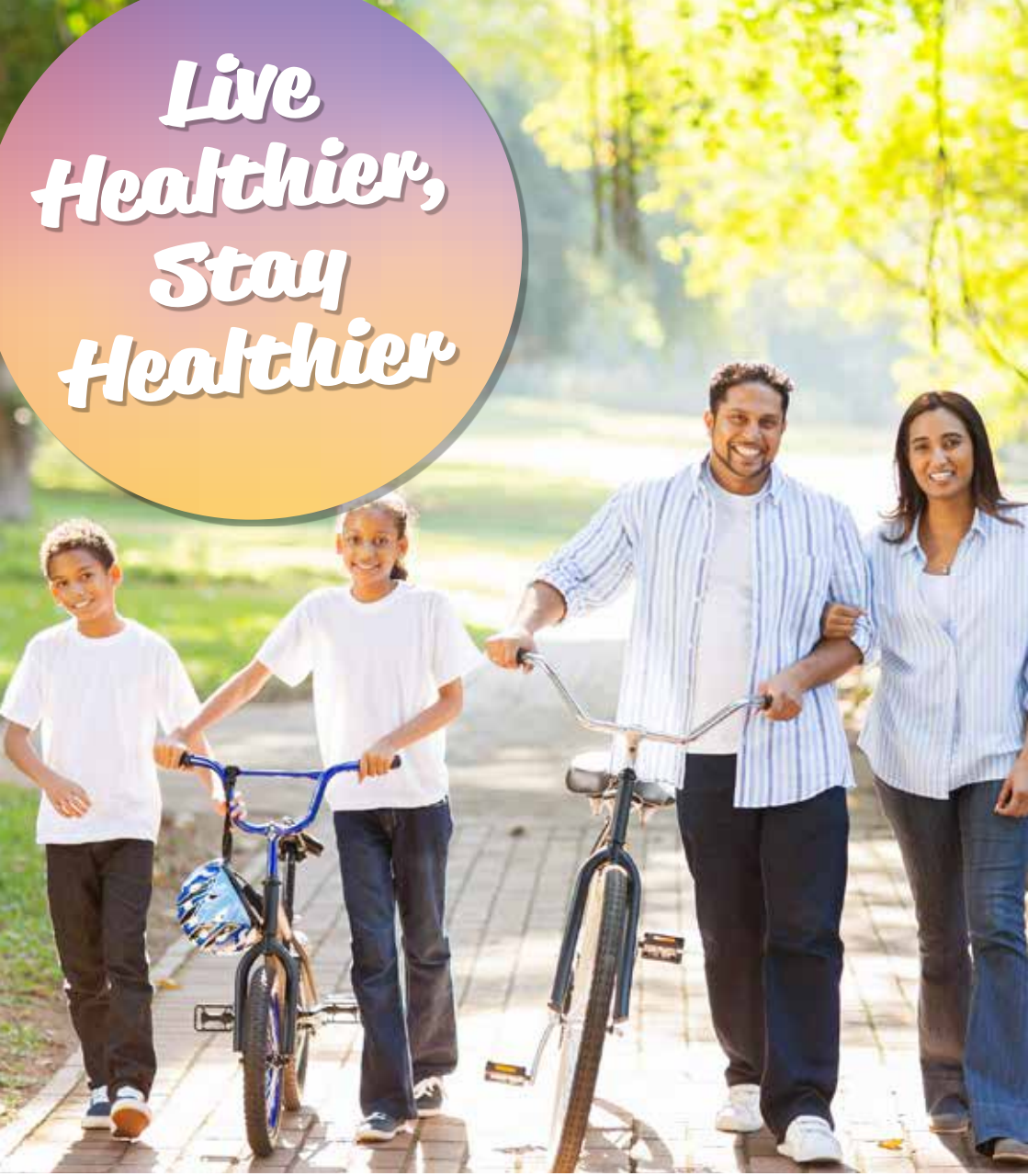
Live Healthier, Stay Healthier



Loughborough University

Centre for BME Health
East Midlands

Introduction

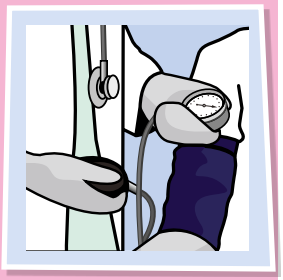
- In order to live healthier and stay healthier we have to eat healthier.

- 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 South Asian foods and cooking styles can significantly increase our risk of health conditions.

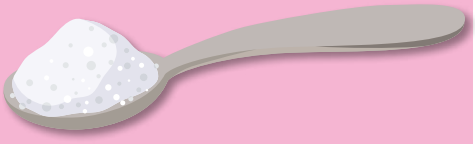
- This booklet provides guidance on the recommended amounts of fat, salt and sugar we should consume, draws attention to the risks of exceeding these recommended amounts, how to manage portion sizes, and how to cook traditional dishes in a healthier way.

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.**



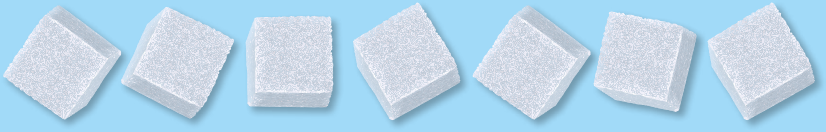
⚠ **But remember we're not just talking about the salt you add to your food because most of the salt we eat is already in everyday foods such as bread, breakfast cereal, pasta sauce and soup.**

Just a handful of bombay mix can contain 1g of salt.

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.**

One carton (280ml) of mango juice drink contains up to 8 cubes of sugar.

Try swapping for a small glass of mango juice or a piece of fruit.

One sweet is equal to 4 cubes of sugar. Keep sweets and desserts as occasional treats.

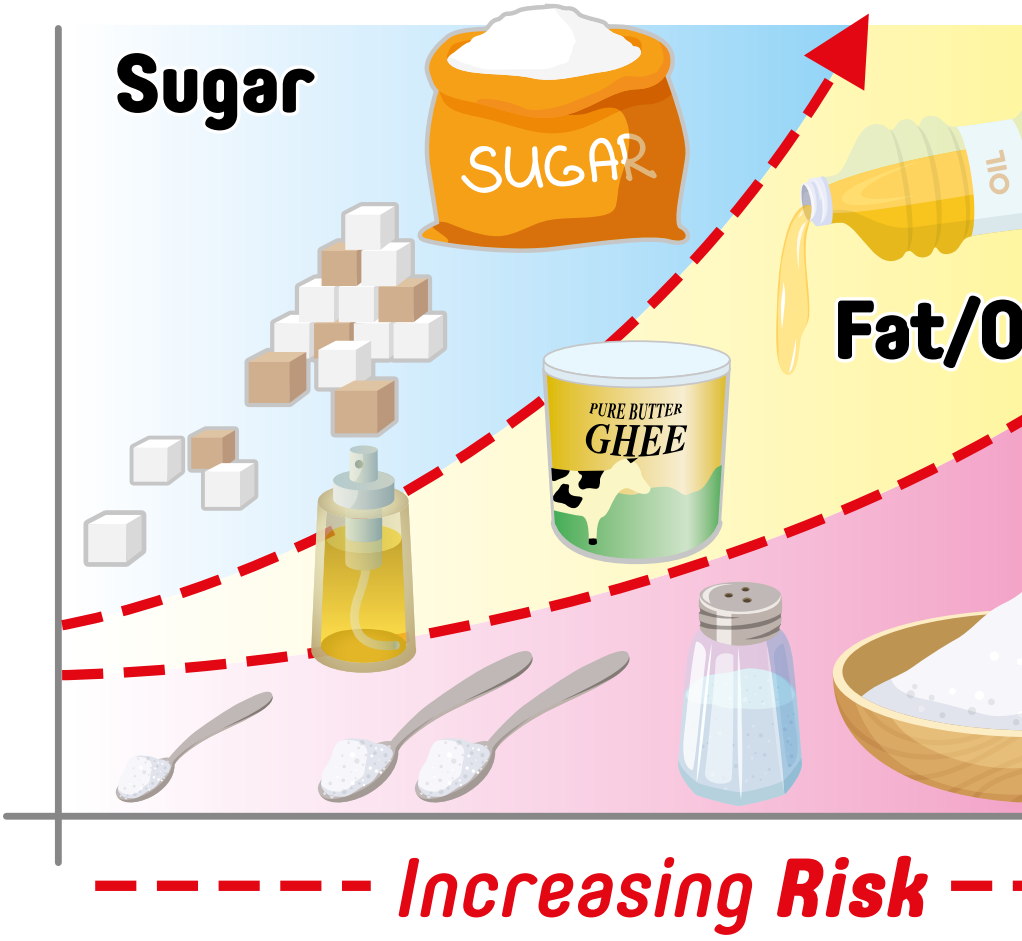
How much fat?

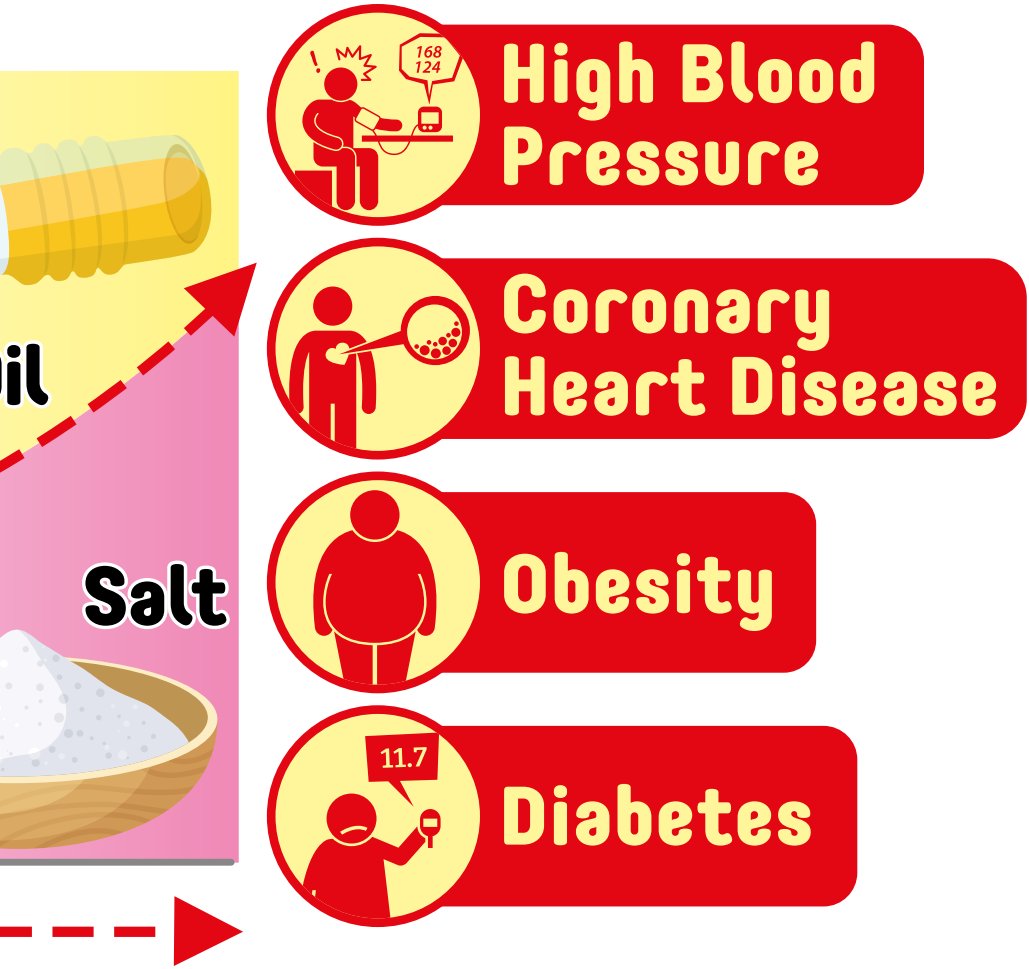
There are two types of fats: saturated and unsaturated fats.

- **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.**
- **Fat has twice as much energy (calories) in a gram (g) compared to starchy or protein foods. Even a small amount can make a difference to your weight or waistline. Try measuring out the fat or oil you use when cooking, as every bit counts.**

Up to one quarter of a samosa, pakora or paratha is fat. Think about how they made, and cooked. Use as little fat and oil as possible.

Increasing Risk

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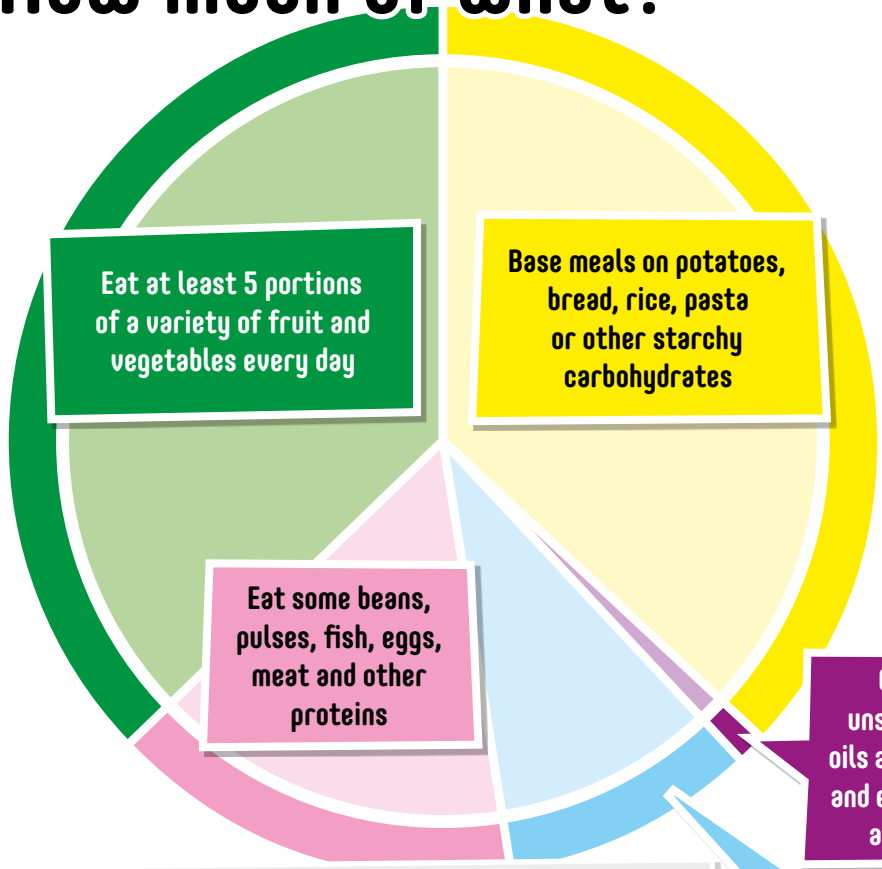
Salt
168
124
High Blood Pressure
Coronary Heart Disease
Obesity
11.7
Diabetes

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
Chapatti		✔			
Lentils			✔		
Basmati Rice		✔			
Potato		✔			
Banana	✔				
Aubergine	✔				
Ghee					✔
Mango	✔				
Kerala (bitter gourd)	✔				
Spinach	✔				
Chick peas			✔		
Yoghurt				✔	

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 and high fat drinks e.g. mango juice drink, lassi, or chai. Think about swapping to a low fat yoghurt or milk. Don't add extra sugar but use fruit to sweeten. Swap to a fruit drink with no added sugars.

High protein Protein foods e.g. chicken, fish or lentils. Think about how much salt and fat you add when cooking.

Starchy carbohydrates e.g. rice, breads and potato
These are good staples to the diet. But, think about how many of these you have at each meal. Portions add up. How many of them do you have?

Vegetables or salad e.g. spinach, okra, kerala or green beans. Try to have at least half a plate full of these at each meal. They contain essential vitamins and minerals.
If you are not keen on vegetables, try using fruit as a snack or in a meal e.g. for breakfast.

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