exercises using your arms and/or legs to increase your heart rate.
- ✓ Make your breakfast healthier using foods you already have at home

Action plan

- ✓ Plan a healthy weekly shop.
- ✓ Swap your pizza or take-away treat for a healthier home made alternative that will be lower in fat, sugar and salt
- ✓ Commit to one more way to increase your physical activity. It is recommended adults should get a minimum of 30 minutes of activity at least 5 days a week: you may need more to lose weight. Physical activity does not mean going to the gym, it means anything that will increase your heart rate and make you warm. If you can't manage 30 minutes in 1 go, do either 2 x 15 minute or 3 x 10 minute sessions and build up from there
- ✓ Check out what exercise groups are available in your area such as 'Healthy Living', it provides support from others in the same situation
- ✓ Review the previous week and identify any areas that need changing. These could be eating unhealthy snacks or foods, eating out or simply because you're tired or stressed. Plan ahead so you can limit those foods.



Don't be too strict, life would be unbearable if you couldn't have the occasional treat. Indulgence from time to time is fine.



References

Healthy eating recipes/books

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www.diabetes.org.uk/Guide-to-diabetes/Food_and_recipes/

www.dietandfitnessresources.co.uk/shopping/books/b0006-old.htm

British Dietetic Association

www.bda.uk.com

Department of Health advice

www.eatwell.gov.uk

www.nhs.uk/Livewell/Goodfood

www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx

www.nhsdirect.nhs.uk

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www.diabetes.org.uk

Diabetes UK (2014) Early identification of people with Type 2 diabetes (September 2014)

<https://www.diabetes-uk.org/early-identification-of-people-with-type-2-diabetes>

Healthy food guide

<http://www.healthyfood.co.uk>

This leaflet can be made available in alternative languages/formats on request

J Halsall
Stroke Services
Department of Medicine for Older People
Version 2
October 2015
Next revision October 2018