

**Less fat? More fibre?? Less sugar??!! More starch?!?! : maybe I'd better read this leaflet called aim for health / Bloomsbury Health Education Department.**

**Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
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## WHY SHOULD I CHANGE MY EATING HABITS?

**FAT** Too much makes many people overweight, and this increases the risk of ill health. Cutting down the total amount of fat you eat may reduce the risk of getting heart disease.

**SUGAR** It tastes good and is not filling, so it helps cause weight problems. Sugary food and drinks are the cause of tooth decay as well. Sucrose, dextrose, fructose, glucose, corn syrup, maltose and molasses are still just sugar. Brown sugar and honey are no better than white sugar.

**DIETARY FIBRE AND STARCH** This is found only in foods of plant origin. These include all fruits and vegetables, and starchy foods such as bread and cereals. Food processing often removes the fibre. Plenty of dietary fibre prevents constipation and reduces the chance of getting certain bowel diseases.

**ALCOHOL** Too much can damage your health, and is often a cause of accidents, both in the home, at work, and on the roads.

**VITAMINS AND MINERALS** These are essential for good health. If you eat a varied diet based on the advice in this leaflet, you should not need vitamin pills or tonics.

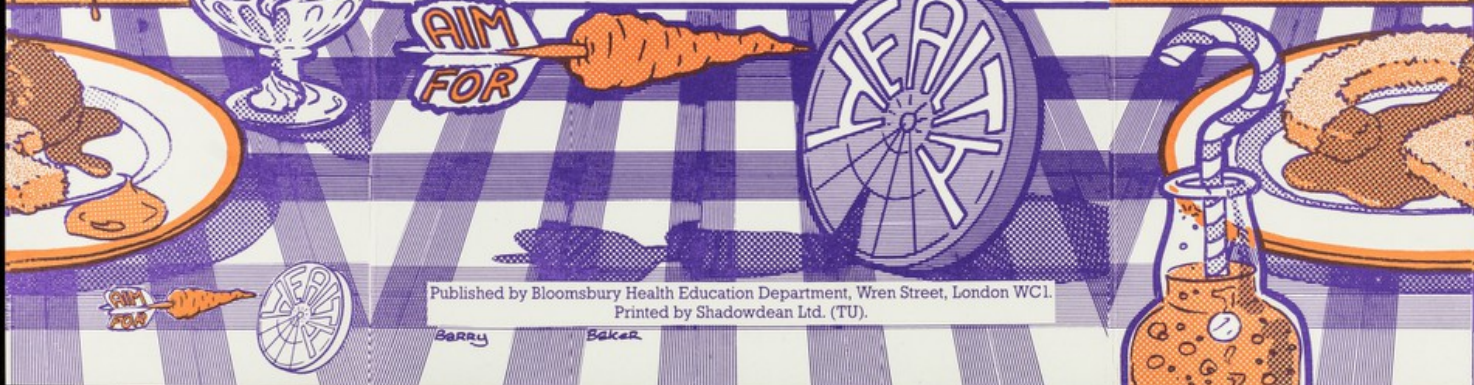
**SALT (SODIUM)** There are two major sources of salt in our diet:-

- a) Salt added to food during or after cooking
- b) Salt added by food manufacturers

Too much salt can lead to high blood pressure in some people. This can increase the risk of heart disease and strokes.

LESS FAT?  
MORE FIBRE??  
LESS SUGAR??!!  
MORE STARCH?!??!  
MAYBE I'D BETTER  
READ THIS LEAFLET  
CALLED

AIM  
FOR  
HEALTH



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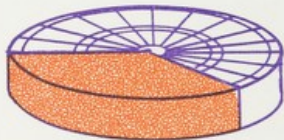
Barry

Baker

## HOW CAN I IMPROVE MY EATING HABITS?

If you want to aim for a healthy diet you can follow the tips in this simple guide by eating more from the foods on the left and going easy on the foods on the right.

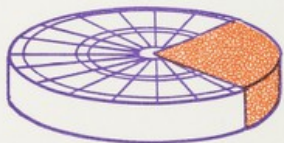
The size of the coloured wedges give a rough idea of how much you should aim for in each group.



STARCHY FOODS



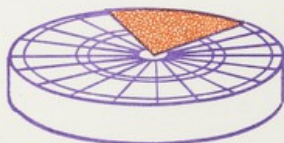
Bread, pasta, rice, potatoes (not chips) & breakfast cereals are high starch & low fat. They may therefore be far lower in calories than many people think. Wholewheat cereal & bread also have a lot of fibre & many vitamins & minerals. All starchy foods could become the basis of your meals.



VEGETABLES




Vegetables are most important for health, providing a large proportion of fibre, vitamins & minerals. Over-boiling destroys vitamins so very light cooking is best. Beans & lentils (dahl) can be eaten in place of meat & added to soups, stews & salads. Tinned beans are better than no beans at all. Frozen vegetables are as good as fresh but tinned usually have salt (even sugar) added & reduced vitamins.





FRUIT




Fresh fruit is important for vitamins, minerals & fibre. Eating some (especially citrus) most days is recommended. Dried fruit is an excellent source of fibre & minerals & can be eaten as a snack instead of sweets. Fruit cut in pieces, eaten with yoghurt makes a good dessert.

Poultry and fish  are lower in fat than red meat, & so are recommended. Sausages, pies & burgers are made with added fat & should be avoided. Trimming off visible fat is important.

Fats & oils should be used very sparingly both for cooking & spreading.  Corn, sunflower, or soya oils (or their margarines) are preferable to butter. Cheaper products made of unspecified "vegetable oils" could be more harmful than animal fats & are best avoided. Use of low-fat spreads helps reduce calories.

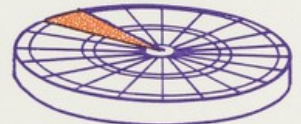
Dairy foods are high in fat  except semi-skimmed & skimmed milk, low-fat yoghurt, cottage & skimmed milk cheeses & some low fat hard cheese now available. Skim milk powder is better than non-dairy whitener in hot drinks.

2 drinks a day is the safe limit  for adults. A 'drink' is equal to a half of beer or a glass of wine or a 'short'.

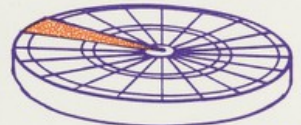
Only by avoiding most processed foods can you make a real reduction in salt and sugar intake. But you can gradually use less salt in cooking & keep the number of times a day you eat sugary foods (or drinks) to a minimum. Unsalted nuts, cereal, bread & jam (but thinly spread) make better light snacks than chocolate, biscuits, cakes & ice cream which are high in fat.



MEAT & FISH



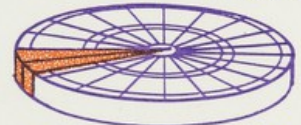
FATS & OILS



DAIRY FOODS



ALCOHOL



SALT & SUGAR