



York Teaching Hospital
NHS Foundation Trust

Healthy Eating

Information for patients, relatives and carers

① For more information, please contact:

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Caring with pride

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Principles of a healthy lifestyle

- Try to choose a variety of different foods to help you get the wide range of nutrients your body needs to stay healthy and work properly
- Have regular meals including starchy carbohydrates at each meal
- Eat plenty of fruit and vegetables
- Include oily fish
- Limit salt intake
- Try to cut down on foods and drinks with lots of sugar/fat – choose low fat or reduced sugar foods where possible
- Maintain a healthy weight
- Take regular activity

The Eatwell Guide

The Eatwell Guide can help you to understand the different types of food that make up a healthy diet. It also shows the proportions these foods should be eaten in to have a well-balanced and healthy diet.

A separate Eatwell Guide can be provided and an interactive version of this is available on the NHS Choices website:

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Potatoes, bread, rice, pasta & other starchy carbohydrates

Starchy foods should make up just over a third of the food we eat. They provide us with energy and can be a source of important nutrients including calcium, iron and B vitamins. Aim to include one food from this group at each mealtime and eat regularly.

Where possible choose wholegrain/higher fibre varieties of these foods with less added fat, salt and sugar.

Why choose wholegrain?

Wholegrain starchy foods contain more fibre than white or refined foods. Evidence is growing that eating wholegrains regularly as part of a healthy diet and lifestyle may help to reduce the risk of many common diseases such as heart disease, stroke and type 2 diabetes, and some forms of cancer, such as bowel cancer. Wholegrains are also digested slowly and can make us feel fuller for longer.

Wholegrain foods include:

- Wholemeal/wholegrain/granary/seeded breads, pittas, chapattis
- Whole wheat pasta
- Brown rice or wholegrain basmati rice
- Wholegrain breakfast cereals or whole oats (such as Weetabix, Shredded Wheat, Branflakes, All Bran, Porridge) – choose lower salt and sugar varieties

Fruit and Vegetables

Fruits and vegetables are a good source of vitamins, minerals and fibre. Aim to include a variety of **at least** five portions of fruit and vegetables each day. This can include fresh, frozen, dried or tinned (in natural juice / unsalted water) varieties.

What is a portion?

80g of fresh, canned or frozen fruit and vegetables, or 30g of dried fruit. Some portions only count once in a day such as 150ml fruit juice/vegetable juice or smoothie, or 80g of beans and pulses. Some examples are listed below:

- One medium apple/pear/banana/peach (80g)
- Handful of strawberries/grapes/cherries (80g)
- One heaped tablespoon of dried fruit (30g)
- Two satsumas/plums/kiwis
- Handful of vegetable sticks
- Two florets of broccoli or cauliflower
- Three heaped tablespoons of peas, sweet corn, cooked vegetables
- A handful of cherry tomatoes
- Cereal bowl of mixed salad
- One medium glass (150ml) of orange juice
- (only one glass per day can be counted as a portion)
- Beans and pulses: Three heaped tablespoons (80g) (count as a maximum of one portion per day)

Potatoes, yam, cassava and plantain do not count towards your five a day. This is because they are a starchy food and are generally used in place of other sources of starch, such as bread, pasta or rice.

How can I include more fruits and vegetables in my diet?

- Have fruit or raw vegetables as snacks
- Add salad to your sandwiches
- Include fruit in puddings and cereals
- Store tinned/frozen vegetables for convenience
- Make soups with leftover vegetables

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

Protein is used for building and repairing the body and so it is important to eat some foods from this group every day.

Good sources of protein are:

- Beans and pulses - such as lentils, chickpeas, split peas
- Fish - aim to have two portions (2 x 140g) per week, one of which should be oily such as mackerel, salmon, fresh tuna (tinned tuna does not count as an oily fish), sardines, pilchards
- All meat - such as lamb, beef, pork, fresh or frozen. Try to avoid having a lot of processed meats because these are usually high in fat and salt. The term processed meat includes sausages, bacon, cured/smoked meats and reformed meat products.
- Poultry - such as chicken, turkey, duck, goose
- Eggs

This group can add extra fat and calories to the diet so you should try to choose low fat/ lean varieties, eat less red and processed meat and avoid adding extra fat when cooking. It is best to cut off visible fat and remove skin from meat/poultry.

Beans and pulses are naturally low in fat, whilst being high in protein, fibre, vitamins and minerals, and so are good alternatives to meat.

Dairy and alternatives

Try to have some milk and dairy foods (or dairy alternatives fortified with calcium) each day, such as cheese, yoghurt and fromage frais. Aim to choose lower fat and lower sugar options. These foods are a good source of protein and an important source of calcium, which helps keep our bones healthy.

Are milk and dairy products high in fat?

Some dairy foods are high in fat and saturated fat. It is advisable to choose lower fat options.

For example choose:

- Skimmed/semi skimmed/1% fat milks
- Reduced fat hard cheese/cottage cheese/spreadable cheese
- Low fat/diet/light yoghurts
- Plain low fat yoghurt or fromage frais in place of cream, sour cream or crème fraiche in recipes

Oils & spreads

Changing the type and amounts of fats in your diet

Reducing the overall amount of fat can help you to maintain a healthy weight. Replacing some of the saturated fat with unsaturated fats in your diet can help to look after your heart and blood vessels. Choose unsaturated oils and spreads and use in small amounts.

Saturated fats

Saturated fats come mainly from animal sources, such as fatty meats, and are also included in butter, cheese, pastry, cakes and biscuits.

Unsaturated fats

Unsaturated fats come from plant sources such as olive and vegetable based oils and spreads. These include olive oil, rapeseed oil, vegetable oil and sunflower oil. Choosing lower unsaturated fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake.

Salt

The advice for good health is that we should all reduce our salt intake to a maximum of 6g of salt per day. Try the tips below to help reduce your salt intake:

- Use little or no salt in cooking and at the table; this includes rock salt, sea salt and garlic salts
- Use different flavouring instead, such as pepper, herbs and spices or garlic
- Salt substitutes, e.g. Lo-Salt or SoLo are not recommended
- Look at the food labels and go for lower salt choices. There can be a really big difference between different food types and brands
- Foods high in salt may display a red traffic light label, foods with medium amounts are indicated by an amber traffic light label, and those low in salt may have a green traffic light on the front of the packet

The main foods that are high in salt are:

- Salty meats and processed meat products, such as ham, bacon, gammon, sausages, pate and salami
- Canned, packet and instant soups
- Ketchup, soy sauce, mayonnaise, salad cream, pickles
- Stock cubes, gravy powder and salted flavourings
- Smoked meat and fish, prawns and anchovies
- Meat and yeast extracts
- Salted snacks like crisps, salted nuts, salted biscuits, popcorn
- High salt ready meals, sauces and takeaway meals
- Pasta sauce
- Pre-prepared sandwiches
- Cheese – have no more than 100g per week

Keep hydrated

Drink plenty of water and other healthy fluids. We should drink about six to eight glasses (1.5 to 2 litres) of water or other fluids (tea, coffee, lower fat milk, no added sugar squash and sugar free drinks) every day to stop us from becoming dehydrated.

When the weather is warm or we are active our bodies may need more than this.

Alcohol

- Both men and women are advised to avoid exceeding 14 units of alcohol per week, to keep associated health risks to a low level
- If you do drink as much as 14 units per week, it is best to spread this evenly over three days or more
- If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several alcohol free days each week

How many units do drinks contain?

- 125ml of 12% wine = 1.5 units
- 175ml of 12% wine = 2 units
- 250ml of 12% wine = 3 units
- Pint of lower strength lager/beer/cider (3.6%) = 2 units
- Pint of stronger lager/beer/cider (5.2%) = 3 units
- Can of lager/beer/cider (440ml 5%) = 2 units
- Single measure/25ml of spirit (40%) = 1 unit

Please note: drinks with higher % alcohol will contain more units of alcohol

Alcohol has almost as many calories in it as fat.
Decreasing alcohol can assist in reducing overall calorie intake. For example:

Drink	Calories	Equivalent food
25ml whiskey	55kcal	One Bourbon biscuit
Gin and tonic	126kcal	Two finger KitKat
175ml glass white wine	130kcal	Two Digestive biscuits
Pint of lager	180kcal	Slice of pizza
Pint of cider	240kcal	Jam doughnut

Meal ideas and healthy snacks

Breakfast ideas

- Wholegrain breakfast cereal with skimmed / 1% or semi-skimmed milk
- Porridge (made with water, skimmed / 1% / semi skimmed milk) with fruit
- Wholemeal toast / muffin with low fat spread
- Scrambled/poached/boiled egg on wholemeal toast
- Add a piece of fruit

Lunch ideas

- Jacket potato with reduced salt and sugar beans / reduced fat cheese / tuna and salad
- Vegetable based soup (not tinned/powdered due to salt content) with wholemeal roll
- Mackerel / tuna / chicken salad with pasta / potatoes / rice or bread and a low fat dressing
- Sandwich (wholemeal bread, pitta bread, wraps or rolls) with meat / fish and salad

Evening meal ideas

Lean mince based meals served with extra vegetables or salad such as:

- Spaghetti Bolognese
- Cottage Pie
- Lasagne
- Chilli Con Carne (made with beef or lentils)
- Savoury mince and potatoes

Meat and fish meals such as:

- Chicken / turkey and vegetable stir fry with noodles
- Fish with boiled potatoes, mixed bean salad or vegetables
- Lean grilled meat with potatoes / rice / noodles / pasta with vegetables
- Use herbs and spices to make fish and meat more flavoursome

Vegetarian meals such as:

- Pasta with roasted vegetables and beans in tomato sauce
- Vegetable omelette with boiled potatoes or two slices of bread
- Vegetable and chickpea curry with rice.

Remember – avoid using excess fat when cooking. Drain excess fat away. Try to include a variety of vegetables or salad with each meal.

Snack ideas

- Fruit
- Two to three plain biscuits (Rich Tea, Morning Coffee, Digestive, Ginger)
- Diet or light yoghurt
- Wholemeal toast
- Small bowl of wholegrain cereal
- Raw vegetable sticks with reduced fat dip
- Three to four crackers (e.g. oat cakes/ wheat/seeded crackers) with low fat soft cheese
- Handful of nuts/seeds/dried fruit
- Plain unsalted popcorn

For more meal and snack ideas you could visit the NHS Eatwell website at:

<http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Are you a healthy weight?

It is not good for your health to be either overweight or underweight.

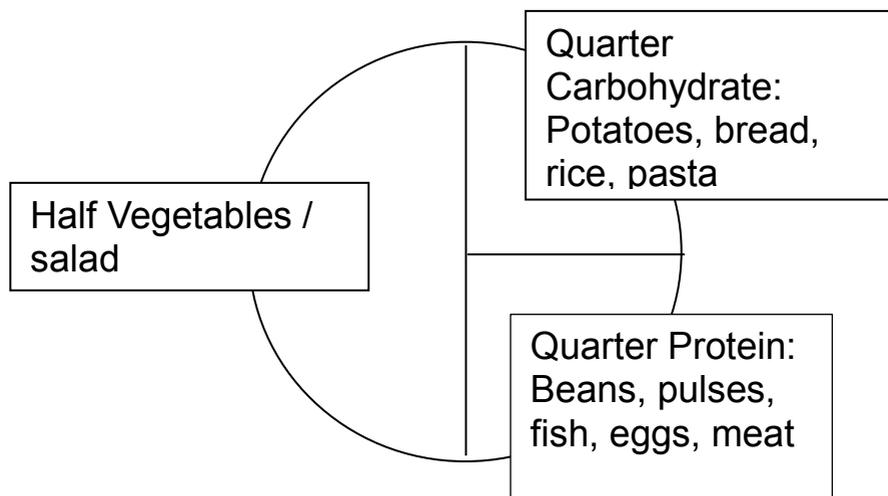
If your body weight is low or if you are losing weight without trying you may not be getting enough of all the nutrients that your body requires.

If you are overweight you may be at an increased risk of high blood pressure, type 2 diabetes and some types of cancer. Lifestyle alterations may be needed to help you to reduce your weight.

Please discuss any concerns with your doctor. Your doctor can refer you to a dietitian if you need more help and information.

If you are overweight, to lose weight you could try to:

- Cut down on fats
- Cut down on puddings
- Limit snacks or snack on fruit
- Have more fibre in your diet (this can help stop you feeling hungry in-between meals)
- Make sure you have regular meals and include starchy food at each meal
- Increase activity/exercise
- Reduce your portion sizes – aim for your plate to look like this:



Reading the labels

Nutrition labels are usually found on the back or the side of food packaging. The full nutritional information is provided per 100g of the product. Sometimes they also tell you the information per serving or per pack.

Some foods now have the nutritional information displayed on the front of the packaging. This is usually given per portion, be aware that the serving on the pack may be different to the amount that you plan to eat.

Some products combine colour coding with the nutritional information. Colour coded labelling makes it easy to see at a glance if a product is high (red), medium (amber) or low (green) in different nutrients. Aim to mainly choose products coded green, have amber products occasionally and limit the number of red products.

All measures per 100g	Low (green)	Medium (amber)	High (red)
Fat	3g or less	>3g – ≤17.5g	More than 17.5g or >21g per portion
Saturated fat	1.5g or less	>1.5g – ≤5g	More than 5g or >6g per portion
Sugars	5g or less	>5g – ≤22.5g	More than 22.5g or >27g per portion
Salt	0.3g or less	>0.3g – ≤1.5g	More than 1.5g or >1.8g per portion

Notes:

Notes:

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
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Teaching, Training and Research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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