

## **Eating for a healthy life / British Egg Information Service.**

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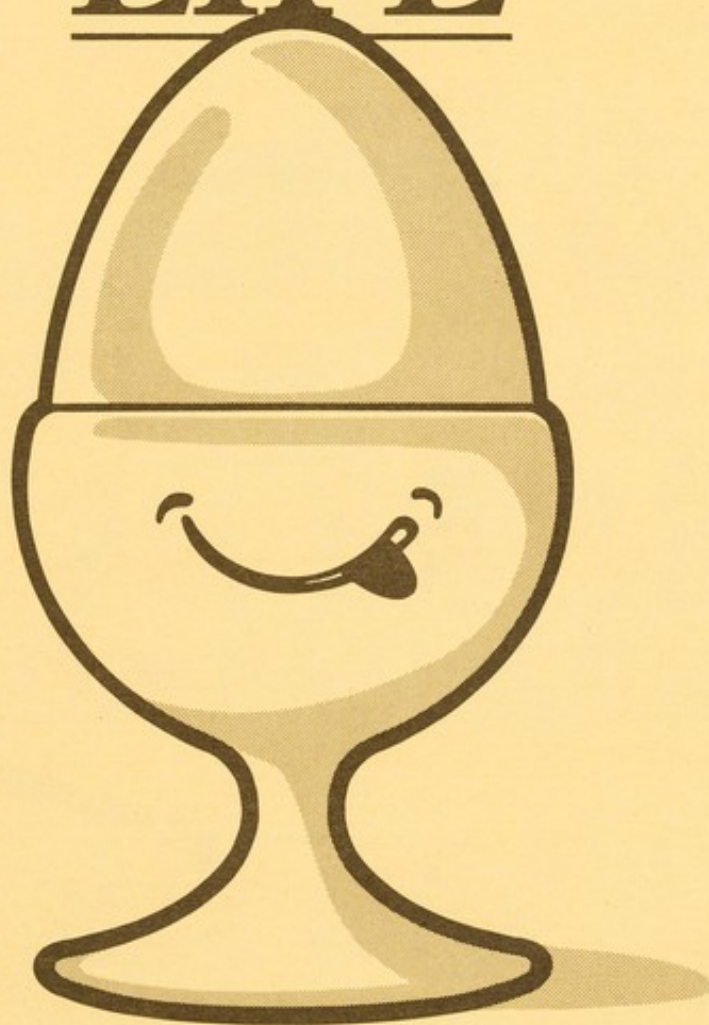
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EATING  
FOR A  
HEALTHY  
LIFE



Eating habits today are changing for the better. Medical research is finding that we can live a longer and more healthy life by improving our diet.

We are now encouraged to eat a diet which is low in saturated fats and high in fibre. Saturated fat in the diet (red meat, dairy products) should be reduced by eating more polyunsaturated fats such as are found in fish, white meat, corn, soya, and sunflower seed oils.

## EATING FOR A HEALTHY LIFE

Dietary fibre is the name given to the part of plants that passes through the intestine without being absorbed by the body. Fibre therefore forms roughage in the diet which helps aid digestion, prevents constipation, lowers blood cholesterol and helps prevent fat and sugar passing too quickly into the bloodstream. It is easy to

add fibre to your diet by eating more wholemeal bread, breakfast cereals containing wholegrain and bran, and plenty of fresh fruit, vegetables and pulses.

Cholesterol is a natural substance in the blood mainly made from saturated fat eaten in the diet. Too much cholesterol in the blood increases the risk of heart disease.

Surprisingly, the amount of cholesterol eaten in the diet is much less important than the amount of saturated fat.

People have had reservations about eggs in the past as they are high in cholesterol. However, eggs are low in saturated fat and recent research has shown that most people can now eat up to seven eggs each week without increasing the level of cholesterol in the blood if they follow a healthy low fat, high fibre diet.

### HIGH FIBRE - LOW FAT - FOOD TO EAT A LOT OF

Vegetables, including potatoes (baked or boiled).

Fresh fruit and salads.

Bread: especially the wholemeal variety.



Breakfast cereals (those containing wholewheat or bran).

Pulses (eg. baked beans, kidney beans and lentils).

Pasta and rice, preferably brown.

DO ☒

- Poach.
- Grill or Bake.
- Boil.
- Microwave.
- Add less salt when cooking.
- Try yoghurt instead of cream.
- Remove visible fat from meat.



- Steam. Try cooking vegetables with a minimum of water in the pan and the lid on tight.

- Use semi-skimmed or skimmed milk instead of full fat milk.

DON'T ☐

- Fry (shallow or deep).
- Sauté.
- Add butter to vegetables.



- Overcook vegetables or you will lose a lot of their goodness. Cook until just soft.

- Peel potatoes; the skin contains valuable nutrients and fibre.

### FOODS TO EAT REGULARLY



Fish; mackerel and herring which are high in polyunsaturated fat.

Milk (semi-skimmed or skimmed)

Lean meat



Poultry

Eggs

Cheese - choose low fat varieties eg. cottage cheese, cheese spread.

### FOODS TO EAT LESS OF



Hidden fat and sugar in cakes, biscuits, chocolate, puddings, pastry, ice-cream, soft drinks and alcohol.

Cream

Salt



Butter

Sugar

Oil and Margarine; try to choose one labelled "high in polyunsaturates" eg. soya, maize and sunflower. Avoid hard margarine and lard.

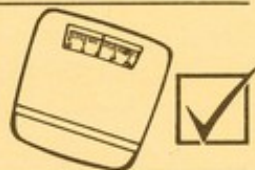


## HEALTHY EATING TIPS



Eat less sugar; – we can get the energy we need from other foods we eat. Try cutting down sugar in tea and coffee. Too much sugar means too many calories.

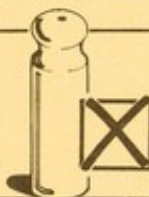
Watch your weight; the more overweight you are, the more likely you are to get high blood pressure, diabetes and arthritis. Ask your doctor to weigh you.



Did you know that one ounce of butter or margarine contains more calories than half a pound of boiled potatoes! Both bread and potatoes are high in fibre and nutrients without too many calories if you don't fry them or load them with butter.



Eat less salt; too much salt can raise your blood pressure. Try adding less salt when cooking, and don't have salt on the table. Use herbs and spices to add more subtle flavours to your food.



Coffee and tea in the evening can lead to insomnia. If you have trouble sleeping try cutting down on late night drinking.

Try more meals based on beans, lentils and peas.



Brown rice, brown bread and wholemeal pasta are more filling and richer in fibre than white varieties. They can be very useful as part of a calorie controlled diet.



**THE BRITISH EGG INFORMATION SERVICE**

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