

ALL YOU NEED TO KNOW  
**ABOUT  
HEALTHY  
EATING**



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# **All you need to know about healthy eating**

## **1. Why can't you lose weight?**

Read the following examples regarding eating habits and if you find you can say yes to more than 6 of these then your diet is not good and you will need to change in order to loose weight and enjoy a better health. If you are putting on weight then it is due to the answers you said yes to from the below list. Take one step at a time. The undesirable habits should be dealt step by step in order to not to put too much pressure on your body at once. Give up one bad habit a time and keep going week by week. The results will keep you motivated.

1. Eating fried foods more than 2 times a week
2. Eating out in fast food places, restaurants or getting take away more than 2 times a week.
3. When eating out always choosing for pizza, burger with creamy sauces, creamy pasta, fries, hot chips and sauces, fried chicken or fried fish.
4. When cooking not removing all visible fat or skin from the meat.
5. Using creamy dressing or mayonnaise on salads and other food.
6. Eating less than 5 portions of fresh fruit and vegetables daily. (80g/portion)
7. Using products containing hydrogenated oils daily: margarine, butter, vegetable oil, commercial sauce, mayonnaise.
8. Eating more than 600ml full fat dairy products a week or more than 200g of full fat cheese weekly.
9. Eating sausages, steak, ribs or other fatty cuts of red meat (lamb, mutton) more than 3 times a week rather than eating fish or white meat like chicken breast.
10. Having sandwiches usually with cheese, cream cheese, cold meats, mayonnaise.
11. Having less than 8 glasses of water daily.
12. Eating foods containing artificial preservatives daily such as canned food, long life milk, crisps, deli meats, jelly, jam, sweets.
13. Eating more than 4 slices of commercial bread daily.
14. Drinking alcohol more than twice a week.



15. When drinking alcohol eating starchy foods and not replacing them.
16. Drinking sugary drinks instead of water that is zero calories.
17. Not reading food labels to ensure low fat or low sugar intake.
18. Adding extra salt or sugar to food or drinks.
19. Eating dessert more than twice a week.
20. Drinking caffeinated drinks after 4 pm



**Remember that sweets, pastries, milk chocolate, alcohol, cookies, full fat dairy, junkfood, sugar, white bread are addictive. After about 4 weeks without them your cravings will decrease as well!**

## **2. Easy tips to follow to have a healthy diet**

1. Eat more dark green, leafy or root vegetables such as green beans, spinach, cauliflower, broccoli, sprouts, peas, bell peppers, cabbage, courgettes, aubergines, watercress, onions, carrots, butternut squash, sweet potatoes.
2. Minimize the consumption of refined carbohydrates such as white bread, white rice, pasta, cookies, pastries.
3. Eat whole grains. Whole grains are packed with nutrients including protein, fiber, B vitamins, antioxidants, and trace minerals. A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.



4. Eat foods that are rich in fibers throughout the day: brown rice, oat, lentils, quinoa, rye, millet.
5. Stop adding sugar to your drinks or food.
6. Avoid sugary drinks (juices, added sugar to drinks coffee, tea, sodas) , only drink water
7. Drink green tea throughout the day. Green tea is also 0 calories and will help you increase your metabolism and lose fat. It's also packed with natural polyphenols that support the body's normal detox system. Green tea will cleanse out your body.

8. Each day eat at least 5 servings (80g/serving) variety of fruits and vegetables.
9. Avoid fried food, hydrogenated fat and excessive intake of animal fat.
10. Limit your intake of sugar: biscuits, cookies, cakes, desserts, pastries, icecream, sweets.
11. Minimize your consumption of processed meat: sausages, salami, ham, deli meats, smoked meats, instead eat lean meat like chicken breast.
12. Limit alcohol intake to 1 glass a week. Alcohol is high in calories, 1 gm of alcohol contains 7 calories. It is highly possible to gain weight from excessive alcohol intake
13. Take care of the portions, don't overeat. Remember food doesn't make you fat in general, the excessive intake of certain foods will make you fat. Eat 5 times a day. Breakfast, midday snack, lunch, afternoon snack, dinner. Try to eat smaller portions more often. Eating five to six small meals each day helps you avoid overeating at meal times.
14. Eat fish a least twice a week. Fish contains lots of healthy fats, called omega 3 fatty acids (healthy fats), which are not produced naturally by our bodies. Omega fats will help you prevent heart disease.



### **3. The essential nutrients**

There are 6 essential nutrients that are essential for surviving. For a healthy balanced diet you will need the combination of these 6 nutrients daily in the correct amount:

1. Water
2. Proteins
3. Vitamins
4. Minerals
5. Fats (including cholesterol)
6. Carbohydrates (including fibers)



The energy is in our food and it is measured in calories. It comes from the 3 macro nutrients: fat, carbs, protein, and alcohol. Energy vary significantly between individuals and on a daily basis depending on a number of factors including daily activity level and body size.

### **4. Recommended Dietary Allowance**

There are general intake guidelines called Recommended Dietary Allowances (RDA), which is used a reference for nutrient, dietary intake for healthy individuals.

Healthy eating guidelines are published by the Department of Health so individuals know how much of each nutrient they require. These recommended daily intakes are based on research and suggest levels that will not cause either deficiencies or toxicity and will not contribute to the progression of disease. Regardless of the actual amount of calories necessary to sustain us and our activity levels, we should all consume a balanced diet, meaning a certain percentage of our total calorie intake from each groups.

## Calories per nutrient type

Nutrient	1 gram
Fat	9 calories
Carbohydrate	4 calories
Protein	4 calories
Alcohol	7 calories

## Daily Reference intake of NUTRIENTS for adults

- **Energy: 8,400kJ/2,000kcal**
- Total fat: less than 70g
- Saturates: less than 20g
- Carbohydrate: at least 260g
- Total sugars: 90g
- Protein: 50g
- Salt: less than 6g

The reference intakes aren't meant to be targets. They just give you an idea of how much energy you should be eating each day, and how much fat, salt, sugar so on. Unless the labels say otherwise, reference intakes are based on an average-sized woman doing an average amount of physical activity.

## UK Dietary Reference values

These daily calories are calculated assuming LOW activity levels at work and leisure.

Ages	Males (calories per day)	Females (calories per day)
19-49	2550	1940
50-59	2550	1900
60-64	2380	1900
65-74	2330	1900
75+	2100	1810



## What to eat and how

**Eat 5 times a day.** Breakfast, midday snack, lunch, afternoon snack, dinner. Try to eat smaller portions more often. Eating five to six small meals each day helps you avoid overeating at meal times.

**Maintain a balanced diet.** Everyday each meal should be made of a lean proteins, whole grains and healthy fats while snacks should be smaller portions mainly fruits and vegetables.

**Breakfast:** high-fibre cereals such as wholegrain wheat cereals, unsweetened muesli, or porridge oats,

**Lunch and dinner:** vegetables, swap white rice and pasta for wholegrain versions - add beans, lentils and peas- choose reduced sugar and salt options.

**Snacks:** fruits, vegetables sticks, hummus.



**Protein:** Protein can help you feel fuller for longer. Choose low fat protein sources such as:

- beans
- peas and lentils
- fish
- lean cuts of meat
- skinless white meat (poultry)
- lower fat dairy products (milk, cheese, yoghurt)
- eggs

- tofu
- quorn

**Fibres:** Eating food with lots of fibre will help you feel full for longer, so you're more likely to stick to your calorie limit. Fibre keeps your bowels healthy and can help reduce cholesterol. Most people eat 18g fibres a day, but we should aim to eat around 30g.

Food with fibres:

- brown rice
- wholemeal bread
- fruits such as: banana, apple, orange, apricots, berries, pears, prunes,
- nuts and seeds: almonds, peanuts, walnuts, pistachios, pecans
- peas, beans, lentils
- bran flakes
- rye
- vegetables: generally the darker the color the higher the fibre content

**Fats:** Your body also needs fats, because dietary fats are essential to give your body energy and support cell growth. They also help protect your organs, help your digestion and keep you warm.

Of course there are fats that are more needed than others in your body. There are saturated and unsaturated fats. The saturated fats are fat molecules that have no double bonds between carbon molecules because they are saturated with hydrogen molecules. Saturated fats are typically solid on room temperature. Most saturated fats can be found in animal products.

Saturated fats:

- fatty meat
- full fat dairy products
- coconuts, coconut oil
- dark chocolate

**Unsaturated or aka the healthy fats:** In unsaturated fats there is at least one double bond between the fatty acid chain. Unsaturated fats tend to be liquid at room temperature and they come from plants, they also considered healthier than the saturated fats.

Unsaturated/Healthy fats:

- avocado
- olive oil
- nuts and seeds
- some fish: salmon, mackerel, herring, tuna, trout
- soybean
- corn, sunflower, flaxseed and canola oils

## 5. Reading food labels

A food label details a percentage of a nutrients by weight and does not represent the number calories of each nutrient.

Guidelines on achieving a balance of energy from the 3 nutrients are expressed as the calories provided by that nutrient as a percentage of the total calories in that food.

### Total fat

High: more than 17.5 g of fat per 100g

Low: 3g of fat or less per 100 g

Fat free: less than 0.15g per 100g

### Saturated fat

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

Low: 1.5 g saturated fat or less per 100g

### Sugars

High: more than 22.5 g of sugar per 100g

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

### Salt

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

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

**Low calorie food**: Must contain no more than 40kcal per 100g

**Low calorie drinks**: Must contain no more than 10kcal per 100 ml

**Low fat foods**: Products where less than 30% of calories come from fat

**Remember low fat or low calorie options may have a higher sugar content and more artificial flavors therefore they are not necessarily healthy alternatives. Terms such as light (in foods) are not regulated and can be used on higher fat foods!**

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## **6. Superfoods**

Superfoods AKA functional foods (according to scientific literature) are defined as foods that give an additional psychological benefit beyond that of meeting basic nutritional needs.

**The top 10 superfoods that you can easily get anywhere and you should implement into your diet.**

### **1. Hot peppers**

The alkaloid responsible for the spicy flavour in hot peppers called capsaicin.

Capsaicin has been reported to increase energy expenditure and to induce fat oxidation – 2 desirable mechanism in weight loss.

Eating hot peppers will also reduce cravings for sweets and decrease the risk of various cancer types.



### **2. Aubergine**

They contain fibres, vitamins and bio active compounds including glycoalkaloids, which play an important role in immunity and helps lower the risk of several types of cancers.

### **3. Mushrooms**

Due to their unique antioxidant content, mushrooms may also play a role in reducing inflammation and preventing certain types of cancers.

### **4. Dark leafy greens: spinach, kale, broccoli**

Dark green leafy vegetables are excellent source of nutrients including folate, zinc, calcium, iron, magnesium, vitamin C and fiber. They reduce your risk of chronic illnesses including heart disease and type 2 diabetes. They also contain high levels of anti-inflammatory compounds known as carotenoids, which may protect against certain types of cancer.

### **5. Oat**

Oats are incredibly nutritious and are a good source of carbs and fiber. They also contain more fat and protein than other grains, most vitamins, minerals and antioxidants. They can control blood sugar level and lower the risk of heart disease. It's also very filling and low in calories. Oatmeal may help you lose



weight by making you feel more full. It does this by slowing down the emptying of the stomach and increasing production of the satiety hormone PYY.

## **6. Avocado**

It's rich in many nutrients, including fiber, vitamins, minerals and healthy fats. Avocado is high in monounsaturated fats (MUFAs). Oleic acid is the most predominant MUFA in avocado, which is linked to reduced inflammation in the body. Eating avocados may also reduce your risk of heart disease, diabetes, metabolic syndrome and certain types of cancers.

## **7. Tomatoes**

Tomatoes provide you with the health benefits of vitamin C, potassium, beta-carotene, and lycopene. This strong antioxidant becomes considerably more bio available when you juice, mash or cook the tomatoes.

## **8. Berries**

Berries are very nutritious containing several vitamins, minerals, fiber and antioxidants.

The strong antioxidant capacity of berries is associated with a reduced risk of heart disease, cancer and other inflammatory conditions.

Berries may also be effective in treating various digestive and immune-related disorders.



## **9. Sweet potato**

Sweet potato is a good source of carotenoids, a type of antioxidant that may reduce your risk of certain types of cancer. Sweet potatoes may also be beneficial for blood sugar control.

## **10. Beetroots**

Drinking beetroot juice can help increase blood flow in your brain and is linked to reduce the risk of memory decline.

Beetroot has high concentrations of nitrates, helping you perform intensive workouts, while improving the use of oxygen by your pumping muscles.

Eating beetroot can also protect your stomach against ulcer formation.

