

Professional Diploma in Nutrition

Module 1

Lesson 4: Diets of the World



EQF Level 5
Professional Diploma



Nutritional Guidelines

- Helps you make smarter choices from every food group
- Get the most nutrition out of calories
- Find balance between food and physical activity
- Stay within calorie needs



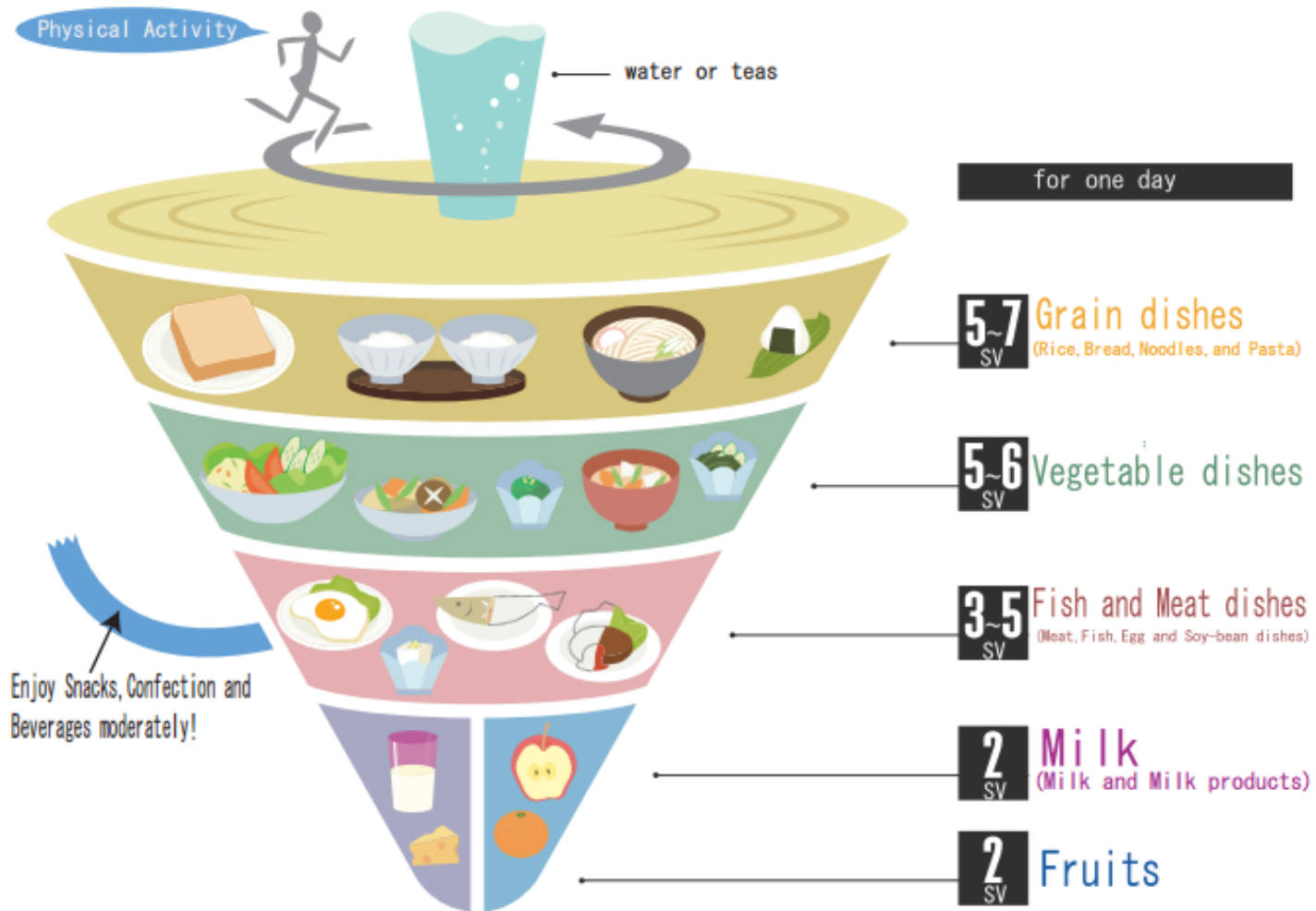


Risk of NOT following Guidelines

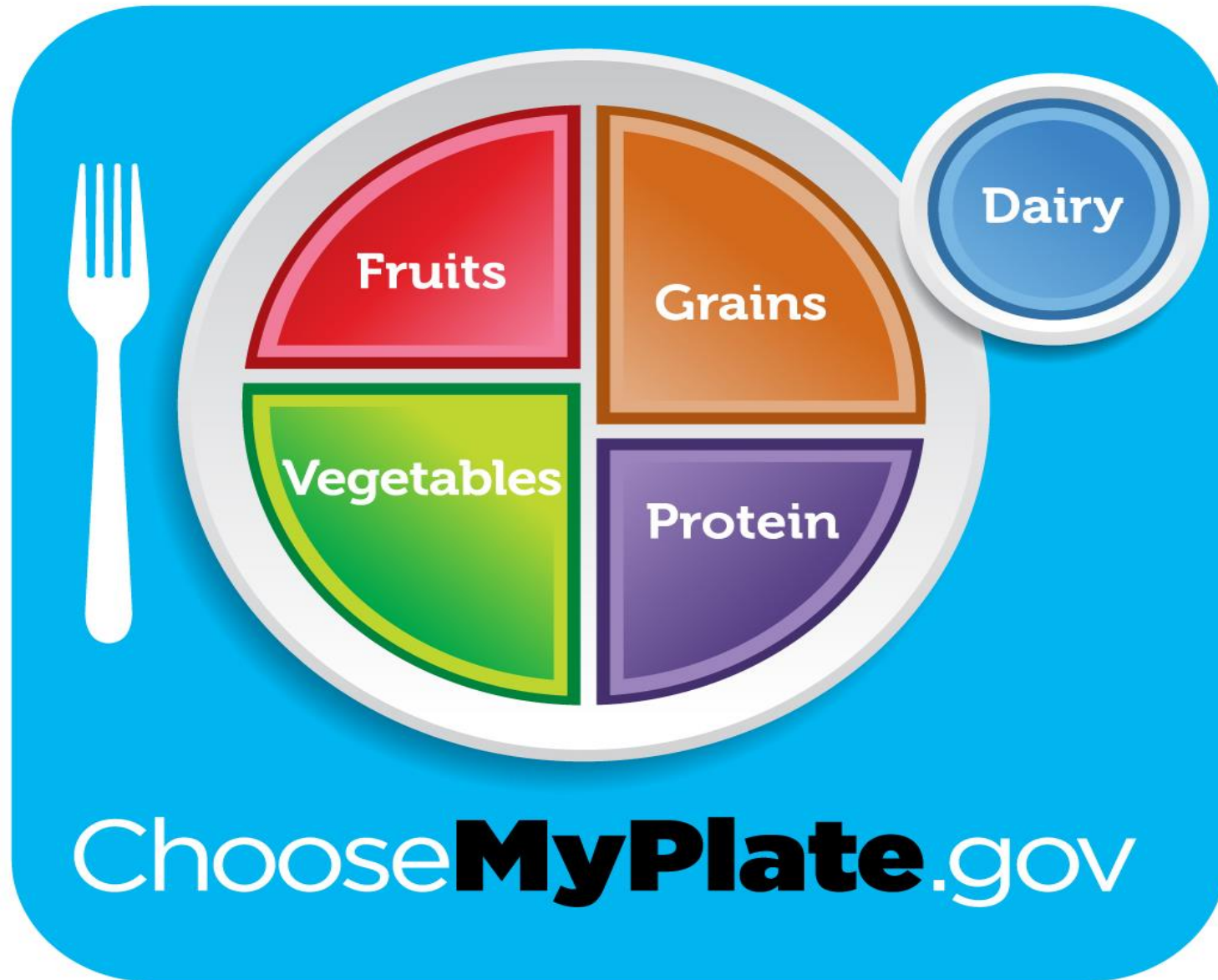
- Risk of obesity
- Risk of malnutrition
- Risk of diet related diseases
- Poor energy

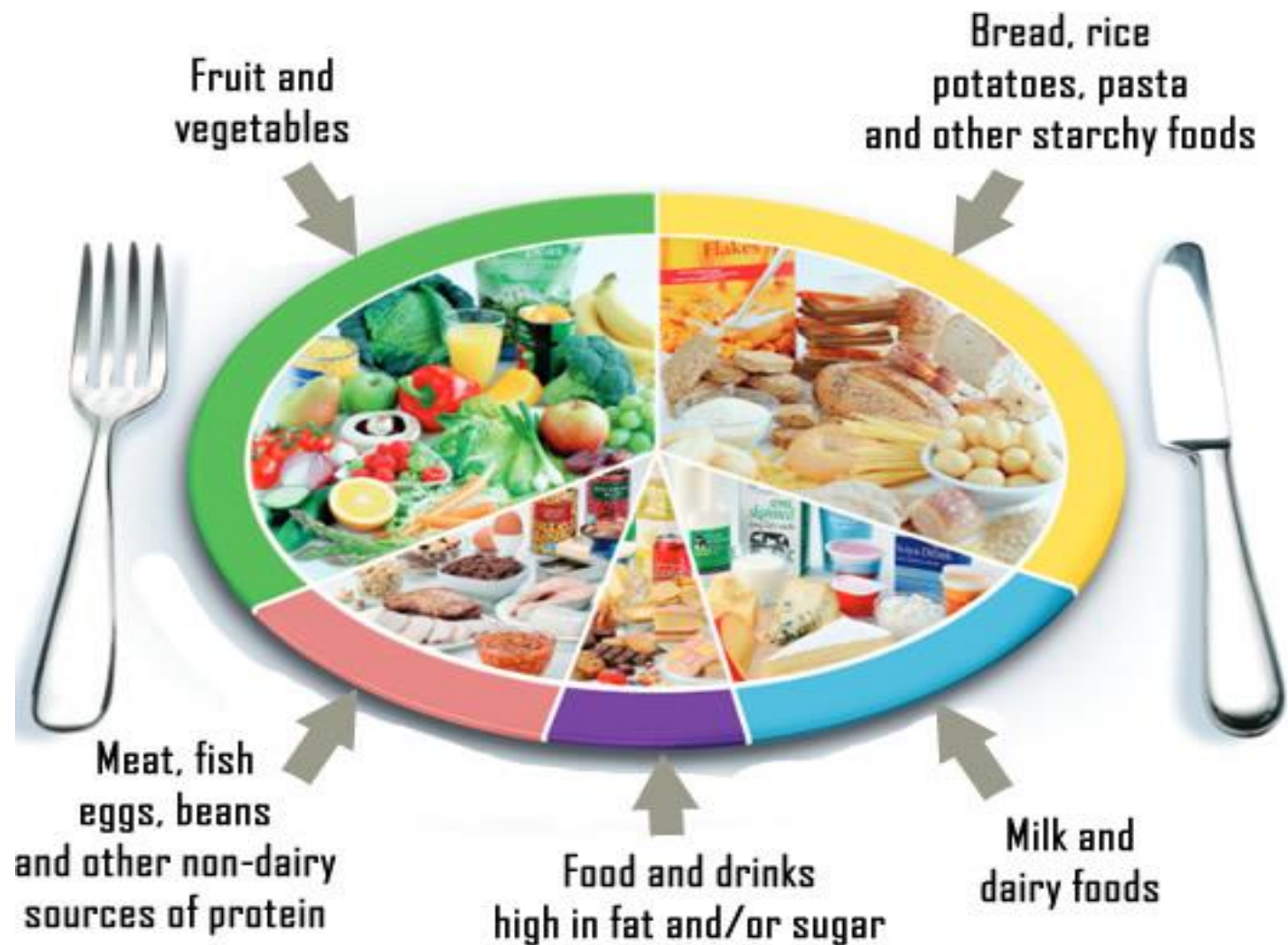
Healthy Eating Guidelines





※ SV is an abbreviation of "Serving", which is a simply countable number describing the approximated amount of each dish or food served to one person

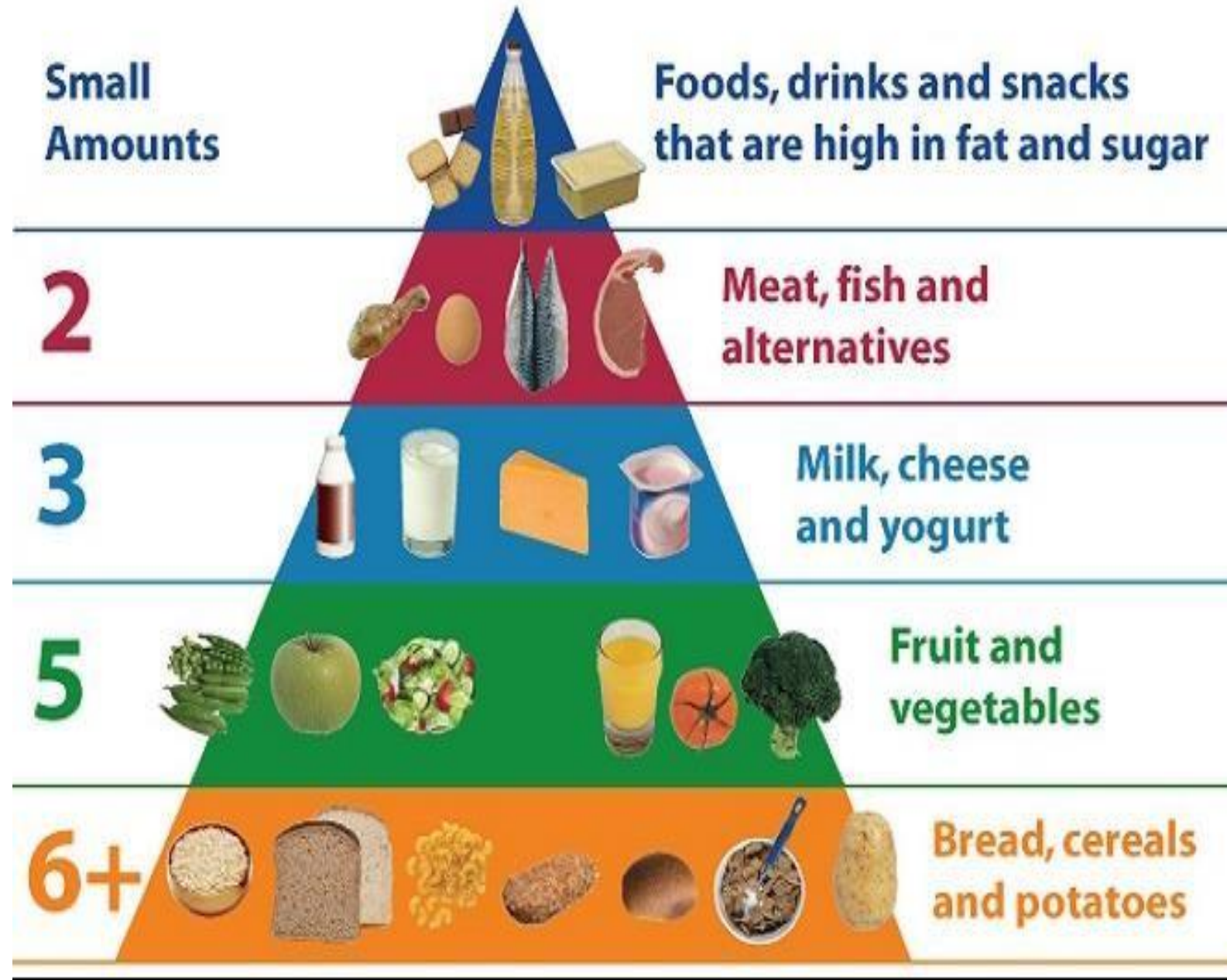




Food Groups

1. Carbohydrates (grains)
2. Fruit and Vegetables
3. Milk, Dairy and alternatives
4. Meat, fish, eggs and alternatives
5. Fats and oils

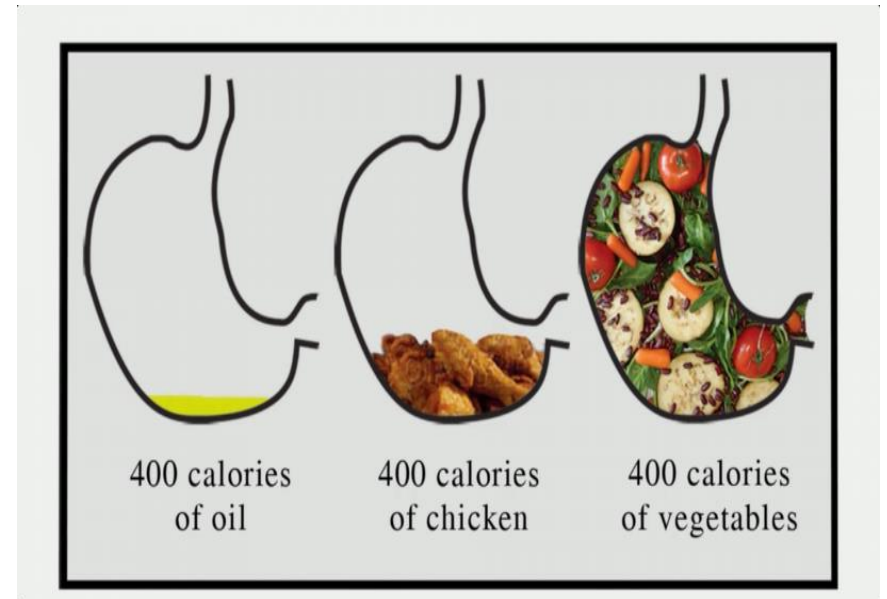
**Foods and Drinks high in fat, sugar and salt



Fruit and Vegetables

Eat 2 fruit and 5 veg/legumes a day

- Good source of fibre - choose different types and colours
- Provide us with vitamins and minerals e.g. potassium, folate, Vitamin A, Vitamin C
- Low in fat and calories
- Great for aiding weight loss, protecting against heart disease and cancer
- Eat raw or cooked
- Eat fresh where possible
- Frozen and canned also count



What is a Serving?

1 serving =



1 heaped dessertspoon of raisins or sultanas

1 medium fruit: apple, orange, small banana, pear

2 small fruits: plums, kiwis etc.

10-12 berries, grapes or cherries

½ a grapefruit

A small glass of unsweetened fruit juice or fruit/veg smoothie (100ml)

A bowl of salad- lettuce, tomato, cucumber

A bowl of homemade vegetable soup

6 tablespoons of peas, beans, lentils

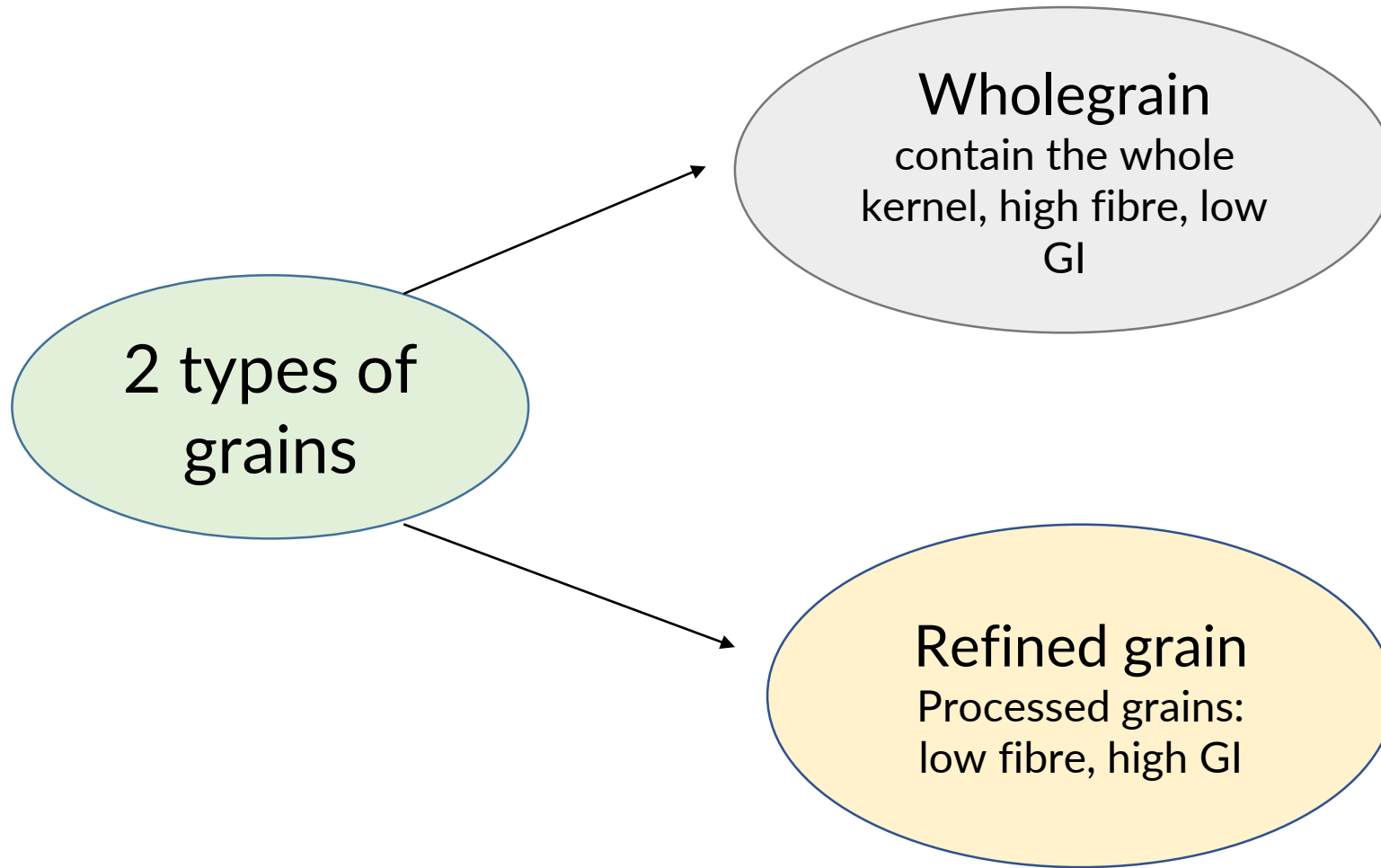
Carbohydrates (Grains)

Choose 3-5 servings/ day depending on age, gender and activity levels

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Choose wholegrain where possible at least 50% of the time
- Avoid/ limit refined carbohydrates



Types of Carbohydrates



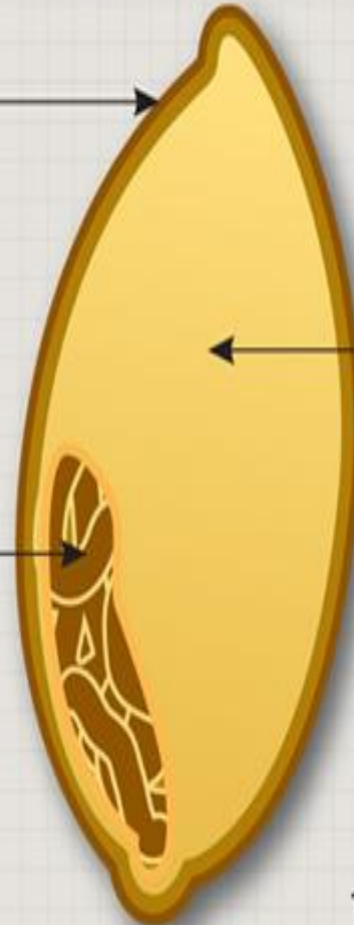
Anatomy of a grain

Bran: protects the seed

- Fibre
- B vitamins
- Minerals

Germ: nourishment for the seed

- B vitamins
- Vitamin E
- Minerals
- Phytochemicals



Endosperm: energy for the seed

- Carbohydrates
- Some protein
- Some B vitamins

The bran and germ are removed when wholegrains are refined.

Types of Carbohydrates

Wholegrains

- Brown rice
- Buckwheat
- Oatmeal
- Popcorn
- Cous cous
- Rolled oats
- Whole grain barley
- Whole grain cornmeal
- Whole wheat bread
- Whole wheat pasta
- Wild rice
- Whole wheat tortillas
- Whole wheat cereal flakes
- Muesli (natural, unsweetened)

Refined grains

- Cornbread
- Corn tortillas
- White crackers
- Flour tortilla
- White noodles
- White pittas
- Pretzels
- White bread
- White baguettes, rolls, baps, buns
- White rice
- Spaghetti
- Macaroni
- Cornflakes

What is a Serving?

1 serving =



1 slice bread

2 breakfast cereal
wheat or oat biscuits

2-3 crackers or
crisp breads

1 medium or 2 small
potatoes

4 tablespoons
flake type
cereal

2 tablespoons
spoons mashed
potatoes

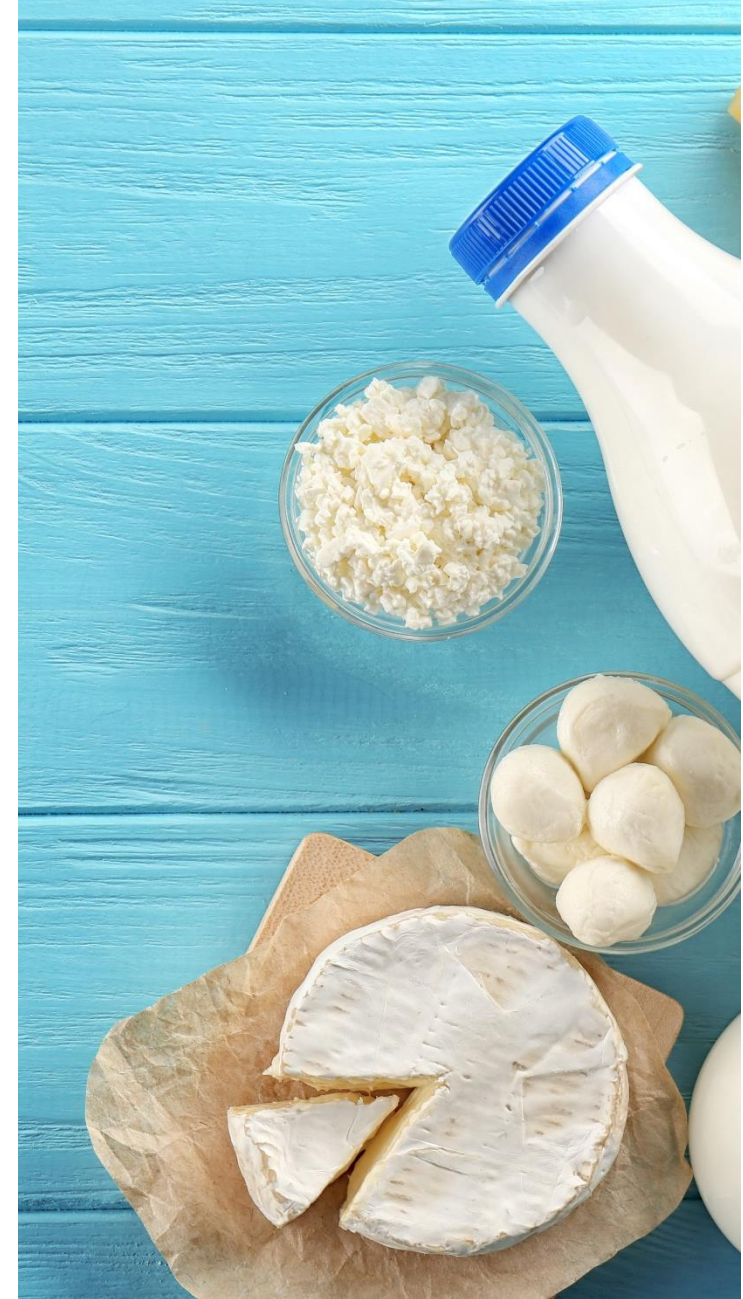
3 tablespoons
dry porridge
oats

3 tablespoons or ½
cup boiled pasta,
rice, noodles, quinoa

Milk, Dairy & Alternatives

3 a day

- Milk, cheese and yoghurts
- All mammals (cows, sheep, goat, camel)
- Excellent source of Calcium needed for bone growth
- Good source of Potassium- maintain healthy blood pressure
- Source of protein, Vitamin A, B and D as well as phosphorous
- *Children aged 9-18 need 5 portions a day*
- Choose low fat versions- skimmed not suitable kids < 5 years
- Dairy free- choose soy, almond or rice milk enriched with Calcium and Vitamin D
- Products made from milk that lack calcium are not part of this group



What is a Serving?

1 serving =



200ml/7 fluid oz glass
milk

200ml/7 fluid oz
calcium enriched Soya
milk

125ml/4.2 fluid oz
carton of yoghurt

25g/0.8oz (matchbox
size) cheddar cheese
or semi-soft cheese

50g/1.8oz soft
cheese

75g/2.65oz
cottage cheese

1 portion milk
pudding

Dairy Products		Soy Products		Oatmeal	55
Skim Milk powder	1190	Soy milk (brand dependant)	100	Brown rice	33
Whole Milk Powder	900	Soy grits	255	Wheat or rye crispbread	55
Whey Powder	645	Dried soy beans	225	Meats	
Yoghurt – cows	180	Soy flour	210	All meat has < 20 mg /100 g	<20
Goats Milk	130	Tofu	170	Legumes (cooked)	95
Skimmed cows milk	123	Nuts		Navy beans	70
Buttermilk	115	Almonds	250	Chickpeas & kidney beans	50
Cows milk – whole	115	Brazil	180	Lentils	40
Human milk	30	Pistachio	136	Black eyed beans	22
Cheese		Pecan	75	Sprouts	
Parmesan	1091	Walnuts	60	Alfalfa sprouts	20
Gruyere	1000	Macadamia	50	Mung bean sprouts	260
Mozzarella	817	Hazelnuts	45	Vegetables	
Cheddar	810	Peanut butter & cashews	35	Parsley	260
Gouda	810	Seeds		Watercress	190
Edam	678	Unhulled sesame seeds	1160	Rocket & dark salad leaves	185
Fetta	353	Linseeds	271	Spring onions, onions	140
Ricotta	223	Hulled sesame seeds	110	Spinach	135
Cottage	70	Sunflower seeds	98	Broccoli	125
Eggs		Pumpkin seeds	52	Silverbeet	115
Chicken (whole)	56	Grains and Cereals		Fruits	
Fish		White Self raising flour	350	Dried figs	200
Whitebait	860	Muesli (depends on brand)	200	Orange juice	60
Sardines (canned)	550	Wheat bran	150	Most fruit	<50
Salmon (canned)	100	Bread (white of brown)	100	Other	
		Rice bran & wheat germ	69	Crude molasses	654

Meat, Fish, Eggs & Alternatives

- Source of protein - building blocks for bones, muscles, cartilage, skin and blood
- Source of B Vitamins - help the body release energy, formation of red blood cells
- Iron- prevent anaemia, very important in teenage girls
- Source of Magnesium- used in building bones and releasing energy from muscles
- Source of Zinc - immune system
- Omega 3 fatty acids - found in oily fish, heart protective effects



Source of Protein

2 a day

Excellent sources of Protein:

- Meat
- Poultry
- Seafood
- Beans and peas
- Eggs
- Processed soy products
- Nuts
- Seeds
- TVP
- Tofu
- Quorn



What is a Serving?

1 serving =



100g/4oz raw meat or poultry or 50-75g/ 2-3oz cooked meat

100g/4oz cooked fish

2 eggs-limit to 7 eggs a week

125g/4.4oz hummus

6 tablespoons of peas, beans, lentils

40g/1.5oz unsalted nuts, peanut butter or seeds

100g/4oz soya or tofu

Variety is Key

- Limit red meat <500g/18oz cooked weight per week. Linked with Type 2 Diabetes, colon cancer and heart disease
- Avoid processed meat- linked with cancer
- Choose fish twice a week
 - ❑ Choose oily fish once a week (heart protective effects) e.g. salmon, trout, sardines, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel.
- Choose a variety of protein sources over the week
- Keep salt to a minimum- choose unsalted nuts, limit packaged meats which can be high in salt
- Vegetarians choose beans, peas, nuts, seeds and vegetarian alternatives such as tofu, soya products etc.



Fish and Oils

Choose 5-6 teaspoons/day

- Source of essential fats and Vitamin E
- Needed in small amounts
- ENERGY DENSE 9Kcal/ 38KJ per gram
- 120Kcals/ tablespoon
- Choose unsaturated fats when possible e.g. rapeseed or olive oil - good for salads and medium heat cooking
- Don't overheat oils – carcinogenic
- Unsaturated fat can improve cholesterol levels

AVOID trans fats!! Look for hydrogenated oils on labels



What is a Serving?

1 serving =
1 teaspoon



1 heaped teaspoon or
mini-pack of reduced
fat spread to cover 2
slices of bread

1 teaspoon margarine
or butter to cover 3
slices of bread

$\frac{1}{2}$ tbsp. Mayonnaise =
 $1 \frac{1}{4}$ tsp (choose low fat
version)

1 tablespoon Italian
dressing = 1 tsp

$\frac{1}{2}$ Medium avocado
= 3tsp oil

8 olives = 1tsp oil

1 tbsp. thousand
island dressing=
1tsp oil

1 teaspoon oil

Fatty and Sugary Foods

Maximum 1 a day but ideally not every day

- Most food guidelines such as American guidelines do not include high fat, high sugar foods in eating guidelines
- Provide no nutrients
- Should not replace healthy foods in the diet
- Avoid or limit
- High in fat - obesity
- Sugar - obesity
- Salt - hypertension, CVD

NOT necessary in the diet



Reduce Foods High in Fat and Sugar

- If you are currently eating a lot of high fat, high sugar foods you need to seriously reconsider your diet
- Try to limit your sweet treats to TREATS!
- We do not recommend high fat, high sugar treats but if you must have them choose small portions
- Aim 100Kcals per treat no more than once a day and less frequently is ideal



What is a Serving?

What does 100 calories look like?



4 squares chocolate

1 plain mini muffin

1 small or fun sized
chocolate coated bar

1 small slice of fruit
brack

1 bag of lower fat crisps

1 cereal bar

1 small cup cake
(without icing)

2 plain biscuits or 1
chocolate biscuit

Make Clever Food Swaps



Standard Mars bar:

242 Kcal, 9g fat, 5g sat fat, 32 g sugar



Mini Mars bar:

84 Kcal, 3.1g fat, 1.5g sat fat, 10.5g sugar



2 Chocolate digestive biscuits:

172 Kcals, 8.2g fat, sat fat 4.2g, sugar 10.2 g

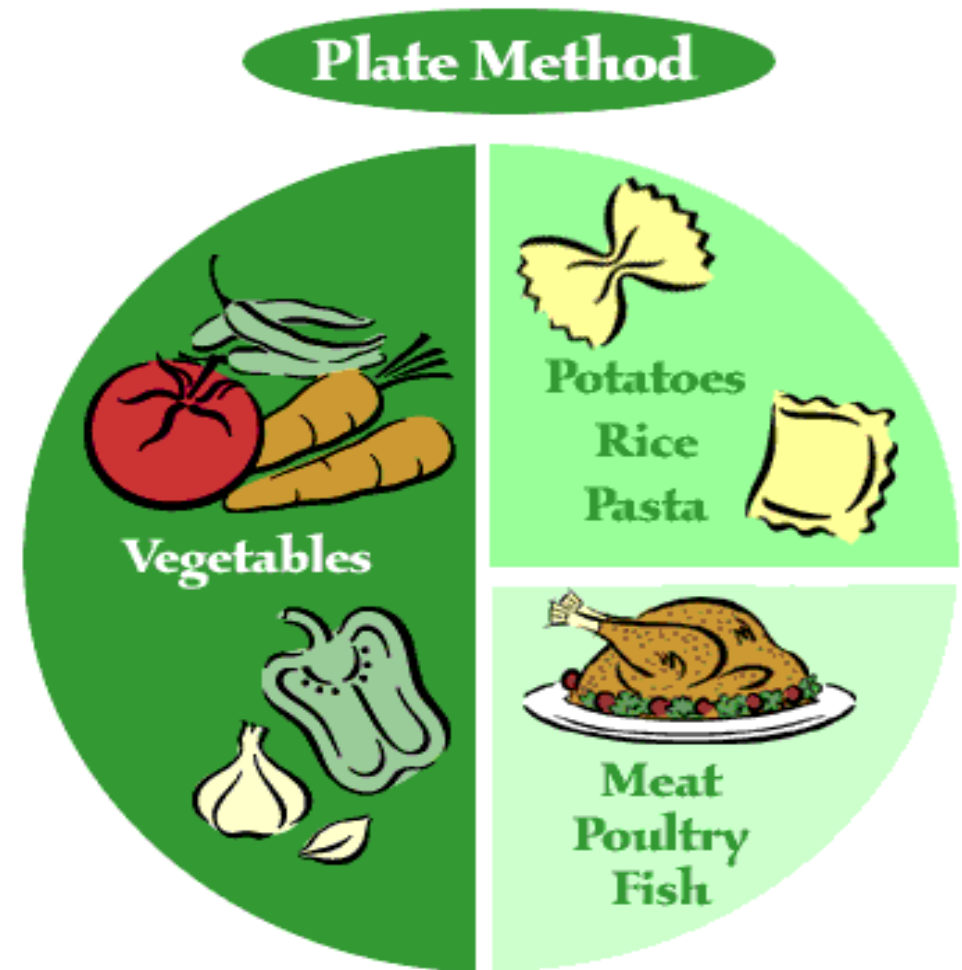


2 Rich Tea biscuits:

86Kcals, 2.6g fat, sat fat 1g, sugars 3.6g

Building a Healthy Meal

1. Aim to make half your plate fruit and veg
2. Add lean protein 1/4 plate
3. Add whole grains 1/4 plate
4. Add dairy/ alternatives
5. Avoid adding fat
6. Don't add salt
7. Don't add sugar



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Q&A

See You Back For Lesson 5

