



# Diet and Good Health

## Keywords and definitions:

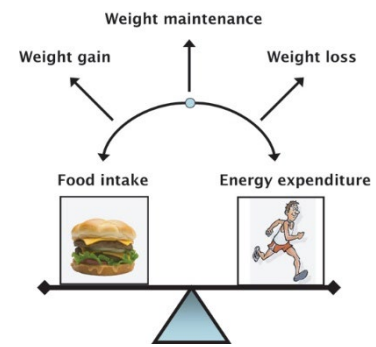
- Anorexia:** an emotional and mental health disorder characterized by an obsessive desire to lose weight by refusing to eat.
- Basal Metabolic Rate (BMR):** the energy needed by the body to power your internal organs when completely at rest
- Body Mass Index (BMI):** a measure that adults can use to see if they are healthy weight. The ideal BMI is between 18.5 and 25
- Bulimia:** an emotional and mental health disorder characterized by a distorted body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by fasting or self-induced vomiting or purging.
- Colostrum:** the first milk produced by a breast feeding mother
- Energy Density:** the amount of energy, calories (Kcal) or kilojoules (KJ) a food contains per gram. Fat = 9 Kcal per g, Protein = 4 Kcal per g, Carbohydrate = 4 Kcal per g.
- Estimated Average Requirements (EARs):** tables used by nutritionists that provide guidelines to the energy needs of individuals at various stages of life.
- Ethical:** decisions or actions taken on the basis of strongly help moral beliefs or intellectual principles
- Foetus:** a baby still in the womb
- Halal:** meat that can be eaten by Muslims because it has been killed in accordance with Islamic law
- Haram:** forbidden or proscribed by Islamic law
- Kosher:** food that conforms to Jewish dietary law
- Lethargy:** a lack of energy and enthusiasm
- Malnutrition:** is a result of under-consumption of nutrients. Anorexia and bulimia can lead to malnutrition symptoms.
- Menstruation:** the monthly process the female body goes through to discharge the lining of the uterus; takes place from puberty to menopause.
- Osteoporosis:** a disease common in old age. Bones become weak and brittle. A calcium and vitamin rich diet is needed for bone strength.
- Physical Activity Level (PAL):** the energy needed by the body for movement of all types
- Puberty:** the stage of life when adolescents become mature and become capable of sexual reproduction.
- Reference Intake (RI):** the approximate amount of a nutrient provided by a portion of food.
- Weaning:** to introduce a baby to solid food.

## Eat Well Guide and Government Guidelines:



- The Eatwell Guide shows the proportions of food groups that should be eaten daily in a well-balanced diet. There are 8 main government guidelines for a healthy diet
- Base your meals on starchy carbohydrates
  - Eat lots of fruit and veg (5-7 portion a day)
  - Eat plenty of fish, including oily fish
  - Cut down on saturated fat and sugars
  - Eat less salt – no more than 6g a day
  - Get active and maintain a healthy weight
  - Drink 6-8 glasses of water a day
  - Always eat a healthy breakfast

## Energy Balance:



- Energy balance is when you use the same amount of energy that you intake through food. This results in weight maintenance.
- Too much energy intake can result in weight gain.
- Too little energy intake can result in weight loss and lethargy.
- You can work out how much you should be eating:  $BMR \times PAL = EAR$
- Guidelines suggest at least 60 minutes of activity a day.

## Life Choice Nutritional Needs:

- **Pregnancy:** A healthy diet to ensure the baby receives the essential nutrients required for development. Folate (folic acid) is needed for the development of the neural tube of the foetus. The baby's bones need a good supply of calcium. An iron rich diet is needed to create a supply of iron for the baby. Constipation is common so a high fibre diet is needed.
  - **Vegetarian:** Do not eat meat, fish, poultry or gelatin.
  - **Ovo-Lacto Vegetarians:** eat eggs and dairy (but only cheese made with vegetable rennet)
  - **Lacto Vegetarian:** eat dairy and honey but do not eat eggs
  - **Vegan:** Do not eat any food with an animal origin, this includes things like honey and avocado.
- People are often Vegetarian / Vegan due to ethical reasons. They must get their iron, Vitamins D and B12 from other sources to prevent malnutrition.

## Nutritional Age Needs:

- **Babies:** Newborn babies only drink milk for the first 4-6 months before being weaned. First milk is called colostrum. Human milk provides all nutrients except iron, babies are born with an iron store in their liver.
- **Children:** 1-3 yrs grow quickly so needs a well balanced diet for development. Toddlers are very active and need a good supply of fat for energy, this also helps with brain and nervous system development. New foods should be introduced in an attractive and appealing way. They should avoid sweets, fizzy drinks, sugary foods.
- **Teenagers:** Rapid growth and puberty occurs. They need a higher amount of nutrients and energy. Boys need protein for muscle growth. Girls need more iron to replace blood loss during menstruation, they are prone to iron-deficiency anaemia.
- **Adults and Older People:** Adults need to maintain a healthy balanced diet to keep the body working properly and prevent diet-related problems. In older people, energy requirements decrease so they need smaller portions and less calories. They must keep hydrated and drink plenty of fluids. Osteoporosis may occur and so a diet high in calcium and vitamin D is needed to strengthen bones.

## Religious Needs:

Judaism	<ul style="list-style-type: none"> <li>• Shellfish or pork</li> <li>• No dairy food eaten in the same meal as meat</li> <li>• Only Kosher meat can be eaten</li> </ul>
Hinduism	<ul style="list-style-type: none"> <li>• No beef or beef products &amp; will avoid pork</li> <li>• Some Hindus Practice Fasting</li> <li>• Foods such as onion, garlic and alcohol, thought to "excite" the body are forbidden</li> <li>• Many Hindus are Vegetarian</li> </ul>
Islam	<ul style="list-style-type: none"> <li>• No pork</li> <li>• Only Halal meat can be eaten</li> <li>• Haram foods cannot be eaten</li> <li>• Ramadan is a fasting month, at the end of Ramadan Eid-ul-Fitr takes place</li> </ul>
Sikhism	<ul style="list-style-type: none"> <li>• No beef</li> <li>• Many Sikhs are vegetarian or Ovo-lacto vegetarian</li> </ul>
Christianity	<ul style="list-style-type: none"> <li>• No particular dietary requirements, though some foods are associated with celebrations e.g. pancakes on shrove Tuesday and hot cross buns at Easter</li> </ul>
Buddism	<ul style="list-style-type: none"> <li>• Vegetarian</li> </ul>
Rastafarianism	<ul style="list-style-type: none"> <li>• Vegetarian or Vegan</li> <li>• White fish are sometimes eaten (but no shellfish)</li> </ul>