

Food for thought... : food facts for healthy hearts from the British Heart Foundation, the heart research charity / written, designed and produced by Burnett Associates ; illustrated by Val Sassoon.

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FOOD FOR THOUGHT

Did you know that what we eat has a lot to do with the way we feel and the way we look? You may think this question is not important. After all, you are young and healthy and a healthy diet is something you only worry about when you are older. The truth is, eating the right foods is vitally important to you **now** because you will develop good eating habits to last you for the rest of your life. It's also important because it may prevent you from developing heart disease when you are older. An unhealthy diet, cigarette smoking and lack of exercise all encourage the development of heart disease, even in school children. Of course, a healthy diet also means one which allows you to grow and develop to your full potential. It's important to remember that **nobody can take better care of you than you.**

See how clued up you are on healthy eating by answering the questions here. Just tick the box you feel is correct. All answers are on the back page.

What do you know about healthy food and healthy hearts?



1. Grilled or baked fish is better for your heart than fish fried in batter.
a) True b) False



2. Which is better for your heart?
a) Chicken grilled with its skin
b) Chicken grilled without its skin



3. Cream is as good for your heart as yoghurt is, because they both come from milk.
a) True b) False



4. Butter contains more fat than margarine.
a) True b) False



5. Cottage cheese has far less fat than cheddar cheese.
a) True b) False



6. A beefburger contains less fat than a pork sausage.
a) True b) False



7. An egg every day might not be good for your heart.
a) True b) False



8. How often should you eat fruit and vegetables?
a) At least once a day
b) Three times a week
c) Once a week



9. Which is better for your heart?
a) Two bowls of snappy, crackly sugar-coated cereal
b) A wholewheat breakfast cereal



10. Baked beans on toast is a healthy meal.
a) True b) False



11. Chocolate is:
a) Good for you because it has sugar for energy
b) Bad for your teeth but good for your heart
c) Bad for your teeth, your appearance and your heart



12. Oven-ready chips are just as bad for your heart as fried chips.
a) True b) False



Food facts for healthy hearts
from the British Heart Foundation –
the heart research charity

YOU ARE WHAT YOU EAT

WHITE BREAD ROLLS. It's a good idea to include bread in your daily diet, but choose wholemeal bread whenever possible because it contains more vitamins, minerals and fibre than white bread.

STRAWBERRIES with a yoghurt topping would be far better than with cream because cream contains a lot of saturated fat. Fresh fruit has lots of vitamins and fibre and we should all eat at least one portion a day.

GRILLED OR ROAST CHICKEN with the skin removed is low in fat and therefore good for your heart. Try using chicken as a sandwich filling instead of luncheon meat or cheddar cheese.

FRIED, CRISPY BACON tastes great but so does grilled crispy bacon and this would be much better for your heart. Frying simply coats the bacon with an extra layer of fat. The fat on bacon, like all meat fat, is high in saturated fat and it is best to avoid eating it.

SWEETS AND CHOCOLATES are high in sugar and fat and therefore are not good for your teeth, your appearance or your heart. A piece of fresh fruit such as an apple or tangerine would be a good substitute!

DOUGHNUTS are high in calories and therefore fattening. Deep-fried in oil and then coated in sugar, doughnuts contain very little goodness for all those calories.

TUNA SALAD makes a wonderful filling for a roll or sandwich. Fish is one of the best foods you can eat because it is low in saturated fats and high in protein which helps build healthy growing bodies.

POTATO CRISPS are potatoes with a lot of fat and salt added to them, which is bad for your heart.

COLESLAW is a tasty way of eating vegetables. Try using a low fat mayonnaise or a yoghurt-based dressing on this and other salads.

The British Heart Foundation spends more on heart research than any other charity in Britain. Its aim is to find out what causes heart disease and how it can be prevented.



MARGARINE has exactly the same amount of fat as butter – it is the type of fat that is different. A soft margarine that claims to be high in polyunsaturated fat will be much better for your heart than butter or hard margarines which usually contain a lot of saturated fat.

SAUSAGES AND PIES contain a lot of fat, especially saturated fat, so it's best not to have them too often. A five ounce pork pie contains nearly eight teaspoons of fat, a large sausage almost four teaspoons of fat.

CHEDDAR CHEESE, like many hard cheeses, is high in calcium (essential for the development of strong bones and teeth). It is, however, also rather high in saturated fat, so try to choose a medium or low fat cheese whenever you can.

FRIED CHIPS contain lots of fat, but large chips have less surface area to absorb fat and so contain less fat than french fries. Oven chips usually have less fat than deep fried chips, but a potato baked in its jacket is the best choice of all.

WHOLEWHEAT BREAKFAST CEREALS contain lots of fibre, vitamins and minerals such as iron. Oats, either as porridge or muesli (preferably unsweetened) are also very nutritious.

COTTAGE CHEESE is one of the best cheeses for your heart because it is low in fat, yet still contains lots of calcium as well as protein.

EGGS contain a lot of essential vitamins, minerals and protein but they are also high in cholesterol so it is probably wise to restrict the number you eat to three or four a week.

BAKED BEANS ON TOAST is a healthy nutritious meal. Beans contain lots of fibre and protein and very little fat which makes them a good heart food.

BEEFBURGERS are best when made of lean meat and grilled rather than fried.

BUTTER is high in saturated fat which tends to increase the cholesterol in your blood. This is bad for your heart.

FASCINATING FOOD FACTS



More than 85% of all the salt we eat comes from processed foods.



One helping of liver will give you all the Vitamin A you need for one month.



One can of coca-cola contains seven teaspoons of sugar.



A very active male elephant requires 91,700 calories a day compared to 3,350 calories a day for a very active man.

WHAT A MOUTHFUL!

Saturated and polyunsaturated fats are two different types of fat that occur in the food we eat. A small amount of fat in our diet is essential but we need to get the right balance – a diet high in saturated fat is associated with high blood cholesterol levels which can furr up our arteries. Polyunsaturated fat actually helps to lower blood cholesterol and so is far better for our hearts.

Cholesterol is a type of fat which occurs naturally in small amounts in our bodies and which circulates in our blood. Certain foods such as eggs, liver, kidney and shell fish are relatively high in cholesterol but cholesterol in food probably has less effect on the amount of cholesterol in our blood than the saturated fat content of our diet. This is because saturated fat stimulates the liver to manufacture cholesterol in the body in much larger amounts than we would normally get from food.

Protein is essential for healthy growth. The main sources are meat, fish, eggs and dairy produce like milk and cheese. Good vegetable sources of protein are beans, peas, lentils and nuts.

Fibre-rich foods are important for good health. These include wholemeal cereals and bread, vegetables and fruit – all rich in vitamins and minerals.

Vitamins and minerals occur naturally in food and are essential to life and health. In general, processed, refined foods such as white bread and tinned vegetables and fruit will contain less vitamins than equivalent fresh foods.

Arteries are the main blood vessels that carry the blood away from the heart to the rest of the body. Damaged or blocked arteries will put a severe strain on the heart, and may result in a heart attack.

OTHER WAYS TO HELP YOUR HEART

Regular exercise will keep you and your heart in trim. Walking, swimming, jogging, cycling, playing football and tennis are excellent ways of keeping fit.

Smoking is the heart's worst enemy. Cigarettes damage your heart, your blood vessels and your lungs. The younger you are when you start smoking, the greater your chances of heart or lung disease.



QUIZ – How did you score?

By now you'll probably be able to provide all the correct answers yourself, but add up your scores and see how you did. See centre pages for an explanation of these answers.

- | | |
|-----------|----------------|
| 1 a)2 b)0 | 7 a)2 b)0 |
| 2 a)0 b)2 | 8 a)2 b)0 c)0 |
| 3 a)0 b)2 | 9 a)0 b)2 |
| 4 a)0 b)2 | 10 a)2 b)0 |
| 5 a)2 b)0 | 11 a)0 b)0 c)2 |
| 6 a)2 b)0 | 12 a)0 b)2 |

0-8 Not very good – you need to do quite a bit of work on your food facts as you don't really know the basics of a healthy diet.

9-18 Good! You have some knowledge of a healthy diet but still need to brush up a little on your food facts.

19-24 Well done! You have a really good idea of the basics of a healthy diet, especially those foods which are good and bad for your heart.



British Heart Foundation – the heart research charity

If you would like copies of our other two schools' newsletters, one on smoking and one on how your heart works, please write to: Distribution Department, The British Heart Foundation, 14 Fitzhardinge Street, London W1H 4DH.

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