Live Healthier, Stay Healthier

Loughborough University

Centre for BME Health

Introduction

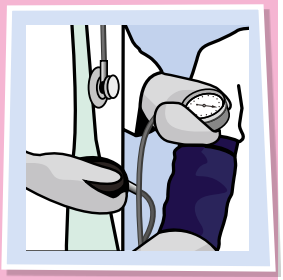
- In order to live healthier and stay healthier we have to eat healthier.

- To do this we need to manage the amount of fat salt and sugar we have in our diets.

- We may not recognise this but traditional African and African/ Caribbean foods and cooking styles can significantly increase our risk of health conditions.

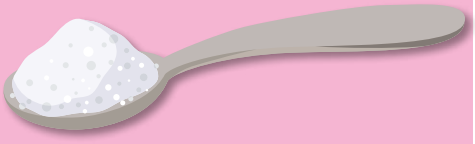
- This booklet provides guidance on the recommended amounts of fat, salt and sugar we should consume, draws attention to the risks of exceeding these recommended amounts, how to manage portion sizes, and how to cook traditional dishes in a healthier way.

How much salt?



Eating too much salt can raise your blood pressure, which increases your risk of developing heart disease or stroke.

⚠ **Adults should eat no more than 6g of salt a day. 6g of salt is about a teaspoonful.**



⚠ **But remember we're not just talking about the salt you add to your food because most of the salt we eat is already in everyday foods such as bread, breakfast cereal, pasta sauce and soup.**

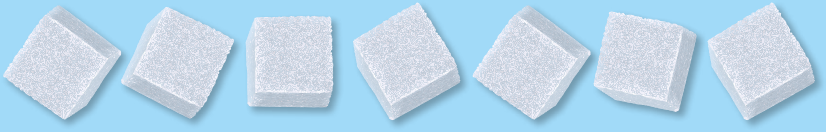
100g salt fish?

⚠ 19g salt ⚠ 3 teaspoons

How much sugar?

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

⚠ **Adults should aim to have no more than 30g/day, which is the same as 7 sugar cubes.**



⚠ **Remember it is not just sugar that you add to food/drink that counts. Many packaged foods and drinks contain surprisingly high amounts of sugars including some breakfast cereals, yoghurts and fruit juice drinks. Use the food label to help you choose foods lower in sugar.**

Ginger beer?

6 cubes

Lemonade?

3 cubes

Juice drink?

1.5 cubes

Cola?

2 cubes

How much fat?

There are two types of fats: saturated and unsaturated fats.

- **Eating too much fat can increase your weight, your risk of obesity and the amount of bad cholesterol in the blood, which increases your risk of developing heart disease.**
- **Saturated fats can be found in many foods such as fatty cuts of meat (goat and mutton), sausages, butter, cream, cheese, chocolate, cakes including bun, patties and pastries.**
- **The average man should have no more than 30g of saturated fat a day. The average woman should have no more than 20g of saturated fat a day.**

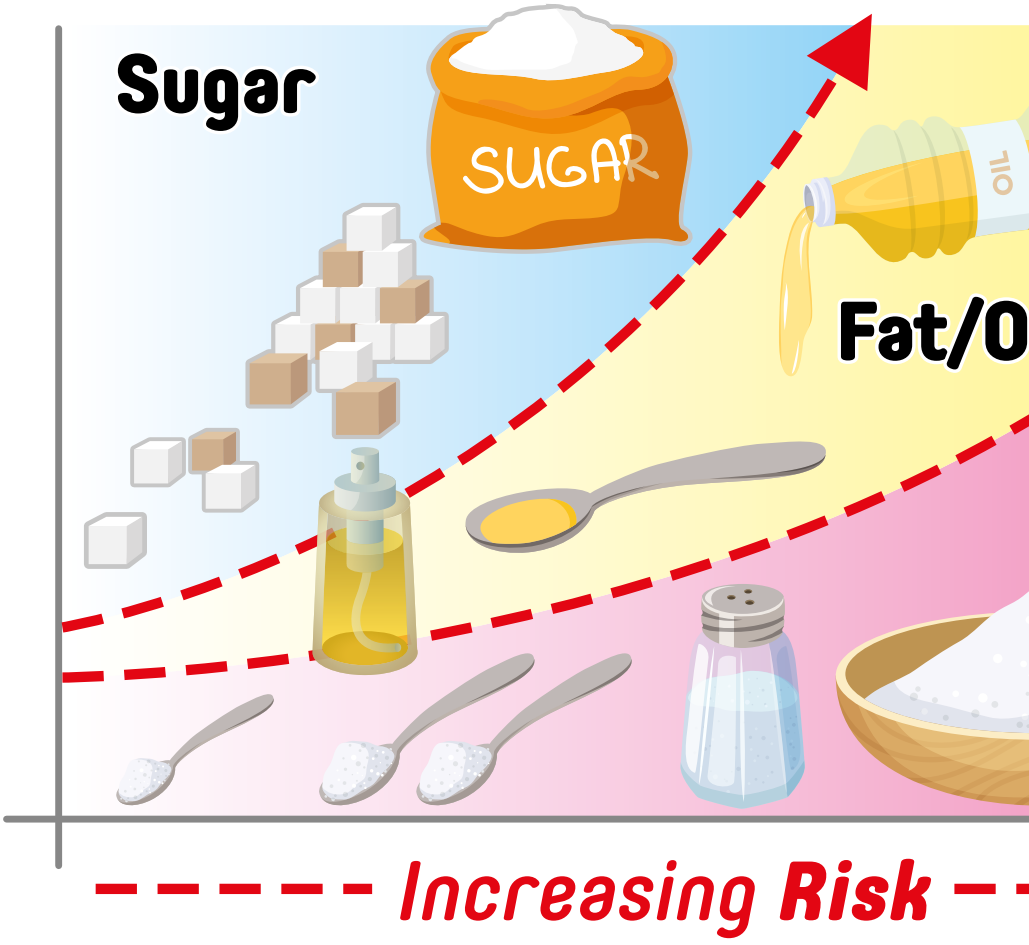
1 teaspoon of fat equals

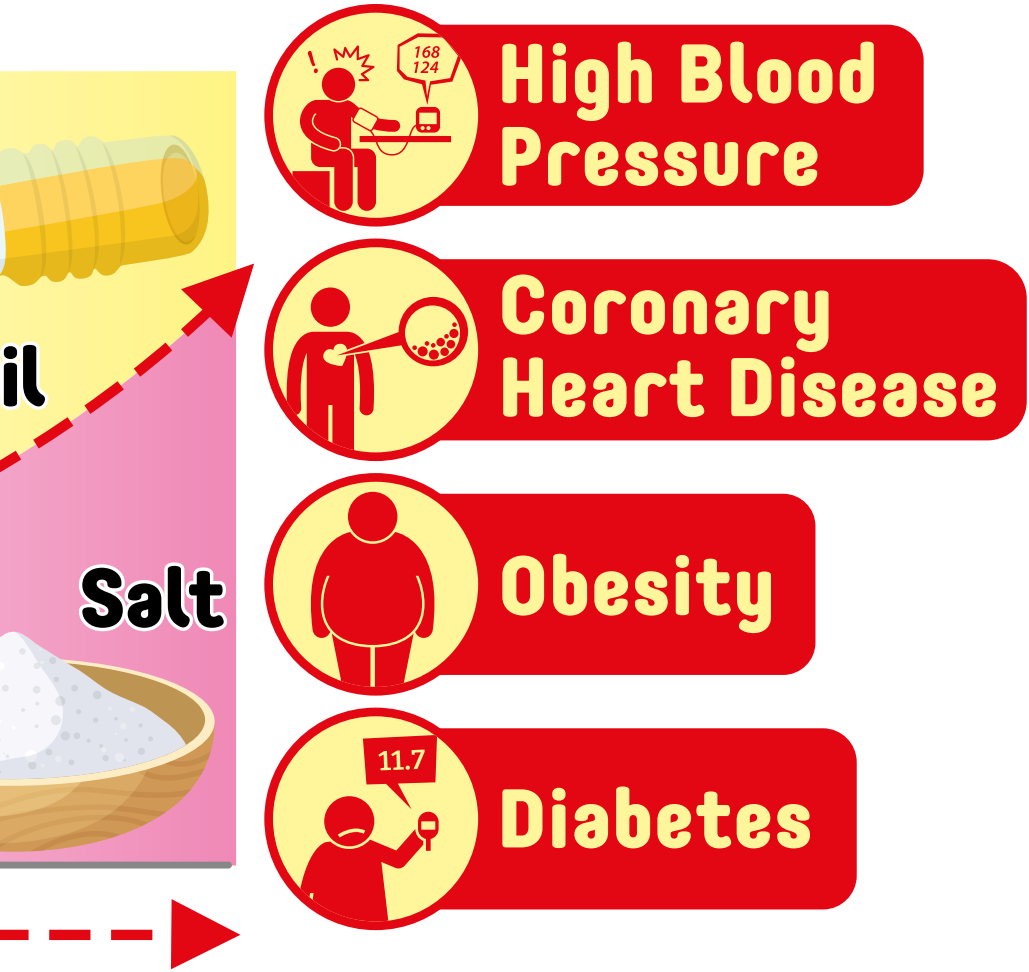
1
dumpling

100g
mayonnaise (full-fat)

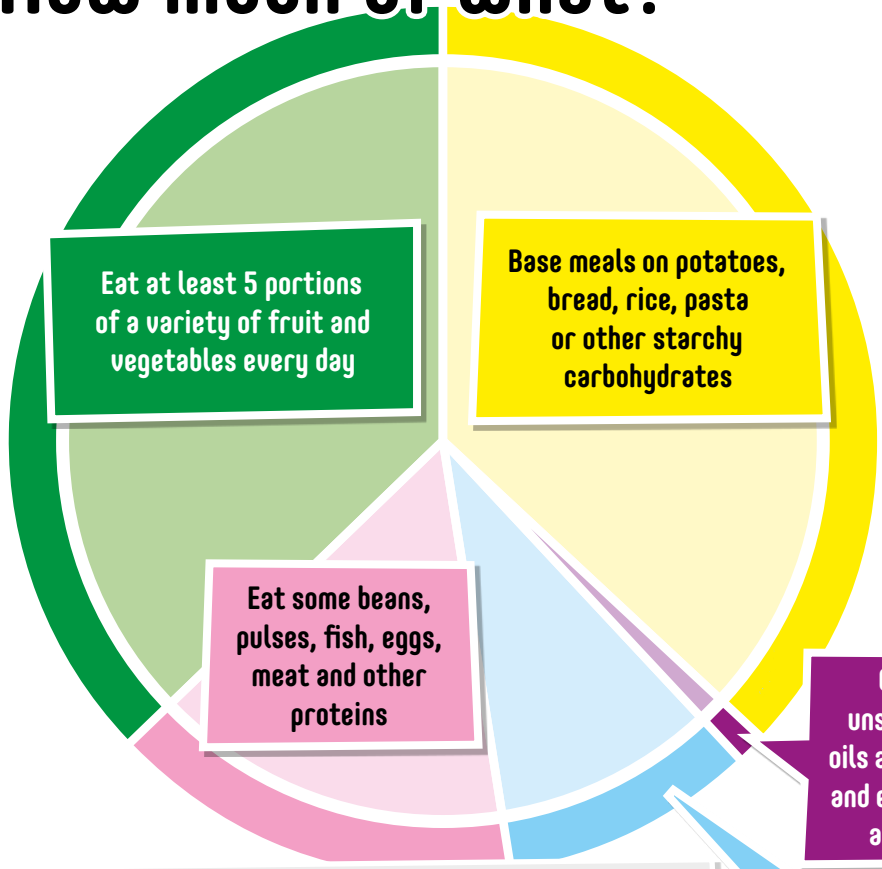
6.4g
condensed milk

Increasing Risk




il
Salt
168
124
High Blood Pressure
Coronary Heart Disease
Obesity
11.7
Diabetes

How much of what?



Tips for eating well:

1. Base your meals on starchy foods
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish each week
4. Cut down on saturated fat and sugar
5. Eat less salt – no more than 6g a day for adults
6. Get active and be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast

Which group?

Matching the food to the group -

Please tick which category the following foods belong to	Veg	Carbs	Proteins	Dairy	Oils
Plantain		✔			
Kidney beans			✔		
Rice		✔			
Sweet potato		✔			
Banana	✔				
Aubergine	✔				
Mayonnaise					✔
Mango	✔				
Yam		✔			
Squash	✔				
Pigeon peas			✔		
Cream				✔	

www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx

Making a difference

These examples show how you can make food and drink more healthily. They have been made with less salt, sugar and fat.

It might taste a bit different to start with, but it is worth reducing salt, sugar and fat. If you make changes a little at a time it will allow your taste buds to get used to the new flavours.

High sugar foods e.g. ginger beer or lemonade - Think about reducing the amount of sugar that you add, or use sugar alternatives such as stevia sweetener. Because sweeteners taste even sweeter than sugar you use less too. 1 teaspoon of sugar = 1/3 teaspoon of sweetener.

Protein foods e.g. chicken or fish - Look at the salt content of your seasoning. Traditional brands of Caribbean seasoning can contain over a teaspoon of salt in just 20g. If you make your own seasoning, you can control the amount of salt added. Also think about reducing the amount of fat e.g. by removing chicken skin, and baking, grilling or barbecuing instead of frying.

High fat foods e.g coleslaw - Think about making your coleslaw with reduced fat or light versions of mayonnaise and reduce the amount added.

Starchy carbohydrates e.g. rice - These are good staples to the diet and provide energy, but think about how they are cooked and served. Rice for example doesn't need extra butter (fat) and salt. Also try dumplings without lots of sugar or butter. Try using a teaspoon as a guide, and gradually reduce amounts of salt, sugar and fat to let your tastebuds catch up.

Vegetables e.g. cabbage, green beans or squash - Try cooking the vegetables without oil for example by steaming or boiling. Also think about reducing how much salt you add to a full pan/pot of vegetables.

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