

**Healthy eating : getting the balance right / Findus, Family Heart Association, Nestlé UK Ltd. ; produced by Pielle Public Relations.**

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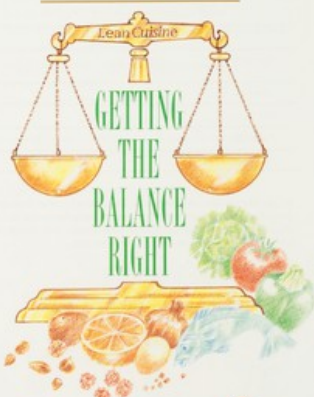
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# HEALTHY EATING



Lean Cuisine

FAMILY HEART ASSOCIATION

## NUTRIENTS

To keep healthy, our bodies need to be fed with a balance of the many nutrients found in food. Nutrients are chemical substances obtained from foods during digestion. They are necessary to build and maintain body cells, regulate body processes and supply energy.

About 50 nutrients, including water, are needed daily for optimum health. If we obtain the proper amount of the 10 'leader' nutrients in our daily diet, the other 40 are very likely to be consumed in amounts sufficient to meet body needs. We should include a variety of foods because no single food supplies all the 50 nutrients, and because many nutrients work together.

The following chart shows, at a glance, the roles of the 10 'leader' nutrients in keeping the body healthy, and in which foods they can be found.

### THE 10 'LEADER' NUTRIENTS

Nutrient	Important sources of nutrients	Some major physiological functions	
		Build and maintain body cells.	Regulate body processes.
Protein	Meat, Poultry, Fish, Dried Beans & Peas, Eggs, Cheese, Milk	Constitutes part of the structure of every cell, such as muscle, blood and bone, supports growth and maintains healthy body cells.	Constitutes part of enzymes, some hormones and body fluids, and antibodies that increase resistance to infection.
Carbohydrate	Bread, Cereal, Sugar, Potatoes, Beans.	Supplies energy so protein can be used for growth and maintenance of body cells.	Unrefined products supply fibre - complex carbohydrates in fruits, vegetables, and whole grains - for regular elimination. Assist in fat utilisation.
Fat	Butter, Margarine, Fatty Meats, Milk, Cheese.	Constitutes part of the structure of every cell. Supplies essential fatty acids.	Provides and carries fat soluble vitamins (A, D, E and K).
Vitamin A (Retinol)	Liver, Carrots, Milk and Butter, Margarine.	Assists formation and maintenance of skin and mucous membranes that line the body cavities and tracts, such as nasal passages and intestinal tract, thus increasing resistance to infection.	Functions in visual processes - helps promotion of healthy eye tissues and eye adaptation in dim light.
Vitamin C (Ascorbic Acid)	Green Vegetables, Orange, Grapefruit, Strawberries.	Forms cementing substances such as collagen, that hold body cells together, thus strengthening blood vessels, hastening healing wounds and bones, and increasing resistance to infection.	Aids utilisation of iron.
Thiamin (B <sub>1</sub> )	Lean Pork, Nuts, Fortified Cereal Products.		Functions as part of a coenzyme to promote the utilisation of carbohydrate. Promotes normal appetite. Contributes to normal functioning of nervous system.
Riboflavin (B <sub>2</sub> )	Liver, Milk, Yoghurt, Cottage Cheese.		Functions as part of coenzyme in the production of energy within body cells. Promotes healthy skin, eyes and clear vision.
Niacin	Liver, Meat, Poultry, Fish, Peanuts, Fortified Cereal Products.		Functions as part of a coenzyme in fat synthesis, tissue respiration and utilisation of carbohydrates. Promotes healthy skin, nerves and digestive tract. Aids digestion and lowers normal appetite.
Calcium	Milk, Yoghurt, Bread, Cheese, Cereals.	Combines with other minerals within a protein framework to give structure and strength to bones and teeth.	Assists in blood clotting. Functions in normal muscle contraction and relaxation, and normal nerve transmission.
Iron	Red Meat, Offal, Leafy Green Vegetables, Pulses.	Combines with protein to form haemoglobin, the red substance in blood that carries oxygen to and carbon dioxide from the cells. Prevents nutritional anaemia and its accompanying fatigue. Increases resistance to infection.	Functions as part of enzymes involved in tissue respiration.

## PROTEIN

Protein is vital for the body at every stage of our lives. It is the basic material for building and repairing body tissue and it also provides energy.

Proteins are constructed from amino acids, some of which the body makes itself and some have to be provided from our diet. Foods vary in the amounts of essential amino acids they contain. Milk, for example, is an excellent source of protein as it provides a good balance of all the essential amino acids.

Fortunately the types and variety of foods we eat here in Britain means that a lack of protein in adults is practically impossible. We tend to eat enough meat, fish, eggs and milk products to get the protein we need.

We should get around 15 per cent of our total energy from protein. The current UK adult estimated average requirement of protein is 40 - 45 grammes (Source: Department of Health 1991 Coma Report on Dietary Reference Values).



## ALCOHOL

A moderate amount of alcohol can be good for you. It may help to relieve stress and assist relaxation after a busy day. However, drinking too much alcohol can cause health and weight problems. Alcohol is high in calories and excessive amounts can lead to serious illnesses such as brain damage, high blood pressure and liver disease. Here's a guide to help you ensure that, if you do drink alcohol, you keep to a sensible limit.

Top limit for men = 21 units a week.

Top limit for women = 14 units a week.

One 'unit' is equal to:

half a pint of beer

1 glass of wine

1 measure of spirits or fortified wine.

Ideally you should have two alcohol-free days a week.

## CARBOHYDRATES

Foods containing carbohydrates normally provide a large proportion of the energy intake our bodies require. Dietary guidelines suggest that at least 55 per cent of our total energy intake should come from available 'complex' carbohydrates.

### THE 'COMPLEX' CARBOHYDRATES - STARCH AND FIBRE

We should be eating more foods which are high in fibre and starchy carbohydrates because they are such good sources of energy. Foods which contain fibre (like wholegrain cereals, wholemeal bread, many cereals and fruit) also help to maintain a healthy digestive system. Foods rich in fibre (like peas, beans, spinach, oatmeal and wholemeal bread) are beneficial to dieters because they can be very filling. Foods containing starch are bread, pasta, rice, pulses and potatoes.

We have some way to go before we get the balance right.

#### ASSUMING A DIET OF 2,000 CALORIES A DAY

'Complex' Carbohydrates Recommended amount: 275g	'Complex' Carbohydrates We currently eat: 190g
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In addition, a proportion of 'complex' carbohydrates in the form of fibre is required.

Fibre Recommended amount: 30 - 40g	Fibre We currently eat: Less than 20g.
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### THE 'SIMPLE' CARBOHYDRATES - SUGAR

Dietary guidelines for healthy eating recommend that we use less table sugar and eat sugary foods less often. This is mainly because of the evidence which links refined sugar to tooth decay. Sugars currently make up 15 to 20 per cent of our average daily intake of food energy. It is recommended that this level is reduced to around 10 per cent and that we replace sugary foods with fresh fruit, vegetables and foods containing starch.

Because sugar is such an acceptable source of energy, we are often tempted to eat too many sweet foods which can eventually lead to excess weight and obesity. The answer is to check nutritional tables on labels for sugar content and start to become aware of the amount of sugar in your diet.



## FATS

A high intake of saturated fat is right at the heart of our diet problem. Although some fat is essential for survival - supplying certain essential fatty acids which the body cannot make - as a nation, we still eat too much of it.

Fats are found in many foods. Some are easy to spot and these have been named the 'visible' fats such as butter, margarine, cooking fats and oils. Some are less obvious and therefore described as 'invisible' fats. These are found in meats, biscuits, cakes, chocolate, pastry, cheese and milk.

High levels of cholesterol in the blood are associated with an increased risk of heart disease. Many medical experts and nutrition committees recommend that a decrease in the total fat in our diets (mostly in the saturated fat content) may reduce the risk of heart disease.

However, before you can eat a healthy diet, you need to understand the difference between the three types of fat and from which foods they come.

### TYPES OF FAT AND PRINCIPAL SOURCES

### EFFECT ON BLOOD CHOLESTEROL

	Saturated fat (hard fats or saturates)	
Meat and dairy foods such as dripping, lard, margarine, butter, whole milk, cream, hydrogenated oils, some vegetable oils such as palm and coconut.		Can raise cholesterol levels.
	Mono-unsaturated fats	
Poultry fat and olive oils.		None - neutral.
	Poly-unsaturated fats	
Vegetable oils such as sunflower, grapeseed, soyabean, corn oils, 'Poly-unsaturate' margarines, and oily fish such as mackerel and herring.		Can lower cholesterol levels.

### THE GOVERNMENT'S TARGET - MAKE IT YOURS

Currently, the proportions of energy supplied from total fat and saturated fat in the average UK diet are 42 per cent and 17 per cent respectively. The Government's target is to reduce these amounts to 30-35 per cent and around 10 per cent of total food energy intake. To remain healthy we should cut down on the total amount of fats in our diet, and when eating fats, choose those which are low in saturates.

### AVOID THE FAT

HIGH FAT	LOWER FAT ALTERNATIVE
Regular meat	Lean meat, more fish.
Chicken with skin	Skinless chicken.
Bacon, sausages	Low fat bacon, lean ham, low fat sausages.
Whole milk, yoghurt, cream	Skimmed / semi-skimmed milk, low fat yoghurt / fromage fraise.
Cheddar cheese	Cottage or low fat cheese.
Butter or margarine (same calorie content)	Low fat spread.
Mayonnaise, salad dressing	Reduced fat mayonnaise, reduced or fat-free dressings.
Chips, roast potatoes, crisps	Jacket potato / boiled potatoes / low fat crisps.
Cakes, biscuits, chocolates	Fresh or dried fruit, wholemeal bread.
Fried meat, fish, vegetables, eggs	Grill, casserole, boil, poach.

## VITAMINS & MINERALS

**Vitamins** - If you are in general good health and your diet is made up of a good balance of fruit, vegetables, cereals and pulses, with meat and fish, you probably don't need to worry too much about vitamins and minerals.

Vitamins are essential to health. Our body uses them in tiny amounts to regulate body processes. They help in the growth and repair of body tissues and release of energy in the muscles. With the exception of Vitamin D, they cannot be produced by the body itself and must be supplied through the food and drink we consume.

**Minerals** - are also essential to health. They are used in the body's growth and repair, and help to control its complex mechanisms.

### TWO IMPORTANT MINERALS

**Calcium** - forms the structure of our bones and teeth, assists muscle contraction and maintains the rhythm of the heart. It is essential to have a good supply of calcium from infancy, and if we don't get enough as adults this may lead to diseases such as osteoporosis in women through weakening of the bones.

Milk is a remarkable source of calcium. Drinking half a pint a day - preferably semi-skimmed because it contains less fat - is the best way to improve your daily calcium intake. Half a pint of milk will provide nearly half of your recommended daily amount.

**Iron** - is essential to our bodies and health. It forms part of the blood cells which help to transport the oxygen from the lungs around the rest of our body. Iron deficiency is quite common around the world among women of child-bearing age. The best sources of iron are red meat, offal, leafy green vegetables and pulses.

### SALT (SODIUM CHLORIDE)

A small amount of salt is needed to maintain the body's fluid balance. Salt is naturally present in many foods and there is no need to add salt to one's diet. Many people eat too much salt - it's a habit, but it's quite easy to break.

Research suggests that too much salt may contribute to high blood pressure and that people with high blood pressure benefit from cutting down on salt. We should aim to eat less than 5 grams of salt per day. Most salt is added during cooking and at the table.

### HOW TO CUT DOWN

- \* Use less salt in cooking and sparingly at the table.
- \* Flavour foods with lemon juice, herbs and spices instead of salt.
- \* Cut down on salty snack foods like crisps and nuts.
- \* Check labels and buy foods with less salt.
- \* Cut down on salted meat and fish like bacon, gammon and smoked mackerel.

## HEALTHY EATING WITH FINDUS LEAN CUISINE

To make sure that you eat at least one healthy meal a day, try the FINDUS Lean Cuisine range of nutritional frozen recipe dishes. There is a wide variety of low fat exotic and traditional dishes, each at 300 Calories or less.

Every recipe is low in total fat and saturated fats, with controlled levels of sodium (salt). And they have all been approved by the Family Heart Association as a useful part of a low fat diet.

If you have a bigger appetite, and can afford some extra calories, there's the FINDUS Lean Cuisine for Healthy Appetites range. These convenient healthy dishes have been developed in line with the latest international health guidelines.

There is no excuse for an unhealthy diet. If you feel there is room for improvement in your diet, start to make the changes now - your body will certainly thank you.



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# THE HEALTH OF THE NATION — PLANNING FOR HEALTHY EATING

More and more people are becoming aware that the quality and quantity of the food they eat can have a long term influence on their health and well-being. Recent authoritative reports - 'The Health of the Nation' Green Paper and the 1991 COMA (Committee on Medical Aspects of Food Policy) Report on 'Dietary Reference Values' - reflect a growing awareness by Government of the contribution of diet to the risk of developing serious diseases.

## BALANCED EATING AND A VARIETY OF FOODS

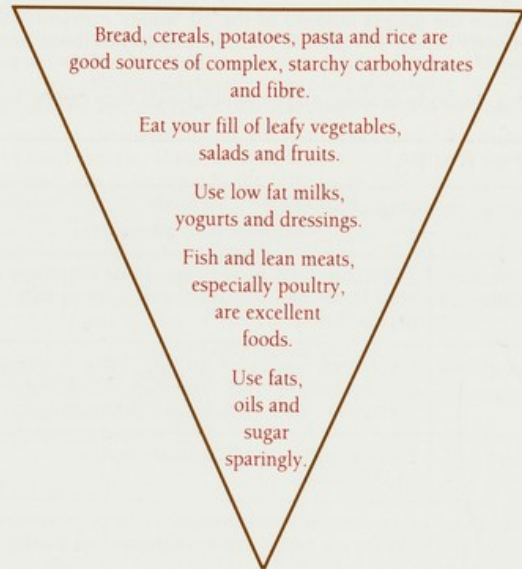
The role of a balanced diet is to promote growth, maintain normal body functions and vitality and prevent disease. This balance can be readily achieved by eating enough of the right foods from each of four food groups tabled below.

THE FOUR FOOD GROUPS			
1	2	3	4
Meat, fish and poultry	Milk and dairy products	Bread, cereals, beans and starchy vegetables	Fruit and leafy vegetables

Today, the focus of attention is to avoid eating too much of some foods, which in turn may help reduce the risk of heart disease, some cancers, diabetes, bowel disease and other illnesses.

The key to a healthy diet is balance. Eating a variety of foods will give you the nutrients your body requires to stay fit and healthy. The simple diagram opposite is a useful quick guide.

## EAT A VARIETY OF FOODS

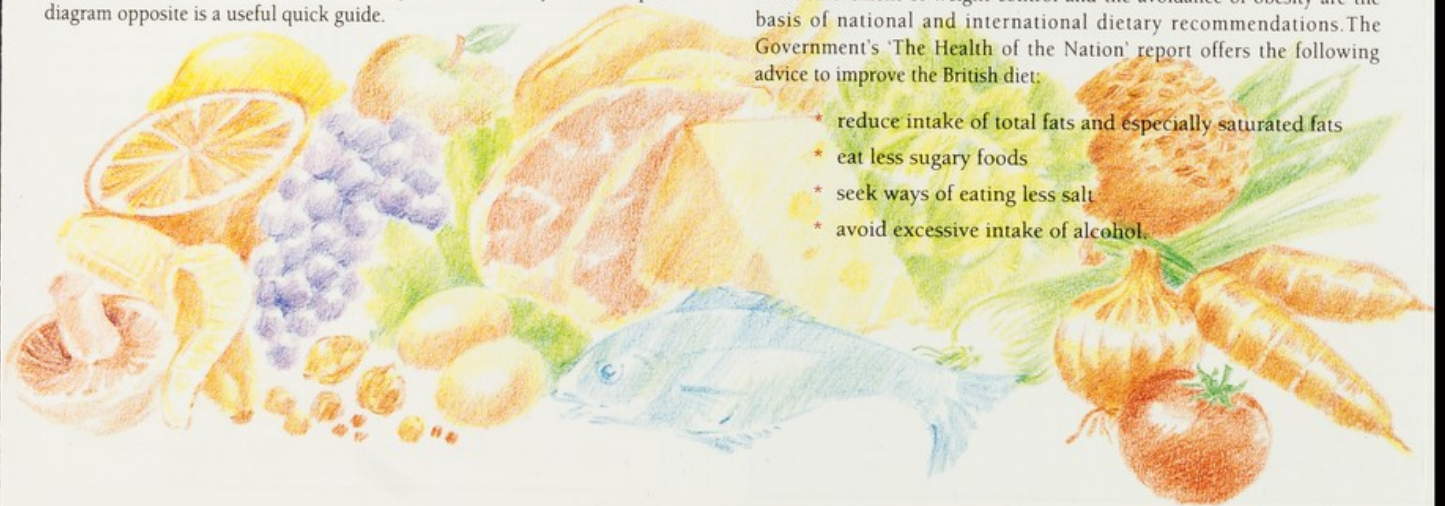


## WEIGHT CONTROL

Too many people in Britain are overweight. Over the last decade, the proportion of British adults (aged 16 - 64) who are overweight or obese has increased from 39 to 45 per cent of men, and from 32 to 36 per cent of women.

The achievement of weight control and the avoidance of obesity are the basis of national and international dietary recommendations. The Government's 'The Health of the Nation' report offers the following advice to improve the British diet:

- \* reduce intake of total fats and especially saturated fats
- \* eat less sugary foods
- \* seek ways of eating less salt
- \* avoid excessive intake of alcohol.



## HEALTHY EATING GUIDELINES

Today we all care about good nutrition and physical fitness. We are eating less red meat, more poultry and fish, more foods containing fibre like fresh vegetables and fruits, wholegrain cereals and wholemeal bread. However, Government and health organisations' reports show that there is still room to improve the way we eat to reduce the many diet-related illnesses in Britain today.

The good news is that with a little guidance and knowledge, eating your fill can be healthy as well as a pleasure.

### EIGHT GOVERNMENT GUIDELINES FOR A HEALTHY DIET

Enjoy your food

Eat a variety of different foods

Eat the right amount to be a healthy weight

Eat plenty of foods rich in starch and fibre

Don't eat too much fat

Don't eat sugary foods too often

Look after the vitamins and minerals in your food

If you drink alcohol, keep within sensible limits.



## FOOD, ENERGY & CALORIES

### FOOD, ENERGY AND CALORIES ARE CLOSELY RELATED.

The food we eat provides energy

Energy is measured in calories

Too many calories result in excess body fat

If we take in, through the food we eat, more energy (calories) than we use, then this excess energy will be stored as fat. That is why good eating habits and regular exercise are so important for a healthy lifestyle - they restore the balance. (see our Exercise section)

We measure energy from food and drink in calories or kilojoules. Those calories come primarily from the protein, fat and carbohydrates in foods. They give us different amounts of energy as you can see from the table below.

### ENERGY

Nutrient	Weight (gram)	Calories (kcal)	Kilojoules (kjoules)
Protein	1	4	17
Fat	1	9	37
Carbohydrate	1	4	17
Alcohol	1	7	29

So, the energy value of a particular food, and your total daily diet, depends on the combination of protein, carbohydrates and fat. As you can see fat provides, weight for weight, more than double the energy obtained from carbohydrates and protein.



## ASSESS YOUR HEALTH RATING

Answer the questions below, add up your score and then check your rating. This will give you a broad picture of how healthy a lifestyle you lead.

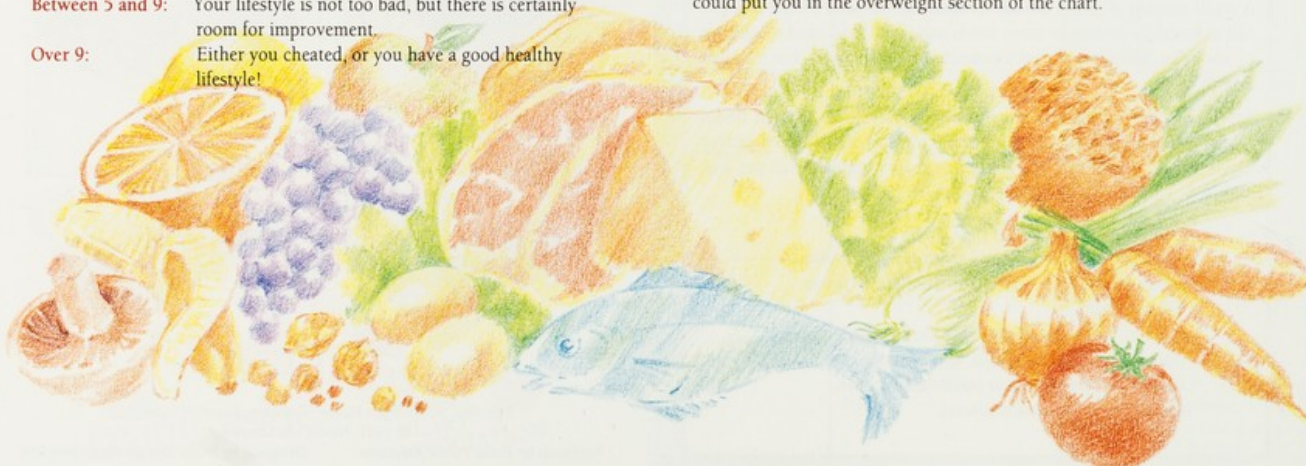
- 1 Do you consider your general health to be good?
- 2 Do you easily catch a cold or flu if a bug is floating around?
- 3 Do you sit down and watch TV more than four nights a week?
- 4 Do you sleep well?
- 5 Can you climb a flight of stairs two steps at a time without getting out of breath?
- 6 Can you still get into the clothes you bought over a year ago?
- 7 Are you happy with your body?
- 8 Can you touch your toes without bending your knees?
- 9 When you come back from the supermarket, do you often bring back crisps, soft drinks and biscuits?
- 10 Do you eat white bread rather than wholemeal bread?
- 11 Are you often irritable?
- 12 Do you take time off for yourself?

### HERE'S HOW YOU SCORE...

Give yourself 1 point if you answered no to questions 2,3,9,10 and 11.  
Give yourself 1 point if you answered yes to 1,4,5,6,7,8, and 12.

### HOW DID YOU DO?

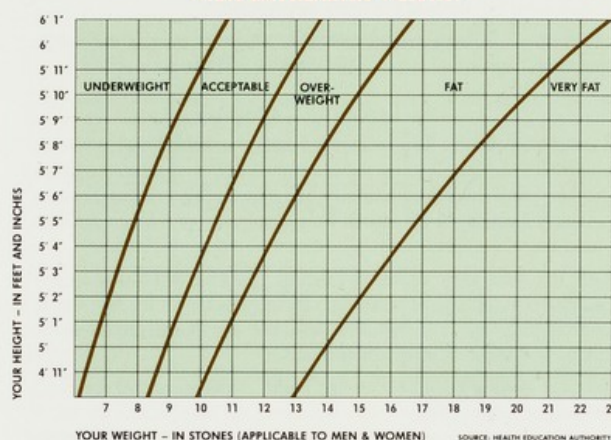
- Less than 5:** It's definitely time for a change.  
**Between 5 and 9:** Your lifestyle is not too bad, but there is certainly room for improvement.  
**Over 9:** Either you cheated, or you have a good healthy lifestyle!



## HEALTH DOES NOT COME FROM WEIGHT ALONE

Healthy eating is not just concerned with weight. Your weight may be fine, while your diet is unhealthy and you would be wise to change some of your eating habits.

### WHAT IS A HEALTHY WEIGHT?



You will have seen this sort of chart many times before. Please only use it as a guideline as it is just part of the whole picture. Also take into consideration how you feel and how you look. It may be that your body contains more muscle or heavier bone than the average person and that could put you in the overweight section of the chart.

## EXERCISE

A healthy lifestyle is not only concerned with the food we eat. Another important and complementary element is exercise. There are many very good reasons to exercise - here are just four:

- \* to use up the excess energy we consume in the food we eat
- \* to make the heart and lungs work more efficiently
- \* to tone the muscles, giving added strength and better posture
- \* to improve body shape and tone by eliminating fat.

### ARE YOU GETTING ENOUGH?









In our modern world we tend to eat as much as our ancestors did, but we don't use up as much energy. Most jobs today are less strenuous and modern machines and devices - cars and washing machines, for example - mean everyday living is physically less demanding.

Ask yourself, for instance, when you last walked or cycled to the shops instead of driving the car. When did you walk up the stairs instead of taking a lift? Increasing exercise doesn't mean going for a 5-mile run or bike ride every day. Just like your diet, you simply need balance and a few changes in habit to achieve a healthier lifestyle.

The table opposite gives a range of activities and shows how each one benefits the body and burns up calories. Ideally you should take some form of exercise three times a week, but if you are unfit, take any new activity slowly. Walking, swimming and cycling are good starters - don't begin with strenuous aerobics or circuit training. Gentle stretch classes are ideal, then as you lose weight, build up to more strenuous routines.

You are advised to consult your family doctor before starting any programme of exercise or weight loss as it is important that any special health considerations are taken into account. This may require regular individual consultation with a doctor or dietician to meet the special needs of specific medical conditions.



ACTIVITY	EFFECT	CALORIES BURNED PER 10 MINUTE WORKOUT
	<b>TENNIS</b> Improves co-ordination and strength, but can jar joints.	200
	<b>SWIMMING</b> Wonderful exercise for all ages. Builds strength, stamina and flexibility.	155
	<b>BADMINTON</b> Improves co-ordination but can jar joints.	150
	<b>SQUASH</b> Fast and exciting but does little to relax you. Not advisable for the unfit.	108
	<b>CYCLING</b> Exercises the lower body well which in turn boosts cardio-vascular work-out.	90
	<b>JOGGING</b> Good for stamina building but can jar joints.	70
	<b>WALKING</b> Brisk walking is a good first exercise.	50
	<b>HOUSEWORK</b> Low calorie burner - feels more energetic than it really is, probably because it's boring.	30