



Meeting Notes from nutrition 4 health talk to NEWS - Sept 2007



Eating for Health and vitality – A guide for busy women

Eating a healthy diet is an important way to keep your self as healthy, fit and energized as you can. How you live your life in your work place will have an effect upon your long term health.

Living a busy lifestyle means there is probably less time for thinking about meals and snacks.

It is likely that all work meetings and appointments are neatly recorded and planned in diaries with details of who is meeting, why the meeting is needed and what outcomes are expected.

It is also likely that the meeting will affect eating times either because travel is involved and this may cut across coffee time or lunch time; or because it is an early afternoon meeting which leaves no time for lunch.



What do you do?

Well, you could try scheduling your coffee / tea breaks and certainly scheduling meal breaks.

This way you give them the importance and profile that they deserve.

As well as this, why not try filling in the detail: what exactly you will have for your lunch break. Also for your mid afternoon snack to prevent those early evening eating urges *and* to sustain your energy while you prepare an evening meal.

Consider the structure of the day and plan for a suitable type of dish: One that can be eaten on the move: an 'easy-to-eat-on-the-go-sandwich' e.g. ham and salad which will not fall apart like a grated cheese and lettuce sandwich will.

Give yourself something more special for a quieter 'at your desk type of day' e.g. a pasta dish to be eaten with a knife and fork followed by a pudding to have by the spoonful e.g. a yoghurt or dish of raspberries and kiwi fruit topped with natural yoghurt and honey

☺ ***Always eat regularly 3-4 times each day.***

This will help you to keep energized all day long and able to concentrate on the tasks of the day.

Eating regularly means that you are less likely to eat high fat or sugar foods as snacks.

It also means you are less likely to just want to eat, eat, and eat through the evening!

☺ ***Always have breakfast. The most important meal of the day.***

It helps you to work or study well into morning and stops the big hunger drives later in the day

A healthy diet means choosing a variety of the right foods and eating them in the right amounts.

It does not mean that you have to stop eating foods that you like but there may be some foods that you need to eat less of and some that you should eat more of.

Choosing meals and snacks with more fruit and vegetables, bread, breakfast cereals, potatoes, rice and pasta is the key to successful healthy eating

The Balance of Good Health is a picture model which can help you choose the right foods to eat and in the right proportions too.

The Balance of Good Health



Foods are divided into 5 food groups:

- Bread and cereals
- Fruit and vegetables
- Milk and dairy
- Meat, fish and alternative foods
- Foods containing fat and sugar

Choosing a variety of foods from each of the different food groups will make sure that you have a balanced diet that contains the range of nutrients including vitamins and minerals that you need to keep you fit and healthy

Having a wide range of foods will also make your meals and snacks more interesting

Supersize your Fruit and vegetables!

Choose 5 portions from the fruit and vegetable group every day

Here is your portion guide - each of these is a portion

- 1 medium piece of fruit e.g. a banana, apple, pear, orange or peach
- 2 smaller fruits e.g. tomatoes, plums, apricots, satsuma, kiwi
- A small handful or teacup of berry fruits e.g. grapes, strawberries, cherries

- 1 small glass or carton fresh fruit juice

- A dessert bowl of salad
- 2 tablespoons of raw or cooked vegetables. These can be fresh, frozen or canned

Tips

- Make sure you include some fruit or vegetables at every meal and snack
- The fibre in these foods encourages regular bowel action, may help lower cholesterol levels as well as helping with weight control
- Buy a new fruit or vegetable in small quantities first of all to try.
- Add chopped vegetables such as carrot, celery, tomatoes and mushrooms to mince or other meat dishes to add interest
- Make crunchy sandwich fillings by adding lettuce, cucumber or sweetcorn to the main filling

Bread and cereals

These are starchy, carbohydrate foods which provide energy

Choose wholegrain varieties, such as granary, rye or oatmeal bread and whole wheat breakfast cereals, to add fibre to your diet. They may reduce the risk of heart disease. These varieties will also help to keep you filled for longer

What to choose

Breads – Wholemeal, whole grain, granary, French breads, rye bread, and pitta bread

Wholegrain breakfast cereals include: porridge, weetabix, shredded wheat, bran flakes. Sultana bran, All Bran, muesli

Potatoes – Boiled, mashed, new potatoes, jacket potatoes

Pasta, rice, couscous, bulgur wheat etc



Healthy Snack choices include: teacakes, crumpets, toasted muffins, malt loaf, fruit bread, tea breads, plain crackers, bread sticks and bagels

Weight tip!

These foods are not high in calories. Be careful with the amount of high calorie foods that you add to them e.g. butter, margarine, cooking fats, sugar, syrup etc Some bread has butter added to them e.g. garlic bread, some naan bread, croissants so go carefully and have them in small amounts as a treat

Milk and Dairy Foods

These are important calcium containing foods.

Calcium helps to keep bones and teeth strong. Adult women need 800mg Calcium daily. Choose 3 portions from the foods below every day to help you reach this target.

Each of these foods is a portion

- 200ml (1/3 pt) semi skimmed or skimmed milk
- 1 small (150g) yoghurt or fromage frais
- 25g (1 oz) matchbox cheese
- A moderate bowl of milk pudding rice, semolina or custard
- A milky drink such as Horlicks, Ovaltine

Weight Tip

Choose low fat varieties of yoghurt, milk, puddings etc

Meat, Fish and Alternative foods

These are the important Iron and Zinc rich foods.

Iron is necessary to help oxygen be transported around your body in the blood. A lack of iron rich foods in the diet can contribute to anaemia.

So, for vitality make sure you include 2 servings (portions) daily as part of your main meal and your lighter meal of the day.

Portions guide	
2 -4 oz (50 – 100g lean meat, poultry or oily fish	1 – 2 eggs
4 – 6 oz (100 – 150g) white fish	3 tablespoons peas, beans, or lentils (cooked)
	2 tablespoons peanut butter or nuts

It is so important to have enough fluids in the day – 1 ½ -2 litres.

Include tea, fruit teas, coffee, fruit drinks, milky drinks, fruit smoothies, soup and of course... water – still, tap or sparkling.

Some signs to watch out for include feeling thirsty, headaches, reduced concentration especially near the end of the day, irritability – these could mean you are dehydrated. Check out how much you have drunk through the day

Tip! Keep a bottle of water with you – in your bag, in your car, on your desk.

Alcohol

Although 1 glass of red wine may be healthy for your heart it is a good idea to keep within the Government recommended limits

Men 3 units per day or 21 units per week

Women 2 units per day or 14 units per week

<i>A unit of alcohol is</i>	
<ul style="list-style-type: none">• 1/2 pint of regular strength lager, beer or cider• 1 single pub measure of spirit	<ul style="list-style-type: none">• 1 single pub measure of liqueur• 1 small glass sherry or fortified wine• 1 small (125ml) glass wine

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