

## Fats

A small amount of fat in the diet is essential for your health, but eating too much fat is linked to a higher risk of coronary heart disease, and becoming overweight.

There are two main types of fat – saturates and unsaturates.

Eating too many foods that are high in saturates increases cholesterol levels in the blood, so keep these to a minimum. Meat, butter and other spreads provide most of the saturates in our diet. Pies, cakes, biscuits and chocolates are also high in saturates.

Some unsaturates (which include polyunsaturates and monounsaturates) are necessary in small quantities for good health. Rich sources of unsaturates are vegetable oils, such as rapeseed, sunflower, corn, soya and olive oils, soft margarine's labelled 'high in polyunsaturates', nuts, and oily fish such as herring, mackerel and sardines. Try to eat oily fish more often – aim for once a week.

### How to eat less fat

- Choose low – or reduced-fat spreads (preferably high in mono or polyunsaturates).
- Use semi-skimmed or skimmed milk
- Try using low-fat yoghurt, or low-fat fromage frais instead of cream, evaporated or condensed milk.
- Avoid oily salad dressings and mayonnaise
- Cut down on crisps, chocolates, cakes, pastries and biscuits
- Remove the skin from chicken and turkey before cooking
- Grill, microwave, steam, poach, bake or boil food rather than frying
- Buy the leanest cuts of meat you can afford, and trim off all the visible fat
- Cut down on fatty meat products eg beefburgers, sausages, mince & pies.
- Use as little oil and fat for cooking as possible.

## Sugar

Sugar contains only calories, with no other nutrients, and eating sugary foods and drinks too often is a major cause of tooth decay. If you are overweight, cutting back on sugar is one of the easiest ways to cut calories without losing nutrients.

### How to cut down on sugar

- Try drinking tea and coffee without sugar.
- When buying soft drinks, choose low-calorie ones or unsweetened fruit juices.
- Buy fruit tinned in natural juices rather than in syrup.
- Go easy on cakes, biscuits, burfi, sweet pastries, sweets and chocolate.
- Cut down on jam, marmalade, syrup, treacle and honey.
- Try halving the sugar you use in recipes. It works for most things (except jam, meringues and ice cream).
- Use low-sugar varieties of bought puddings and desserts.

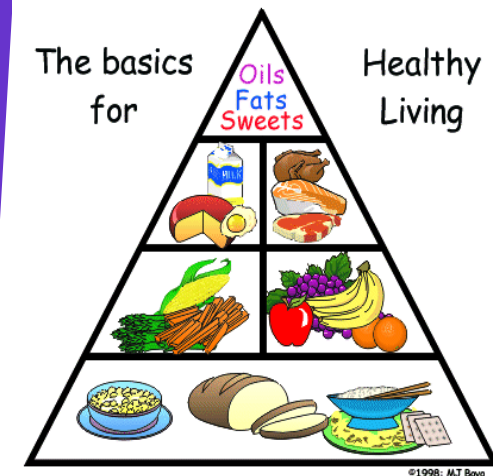
### How to eat less salt

Too much salt in the diet can lead to high blood pressure, which can cause coronary heart disease, kidney disease and strokes. Most of us eat more salt than we need. On average, our salt intake needs to be reduced by around one third.

- Use less salt in cooking.
- Always taste food before adding salt. Get out of the habit of putting salt on food automatically.
- Cut down on crisps, salted nuts and other salty snacks.
- When buying tinned vegetables choose ones marked 'No added salt'.
- Cut down on salted meats like bacon, gammon and salt beef.
- Stock cubes are very salty. Try making your own stock or using less stock cube and more herbs and spices for flavour.
- Many ready-prepared savoury dishes and sauces can be very salty. Check the label for those with less added salt.



## Yemeni Community Association in Sandwell



0121 525 3909

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# Healthy Eating

Experts agree that a good diet is important for health. Follow these simple guidelines for healthy eating:

- 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.
- Eat plenty of fruit and vegetables.
- Don't eat too many foods that contain a lot of fat.
- Don't have sugary foods and drinks too often.  
If you drink alcohol, drink sensibly.

## The balance of good health

For most people, the move towards a healthy, balanced diet means eating more bread, breakfast cereals, potatoes, pasta, rice and more fruit and vegetables. The key to a healthy diet is simple: it is recommended that you eat a variety of food from the five groups illustrated, in the proportions shown. These are: meat fish and alternatives; milk and dairy foods; fruit and vegetables; bread cereals and potatoes, and foods containing fat and sugar.

## Bread, other cereals and potatoes

- Includes bread, chapattis, breakfast cereals, pasta, noodles, rice, potatoes, sweet potatoes, and dishes made from maize, millet and corn-meal, green bananas and plantains, beans and lentils. Make these foods the main part of your meals. Choose high-fibre kinds whenever you can.

## Fruit and vegetables

- Includes all fresh, frozen and canned fruit and vegetables, salad vegetables, beans and lentils. These are all a good source of fibre, vitamins and minerals.
- Try to eat at least five portions of fruit and vegetables every day. Include some vegetables, some salad and some fruit. Choose a wide variety.

## Milk and dairy foods

- Includes milk cheese, yoghurt and fromage frais. Whenever possible use lower-fat versions of these foods.

## Meat, fish and alternatives

- Includes all types of meat, poultry and fish – including meat products (e.g. beefburgers) and fish products (e.g. fish fingers). Eggs, beans and lentils, nuts and nut products, textured vegetable protein and other meat alternatives are also in this group. Whenever possible use lower fat versions of these foods.

## Foods containing fat and foods containing sugar

- Includes foods to be used sparingly like butter, margarine, low-fat spreads, cooking oils, mayonnaise and oily salad dressings;
- Includes foods to be enjoyed as treats such a

biscuits, cakes, puddings, ice cream, chocolate, sweets, crisps, sugar and sweetened drinks.

Try not to eat these often and when you do, have small amounts.

## Starch and Fibre

Foods like bread, breakfast cereals, pasta, potatoes, rice and sweet potatoes are the main sources of starch and fibre in our diets. They are also a good source of other nutrients and most of us need to eat more of these foods.

Many people believe that starchy foods are fattening. But they're not, unless they are served, or cooked, with fat. For example, chips contain around three times as many calories as boiled potatoes.

Wholegrain varieties of starchy foods are a particularly good choice. Foods such as wholemeal bread, brown rice and wholegrain pasta are rich in the type of fibre which helps to prevent constipation. They also contain more vitamins (including folic acid) and minerals. They're also more filling.

## Folic acid

Try to eat more breads and cereals fortified with folic acid.

Fruit and vegetables also contain fibre. The type of fibre found in fruit and vegetables (and oats and beans) may help to keep blood cholesterol levels down.

When you have plenty of fibre in your diet you need to make sure that you also drink plenty of fluid.