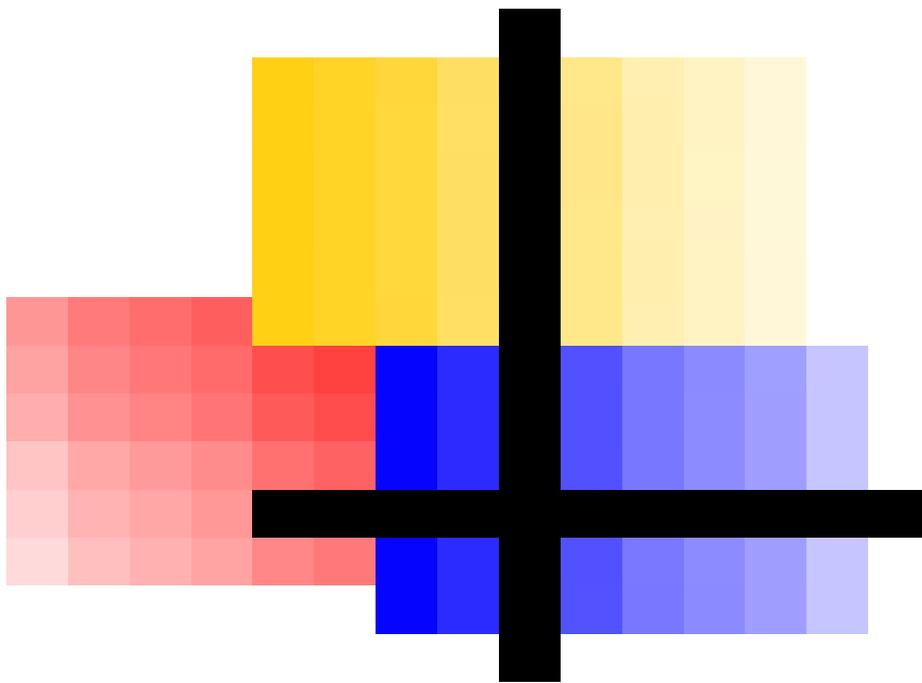


GIBRALTAR HEALTH AUTHORITY

**DEPARTMENT OF NUTRITION &
DIETETICS**



HEALTHY EATING ADVICE

Healthy Eating

Eating is something you do every single day and probably take for granted. By eating more healthily you can reduce your risk of heart problems.

An unhealthy diet can lead to overweight and high blood cholesterol levels. Everybody has cholesterol in their blood - it is essential. However, high blood cholesterol levels can lead to fatty deposits developing inside the walls of arteries - if this continues to build up over the years it can obstruct the blood supply resulting in a heart attack.

How can you eat more healthily?

1) Try to eat at least 5 portions of fruit and vegetables a day.

You can achieve this in the following way :

- having at least one vegetable at both lunch and dinner,
- eating more pulses like lentils, chickpeas, baked beans, kidney beans, broad beans
- having fresh or tinned fruit (in natural juice) as a dessert or snack.

2) Eat more cereals, pasta, rice, bread, potatoes, chapattis, pitta bread. Base your meals on these starchy foods and try the high fibre varieties e.g. wholemeal bread, brown rice, jacket potatoes, high fibre cereals to increase your fibre intake.

3) Eat less sugary foods by choosing unsweetened fruit juices, low-calorie soft drinks, cutting down on cakes, biscuits, chocolates and sweets. Many of these are also high in fat.

4) Cut down on your salt intake. Avoid adding salt after cooking

and at the table. Try boiling rice, pasta and vegetables without salt especially if they are going to be eaten with a sauce. Try experimenting with herbs and spices instead. Most of the salt in our diets comes from convenience foods and snacks such as packet foods, tinned foods, stock cubes, crisps and nuts. Try cutting down on these and prepare foods from the original ingredients.

What about fats?

Saturated fats :

A diet high in saturated fats increases the level of cholesterol in the blood which, in turn, is harmful for your heart.

Saturated fats usually come from animals - it can be found in the skin of the chicken, the visible fat of the meat, tocino, processed meats such as chorizo, morcilla, sausages, hamburgers, meat pies. They are also in dairy products such as full-fat milk, butter and cheese. Palm and coconut oil also contain saturated fats.

Unsaturated fats :

Unsaturated fats usually come from vegetables. There are 2 types - monounsaturates and polyunsaturates.

Monounsaturated fats are found in olive oil, rapeseed oil, oily fish such as sardines, tuna, salmon and nuts.

Polyunsaturated fats are found in vegetable oils such as sunflower, corn, soya oils and margarines labelled high in polyunsaturates.

Unsaturated fat has no adverse effect on your cholesterol levels but oils and spreads should be used sparingly because all fats are

high in calories. It is important to cut down on fat altogether and replace some saturated fats with unsaturated fats.

What changes can I make ?

1) Try using semi-skimmed milk instead of full-cream milk. Also try low-fat yoghurts and lower fat cheeses like half-fat cheddar, Edam, Gouda, low-fat cheese spreads, cottage cheese.

2) Instead of butter try using margarine high in polyunsaturates/monounsaturates or a low-fat spread such as Flora Light, Vitalite Light, Olivite, Delight.

3) Try to buy lean meat and eat smaller portions of these. Use more chicken and fish and try adding more vegetables and pulses to stews.

4) All fish is good for you. Oily fish should be eaten 2-3 times a week.

5) Cut down on fried foods and try grilling, stewing, roasting or microwaving foods instead. Remember, churros, tortapatata, carne empanada and croquetas are all forms of fried food.

It is important to eat 3 regular meals a day. By missing meals you are more likely to eat more food at the next meal and very often it is the wrong type of food.

Alcohol is not harmful if it is drunk in moderation. The recommended safe limits are:

Men 21 units per week

Women 14 units per week

1 unit = 1/2 pint beer or 1 glass wine or 1 measure of spirits

Some healthy alternatives

High energy foods

Sugar (white/brown)

Jam, marmalade, honey

Fizzy drinks, fruit squashes
Sugary drinks e.g. Suntop, Fruit Shoots

Chocolate biscuits, Sweet biscuits e.g.
Custard creams, Jam tarts

Cakes, Japonesas, Doughnuts

Tinned fruit in syrup

Yoghurt, Custard, Rice pudding, Flan

Ice creams e.g. Magnum, Cornetto,
Whipped ice cream, Choc ice

Sugary cereals e.g. Sugar Puffs, Frosties,
Cocopops

Fatty meats e.g. kebabs, burgers,
corned beef, sausages, chorizo,
morcilla, chicken skin,

Fried foods e.g. churros, chips

Crisps, sweets, chocolates

Healthy alternatives

Sweetener if necessary (e.g. Canderel,
Sweet 'n' low)

Reduced sugar varieties

Diet fizzy drinks, no-added sugar squash,
Water

Plain biscuits e.g. Rich Tea, Digestives,
Garibaldi, Fruit shorties

Cut down the quantities. Try scones or
the above biscuits.

Tinned fruit in natural juice, all fresh
fruit

Low-fat yoghurts, low-fat custard and
rice pudding

Ice-lollies e.g. Rocket, Orange Maid, but
careful with quantities

Plain and high fibre cereals e.g,
Cornflakes, Porridge, Weetabix, Fruit n'
Fibre

Cut down quantities and remove
any visible fat off the meat

Use other methods of cooking e.g. stew,
grill, bake, etc

Cut down total amount