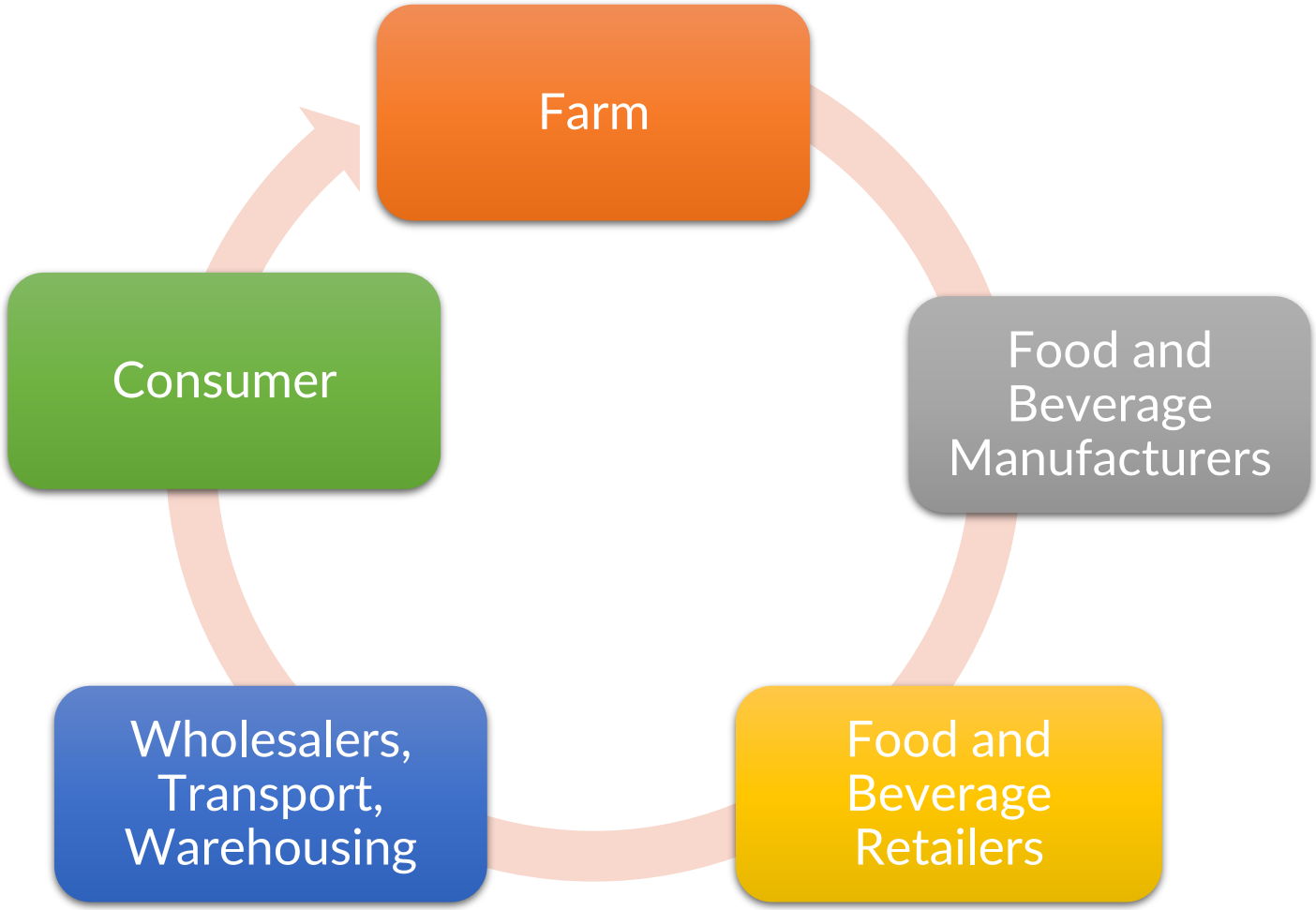
Professional Diploma in Nutrition

Module 1

Lesson 8:
Specialised Diets

EQF Level 5
Professional Diploma
European Qualifications Framework

From Farm to Fork



Food labelling awareness

- Often false claims are made
- Foods may claim to be good for you but are packed with harmful ingredients
- If you don't know how to read a food label it is near to impossible to make healthy food choices
- Believe it or not but food industries do not always have your best interests at heart
- It is your responsibility to make an informed decision!!

Labelling legislation

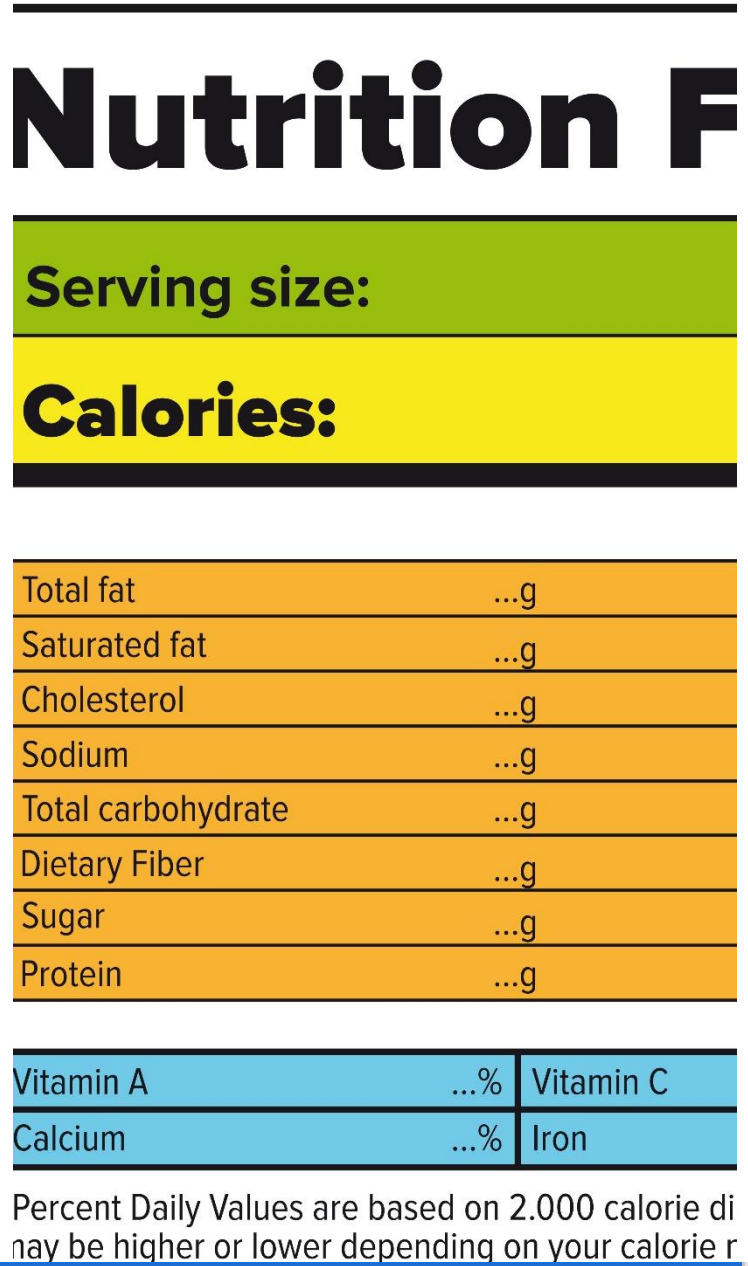
1. **Europe:** European Commission
New Food Information Regulation 1169/2011/ EU replaces the current labelling rules and will apply from 13th December 2014

2. **United States**: FDA

3. **Canada:** Health Canada through Food and Drugs Act

4. **Australia and New Zealand**: Food Standards Australia New Zealand (FSANZ)

5. **Asia-** all different authorities e.g. Singapore Food Regulations



What's on a food label?

Date Marking

This is the 'Use By', 'Sell By' and 'Best Use Before' date. It gives the date by which the food should be eaten.

Product Name

Usually beside the brand name. Tells you what the food is.

Net Weight

This gives the actual weight of the food excluding the packaging. For canned foods packed in liquid, the net weight is the weight of the drained food.

Ingredient List

This shows all the ingredients that make up the product. The ingredients are listed in descending order by weight.

Nutrition Information

This panel shows the nutrients found in one serving or in 100 g / 100 ml of the food.

Usage Instructions

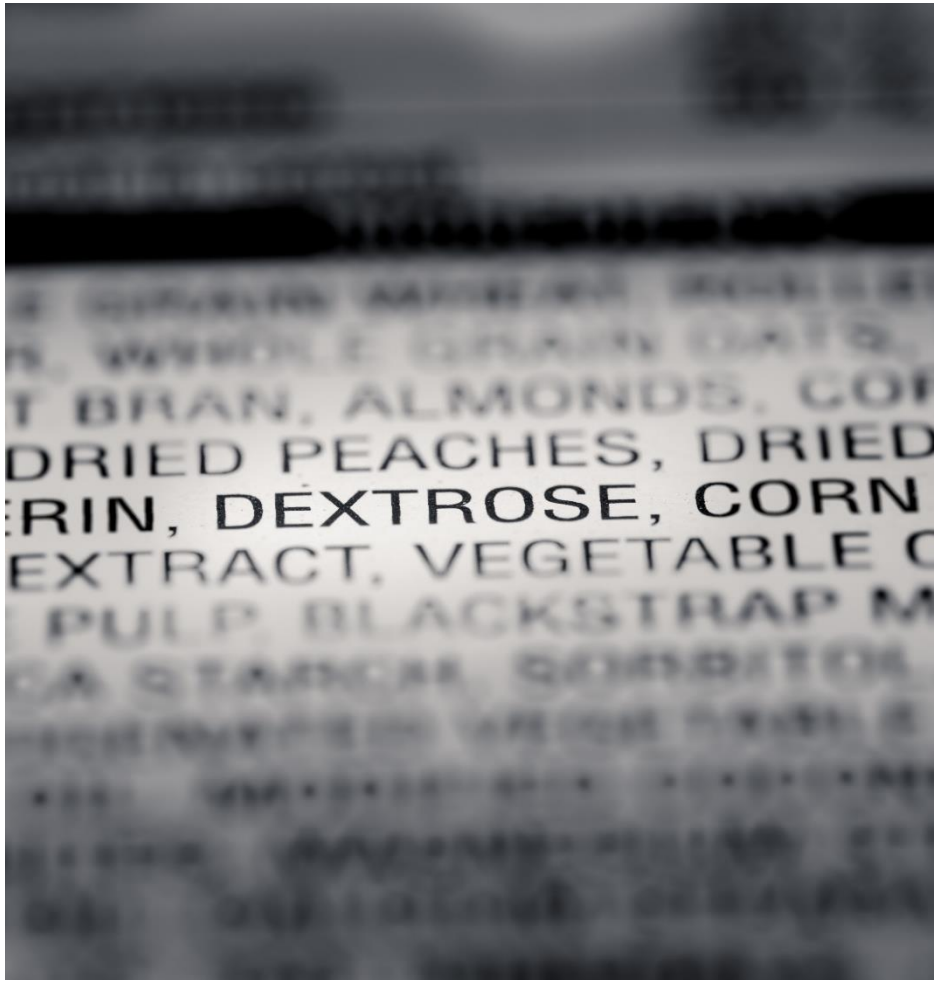
These are instructions for storing or using the product.

Manufacturer's Details

Every label includes the name and address of the manufacturer, importer or distributor.

List of Ingredients

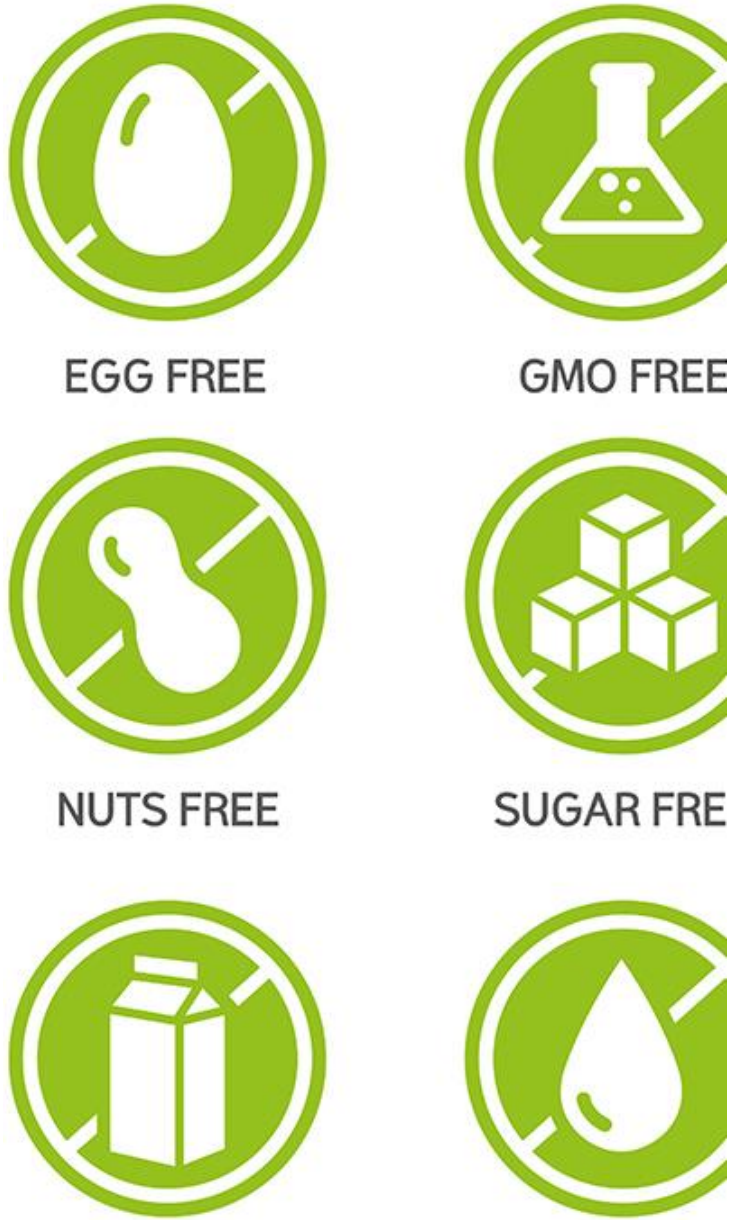
- Side of package
- Show what product contains
  - ✓ Including additives
- Contents in order of order of amount
  - ✓ Descending order
- Must highlight allergens
  - ✓ Nuts
  - ✓ Eggs
  - ✓ Soya
  - ✓ Gluten
- “May Contain”
  - ✓ Precautionary



Allergens

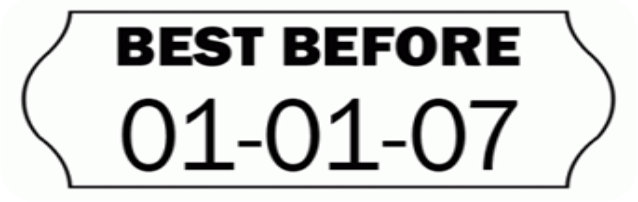
- Certain ingredients or substances can cause allergies in consumers. These MUST be declared!

Allergens	
Cereals containing gluten	Shellfish
Eggs	Fish
Soybeans	Milk
Celery and celeriac	Mustard
Sesame seeds	Sulphur dioxide and sulphites (SO^2)
Peanuts	Tree nuts
Molluscs	Lupins



Expiration dates?

- Go off quickly: Smoked fish, Meat products, Ready-made salads.
- Don't use after this date - put health at risk
- Follow manufacturers guidelines upon opening product

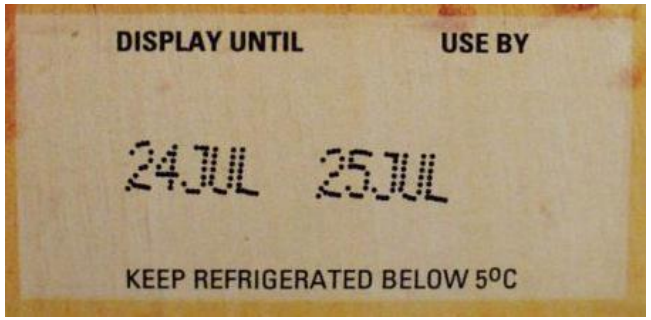


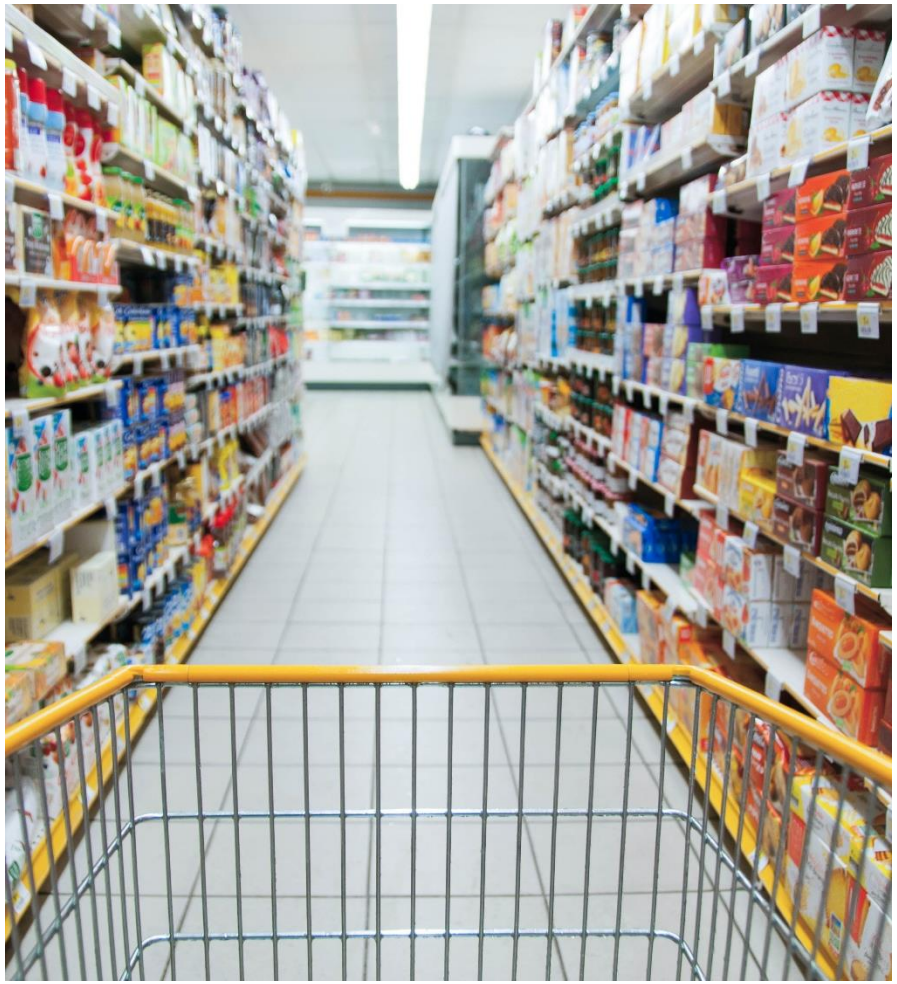
- Frozen, dried, tinned
- Quality: Not safety
- Food not harmful when date passed - begin to loose flavour & texture
- Legal to sell after best before date- usually discounted

Important to Note

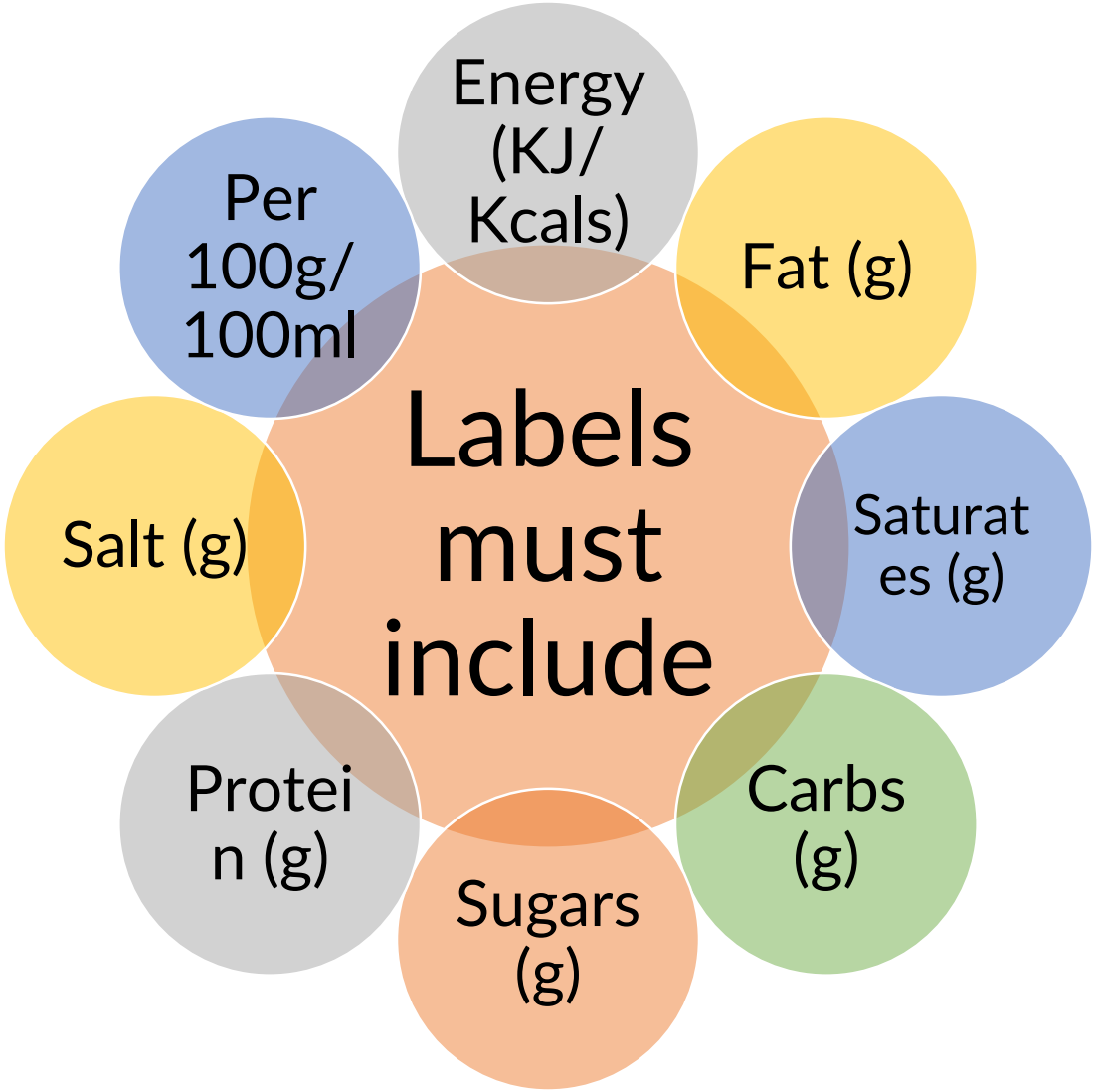
- Display Until
- Sell By

- ➢ Instructions for shop staff
- ➢ Not for consumer
- ➢ Focus on ‘Use By’ and ‘Best Before’



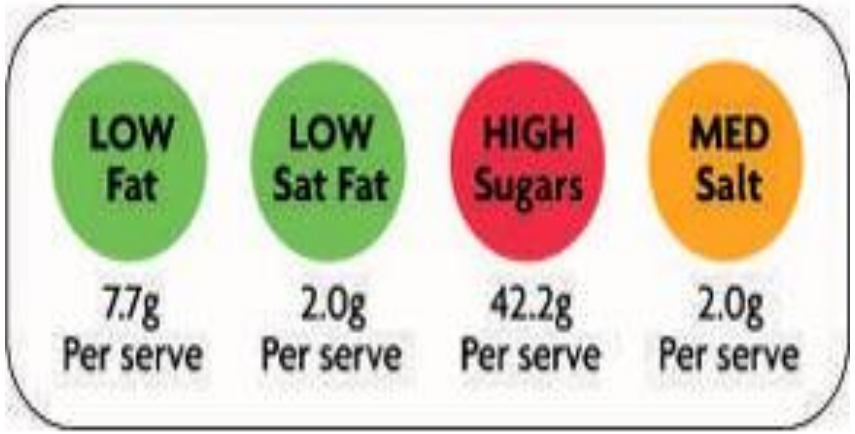


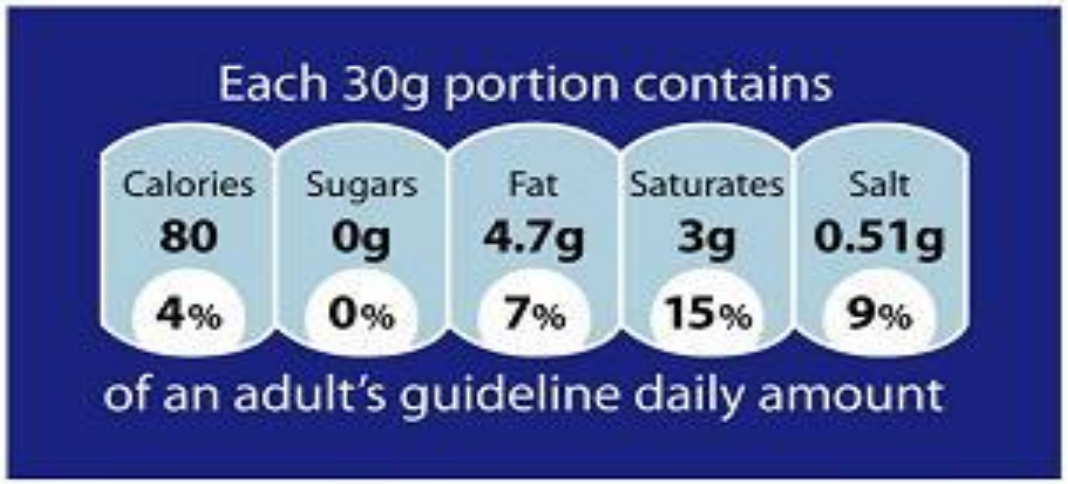
Nutrition Information



Nutritional Information: Quick Guides

Traffic Light System



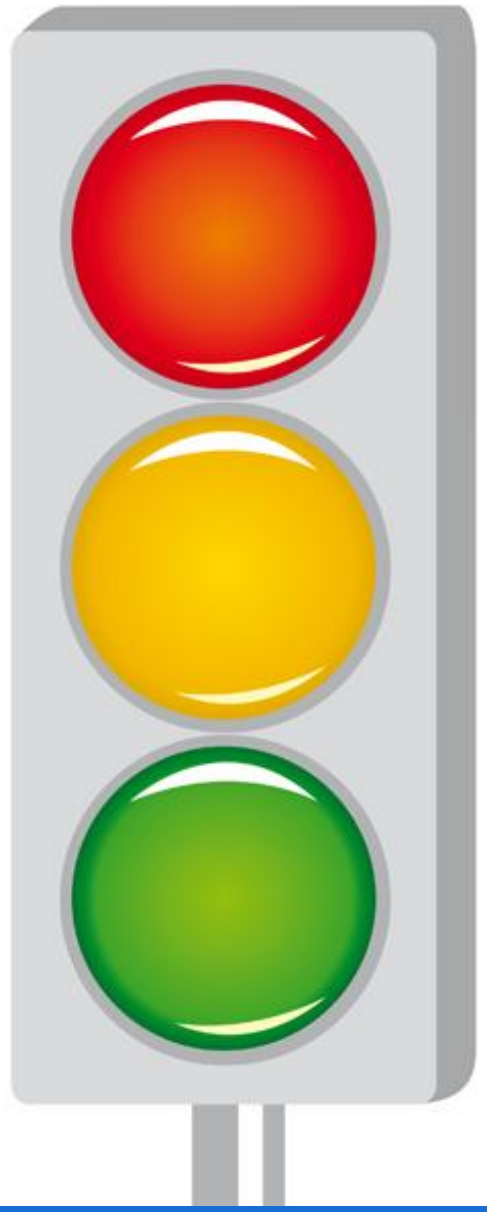


Guideline Daily Amount

Traffic Light System

Benefits:

- Front of package
- Easy to understand
- Universal
- Easy to compare food products
- Nutritional content at a glance



Traffic Light System

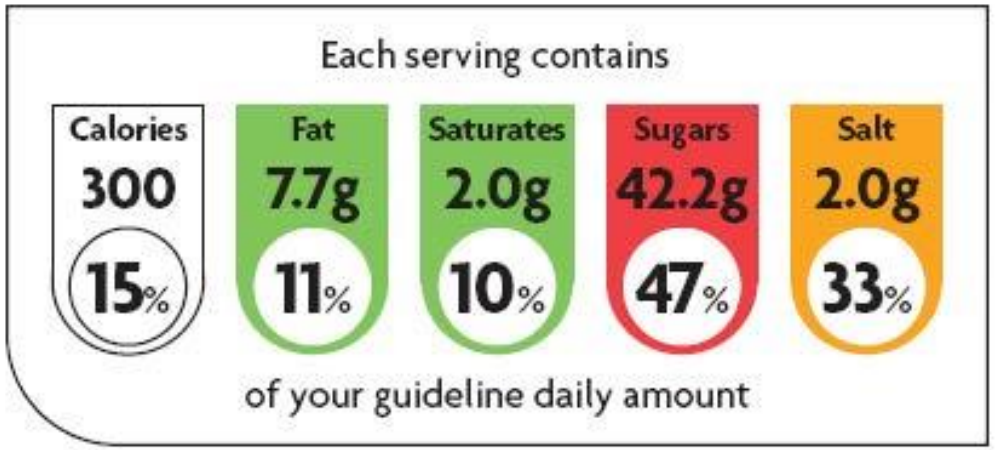
HIGH: Enjoy once in a while

MEDIUM: OK most of the time

LOW: Go for it

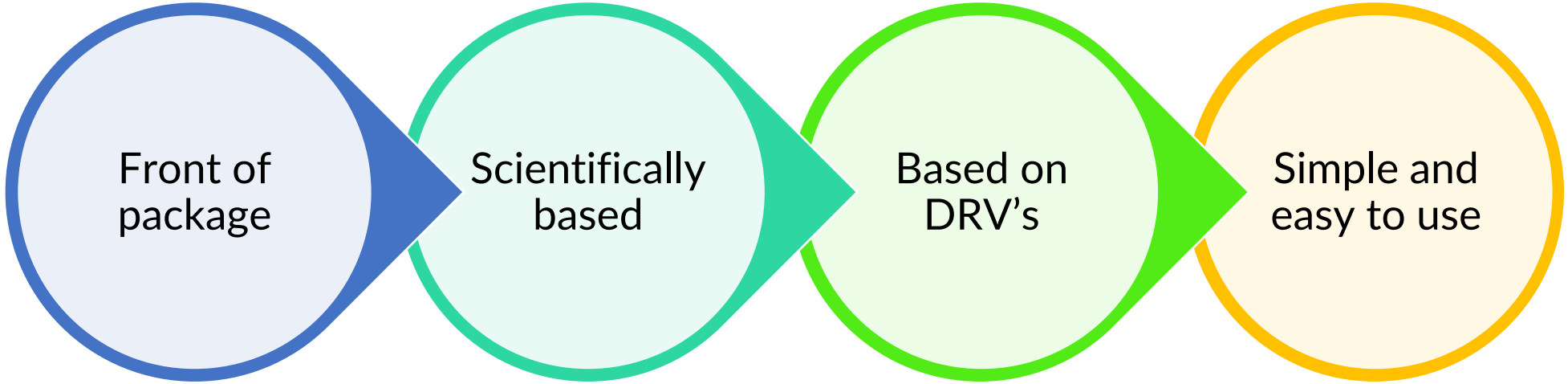
Example

Medium fat	Low saturate fat	High sugars	High salt
7.7g per serving	2.0g per serving	42.2g per serving	2.0g per serving



Guideline Daily Amount

- Help make sense of nutrition information: Calories, Fat, Saturates, Sugar and Salt
- Averages for men & women daily - healthy adults & children
- GDA's not individual based
- Very difficult to achieve GDA's in one day

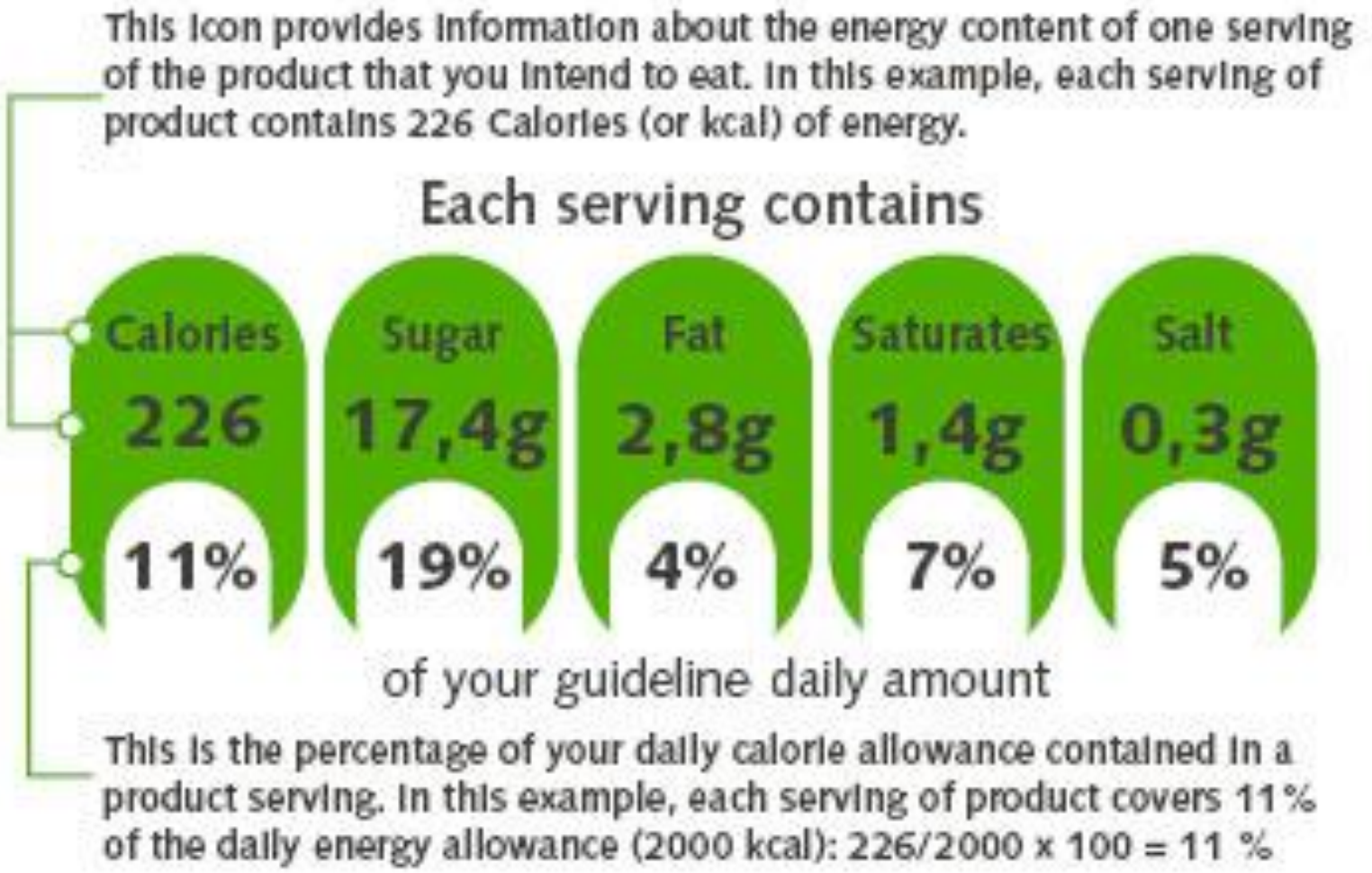


Guideline Daily Amount

ENERGY	PROTEIN	FAT	SAT FAT	CARBS	SUGARS	SODIUM
870 kJ	4.5 g	0.7 g	0.25 g	27.9 g	9.5 g	115 mg
DI* 10%	DI* 9%	DI* 1%	DI* 1%	DI* 9%	DI* 11%	DI* 5%

PER 60g SERVE

Examples



Nutrition information			
Typical values	Per 100g	Per 1/4 pot	% based on GDA for women
Energy	256 kJ 61 kcal	320 kJ 76 kcal	 3.8%
Protein	4.9g	6.1g	13.6%
Carbohydrate of which sugars of which starch	6.9g 6.9g nil	8.6g 8.6g nil	3.7% 9.6% -
Fat of which saturates mono-unsaturates polyunsaturates	1.5g 0.9g 0.4g nil	1.9g 1.1g 0.5g nil	2.7% 5.5% - -
Fibre	nil	nil	nil
Salt of which sodium	0.2g trace	0.3g 0.1g	5.0% 4.2%
Vitamins & minerals			% of RDA Recommended daily amount
Calcium	168mg	210mg	26%

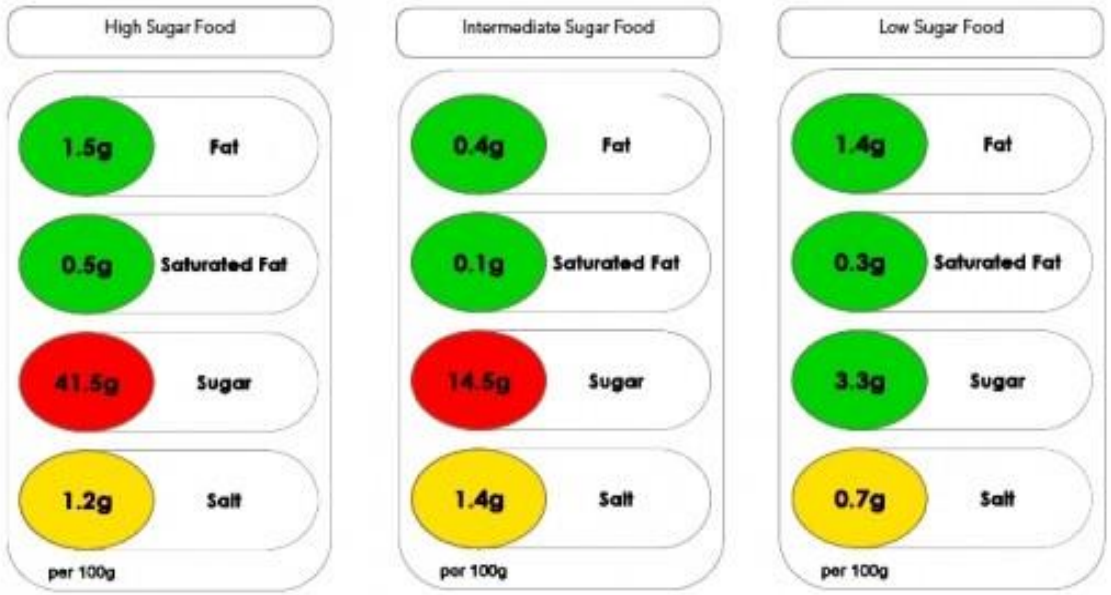
Shopping Tips

Ready Made Meals

- Nutrition label on front?
- Compare product energy, fat, saturated fat , sugar and salt

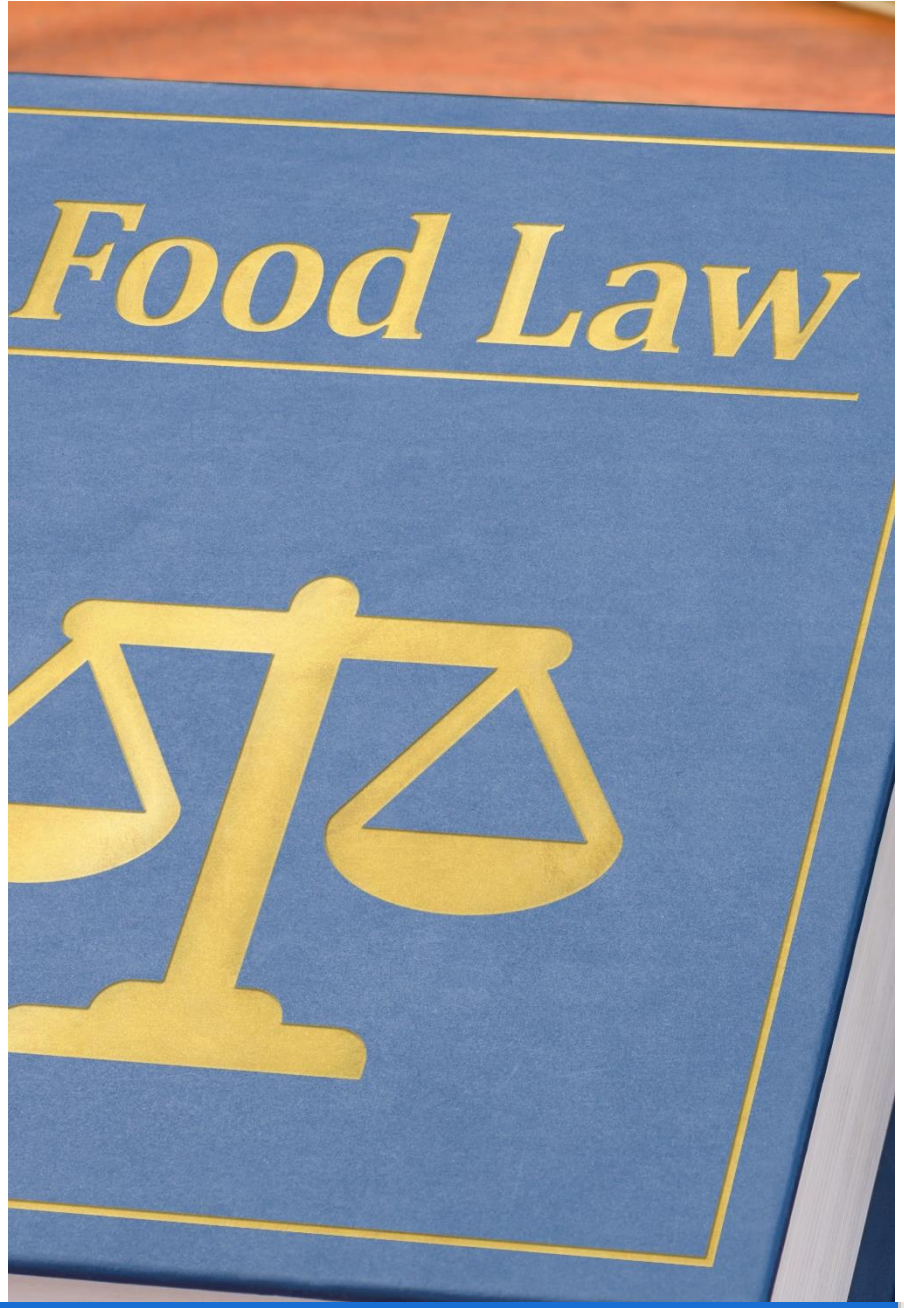
Colour coding used?

- Go for the product with the most amber and greens and the least reds



Nutritional Claims

- Regulated by each country
- Rules for use of nutritional claims
  - Any claim made on food label
  - Accurate
  - Based on evidence
  - Food Safety Authority
- Foods with false nutrition claims
  - Mislead consumer
  - Removed from market



What conditions must be fulfilled?

- Claims must be easy to understand for the consumer
- Must be present in a form that can be used by the body
- Product must contain sufficient quantities of nutrients
- Scientific evidence

Food Additives

Appear on labels as E-numbers

Common Additives	
Acids/ alkalis	Flavour Enhancers
Anti-caking agents	Foaming Agents
Antioxidants	Gelling Agents
Bulking Agents	Glazing Agents
Colourings	Humectants
Emulsifiers	Preservatives
Firming Agents/stabilisers	Sweeteners

E-Numbers

Needs to be approved by European Food Safety Authority before obtaining an E-number

Series	Function	Example	
E100	Colours	E102	Tartrazine- yellow colour for drinks and confectionary
E200	Preservatives	E210	Benzoic acid, preservative in beer
E300	Antioxidants	E321	BHT-helps prevent fats going rancid
E400 +	Miscellaneous	E415	Xanthan gum- stabiliser or thickener used in salad dressing

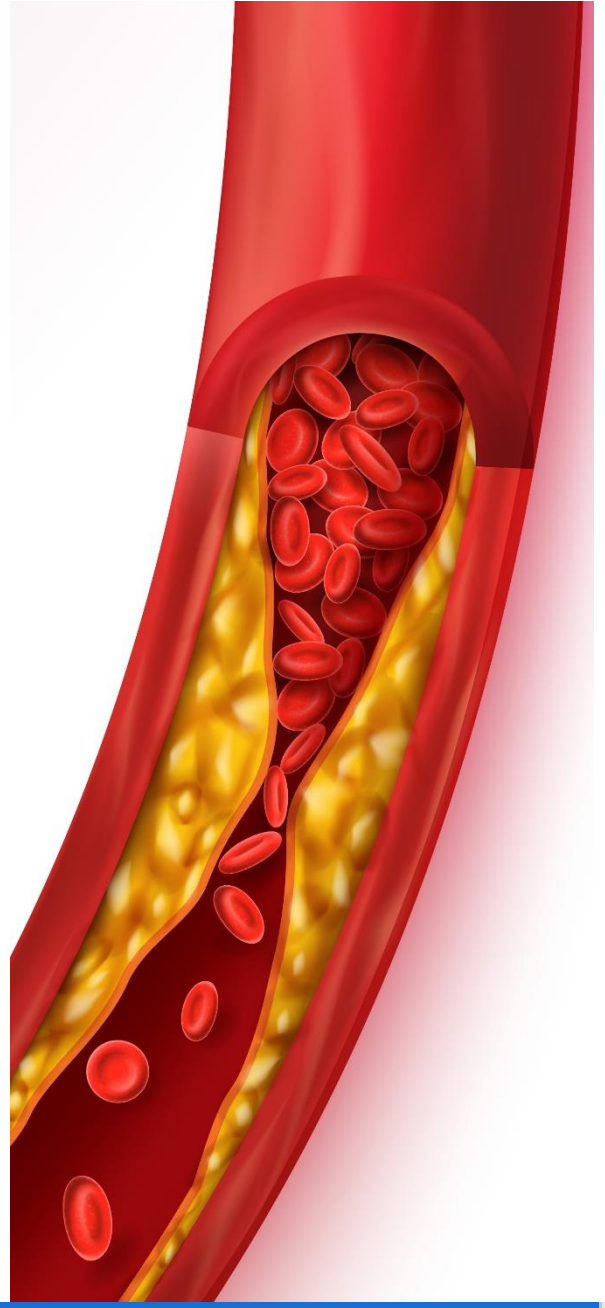
Awareness of Special Diets

- You could be giving harmful advice to someone who requires specialised dietary advice
- You could end up suffering from diet related diseases long-term
- You must be aware of reasons why people eat what they eat
- Nutrition is not always straight forward!

Special Dietary Considerations

Lowering Cholesterol

- Eat less saturated fat- commonly found in meat and dairy: butter, cream, cheese, full fat dairy, meat and meat products e.g. sausages and pudding
- Avoid trans fats- in processed foods and hydrogenated oils
- Choose low fat cooking method
- Trim fat off meat
- Choose unsaturated oils e.g. olive or rapeseed oil
- Increase your fibre intake e.g. fruit & veg/wholegrains
- Beans/lentils- 3-4 times a week (fibre)
- Beta-glucan- found in barley- can help lower cholesterol
- Plant sterols/stanols- 1.5-2.4g/day- reduce cholesterol 7-10% in 3 weeks



Diabetes Diet

- No special diet
- Healthy eating
- Regular activity
- Maintaining a healthy weight
- Tablets or insulin may be needed where diabetes is poorly controlled

Plant Based Diet

Lacto-Vegetarians - eat dairy foods but exclude meat, fish, poultry and eggs as well as foods that contain them

Lacto-ovo vegetarians - eat dairy products and eggs but exclude meat, fish or poultry

Ovo-vegetarians - eat eggs but avoid all other foods including dairy

Vegans - avoid all animal products and animal by-products e.g. honey, fur

Plant Based Diet

	Dairy/fish	Vegetable
Protein	eggs, milk, cheese, yoghurt	beans, lentils, chickpeas, tofu, quorn, soya, nuts, seeds
Iron	Dried beans and peas, lentils, fortified breakfast cereal, dark green leafy veg	
Vitamin C	Strawberries, oranges, tomatoes, citrus fruits, cabbage and broccoli	
Calcium	milk, cheese, yoghurt	Dark green veg, fortified breads, nuts, peas, lentils, tofu and dried fruit
Vit D (sunlight)	oily fish, eggs, dairy foods	Fortified breakfast cereal
Vit B12	eggs, yeast extract, soya milks and yoghurts, textured vegetable protein and fortified breakfast cereals.	
Omega 3 Fatty acids	canola oil, walnuts, soy oil, ground flaxseeds and soy beans	

Coeliac Disease

- Permanent intolerance to gluten
- **Gluten:** Protein found in wheat, barley, oats and rye
- **Consumption -** damages small bowel
- **Reduced** absorption of nutrients
- **Results in:** weight loss, anaemia, fatigue
- **Cause:** unknown
- **Treatment:** follow a life-long gluten free diet
- **Complications:** Osteoporosis, cancer

Lactose Intolerance

- Unable to digest lactose
- Naturally occurring sugar in milk
- Found in milk, cheese, yoghurts
- Body produces little or no Lactase (enzyme needed to break down lactose)

3 types;

1. Hereditary
2. Primary
3. Secondary

Lactose Intolerance

Feel unwell 30mins to 2 hours after eating a lactose containing food.

Symptoms:

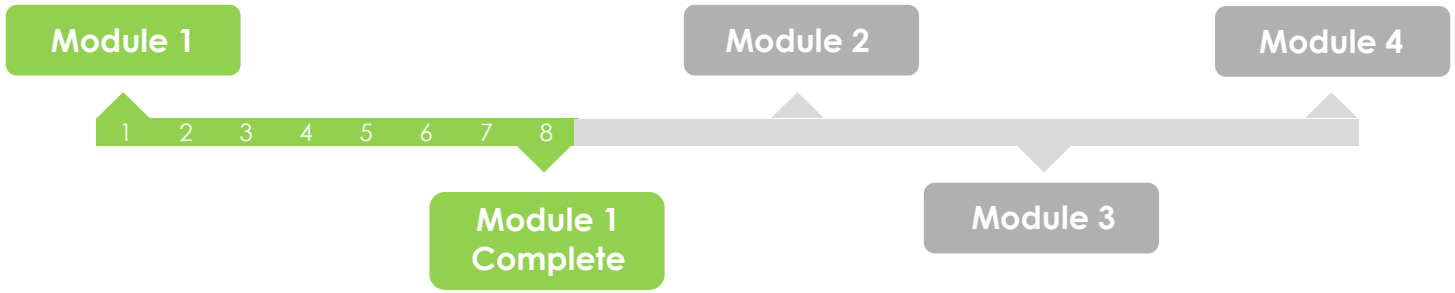
- Diarrhoea
- Excess wind
- Bloating
- Cramps
- Nausea

** Overall not considered harmful to health

Professional Diploma in Nutrition

Module 1

Q&A | Congratulations - Module 1 Complete



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