

Food and Nutrition Knowledge Organiser: Year 9



Dietary Guidelines

In response to the increase in obesity and diabetes Health experts and the government have produced a set of Dietary Guidelines and an Eatwell Guide to help people make informed choices when they are deciding what to eat. The aim is to:-

- Reduce amount of fat—particularly animal fat.
- Reduce amount of sugar in diet.
- Reduce the amount of salt.
- Increase the amount of fibre.

Traffic Light Labelling

Many front-of-pack labels use the traffic light system. It was devised to help consumers make a healthier choices. The colours indicate if a food is high (red), medium (amber) or low (green) in fat, saturated fat, sugar and salt.

It also indicates the percentage of an adults daily intake for each of the nutrients mentioned.

Each serving (150g) contains				
Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%
of an adult's reference intake				

Guideline 1 – Reduce Fat Intake Fat is used by the body for energy if more energy is taken in than used the body stores this as body fat – this can lead to a condition called obesity. A diet high in fat particularly saturated fat (animal fat) can lead to the arteries becoming blocked and coronary heart disease.

We can reduce the amount of fat in our diet by:-

- Changing cooking habits - grilling or baking foods rather than frying.
- Visible fat (e.g. the white fat on bacon) should be trimmed away.
- Red meat could be replaced with chicken (without skin) and fish which are naturally lower in fat.
- Choose lower fat alternatives e.g. reduced fat cheese, semi-skimmed milk.
- Reduce the amount of ready meals or takeaways eaten.
- Changing butter for a polyunsaturated spread will lower the saturated level.

Guideline 2 – Reduce Sugar Intake Sugar contains just energy if we take in more than we need the body stores it as fat. High levels of sugar in the diet are also linked to tooth decay and type 2 diabetes.

We can reduce the amount of sugar by:-

- Swapping drinks for sugar free alternatives.
- Reducing the amount of cakes and biscuits eaten.
- Check labels for hidden sugar.
- Get rid of the “sugar bowl”.

Guideline 3 – Reduce Salt It is recommended that an adult eats a maximum of 6g of salt per day. High levels of salt in the diet are linked to high blood pressure which is a risk factor for coronary heart disease. It also puts strain on the kidneys.

We can reduce the amount of sugar by:-

- Not adding salt to meals and using other flavourings e.g. spices
- Reducing the number of takeaway and ready meals which have high salt levels.
- Use of “Lo salt” as a replacement for salt.
- Switching to low salt/sodium versions e.g. stock cubes.
- Avoiding salty foods such as crisps, nuts, bacon, ham.
- Read nutritional labels

Guideline 4 – Increasing the Amount of Fibre Fibre is needed by the body as it helps keep the digestive system working and food moving through it. If you don't consume enough fibre it can lead to constipation, bowel and colon cancer and heart disease.

We can increase fibre by:-

- Using wholewheat, wholemeal and high-fibre white breads rather than ordinary white bread.
- Using a proportion of wholewheat or wholemeal flour instead of white flour in products
- Using wholewheat pasta rather than pasta made with white flour
- Using brown rice
- Increasing the amount of fruit and vegetables eaten and where possible eating the skins.
- Include more beans, lentils and other pulses in dishes.