



Healthy Food...Made Easy! Make the Change in 2021!

**Keeping Cork Active –
'Keep Well' Campaign.**

Fiona Rush
Snr. Community Dietitian



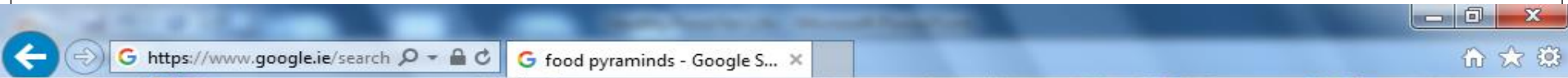
Think about ... HOW & WHAT we eat?

lots of 'good intentions' ...
But lots of confusion!

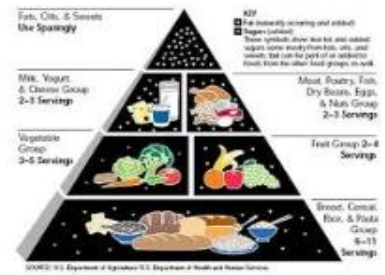


- What's a 'balanced diet'?
- Misinformation from many sources!
- What & How much to eat?
- Eating habits are changing..
- What does the food pyramid mean?

'Advice is always changing'...or is it?



The USDA Food Pyramid vs The Healthy Eating Pyramid



Understanding the Food Pyramid



<https://www.google.ie/imgres?imgurl=https%3A%2F%2Fupload.wikimedia.org%2Fwikipedia...>

Let's look at HOW we eat..

- Portion size?
- Eating out / takeaways?
- Meal pattern, snacking?
- Sitting down together as family?
- Planning? (eg. Shopping list, meal planning, batch cooking...)
- Weekends / holidays?

What about 'Life in Lockdown'?



- juggling work, parenting, homeschooling...
- less routine – more frequent snacking
- ↑stress - ↑comfort eating/ takeaways/ alcohol!
- Less exercise options

BUT on the plus side...



- more time at home as family
- More time & interest in cooking
- More online supports for healthy living

HOW we eat...

Portions have changed 'big time'!!

The History of Dinner Plate Sizes Corresponds to the Increase in Obesity

8.5-inch

1960's. Dinner Plate
size = 8.5-9-inch.
Holds about
800 calories

10-inch

1980's. Dinner Plate
size = 10-inch.
Holds about
1000 calories

11-inch

2000's. Dinner Plate
size = 11-inch.
Holds about
1600 calories

12-inch

2009. Dinner Plate
size = 12-inch.
Holds about
1900 calories



Portion Distortion

20 YEARS AGO

TODAY

DIFFERENCE

Renee Comet, National Cancer Institute



333 Calories



590 Calories

257 MORE CALORIES

Lifting weights for **1 HOUR AND 30 MINUTES** burns approximately 257 calories* **Based on 130-pound person*



500 Calories



850 Calories

350 MORE CALORIES

Playing golf (while walking and carrying your clubs) for **1 HOUR** burns approximately 350 calories* **Based on 160-pound person*



1 cup spaghetti with sauce and 3 small meatballs

500 Calories



2 cups spaghetti with sauce and 3 large meatballs

1,025 Calories

525 MORE CALORIES

Housecleaning for **2 HOURS AND 35 MINUTES** burns approximately 525 calories* **Based on 130-pound person*

20 YEARS AGO

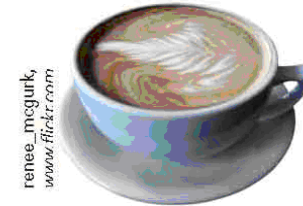
TODAY

DIFFERENCE



Coffee, 8 oz (with whole milk and sugar)

45 Calories



Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup)

350 Calories

305 MORE CALORIES

Walking **1 HOUR AND 20 MINUTES** burns approximately 305 calories* **Based on 130-pound person*



1.5 oz

210 Calories



4 oz

500 Calories

290 MORE CALORIES

Vacuuming for **1 HOUR AND 30 MINUTES** burns approximately 290 calories* **Based on 130-pound person*

Renee Comet, National Cancer Institute



1.5 diameter

55 Calories



3.5 diameter

275 Calories

220 MORE CALORIES

Washing a car for **1 HOUR AND 15 MINUTES** burns approximately 220 calories* **Based on 130-pound person*

What about your dinner portion?!



V's



THE PLATE METHOD

Use this as a guide in choosing appropriate portion sizes and balancing nutrients at lunch and dinner.



- 1/2 vegetables
- 1/4 protein (meat, fish, chicken, eggs..)
- 1/4 carbohydrate (potatoes, rice, pasta..)

Plan your plate:

Getting carried away with your Takeaway...?!

SAVE calories (& money!) by cooking at home



V's



800kcal (save 930kcal)

**Home cooked Sweet & Sour
Chicken (jar) & Boiled Rice**

1730kcal

**Egg fried Rice & Sweet &
Sour Chicken takeaway**

Are you distracted at mealtimes?!



Being 'distracted' while eating (tv, reading, phone, driving) may mean....

- eating **10%** more of the meal
- eating **25% more later** on!

(Compared to an 'attentive eater')

Families sitting together (screenfree!) at table helps improve food intake, nutrition, communication, confidence ..



Weekends / Holidays?....



Now.. let's take a look at WHAT to eat

- Food pyramid – all about balance!
- Fill up with fibre
- Cut down the fat
- Watch your snacks
- Keep alcohol in check!



The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

! Maximum once or twice a week

Needed for good health. Enjoy a variety every day.

Fats, spreads and oils



In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice




3-5* Servings a day
Up to 7* for teenage boys and men age 19-50


Vegetables, salad and fruit



5-7 Servings a day

Food Pyramid video:
<https://vimeo.com/466110896>

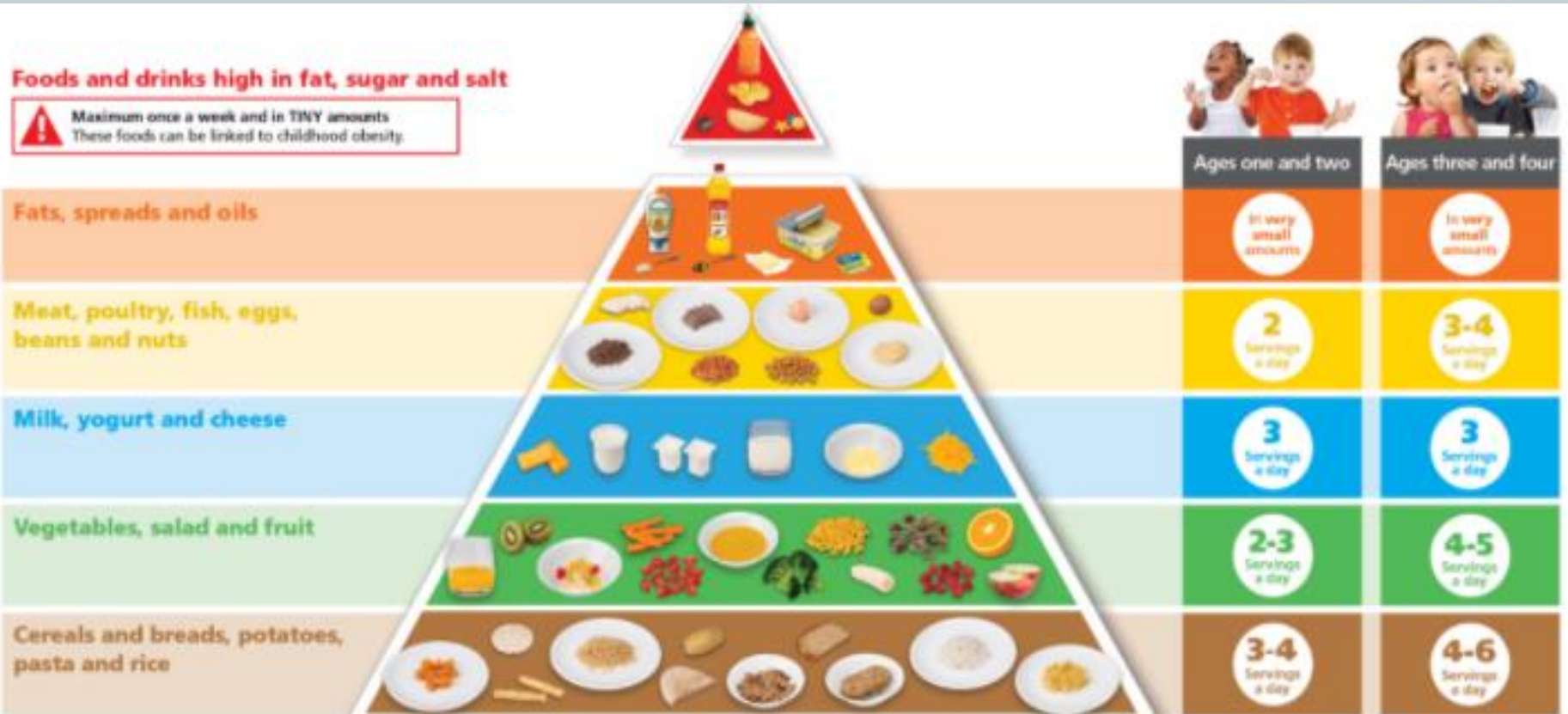
 Drink at least 8 cups of fluid a day – water is best

 **Get Active!**
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

New Children's Food Pyramid 1-4yrs



- www.healthyireland.ie
- Further info on healthy eating for families
<https://www2.hse.ie/wellbeing/healthy-eating-for-families.html>



Note: The Children's Food Pyramid shows three examples of food in each food shell. It does not represent the amount of food a 1 to 4 year old child should eat every day.

Size matters

Keep it simple and make one meal for all the family. It's really important to use **child-size plates and bowls** to offer your child a **child-size portion of food**.

The recommended plate size is a:

- child's plate, or
- side plate.

The recommended bowl is a:

- child's bowl, or
- small bowl.

See measurements below.

Child-size cutlery makes it easier for your child to feed themselves.



20cm

Child or side plate



26cm

Adult's plate



11cm

Child's bowl



16cm

Adult's bowl



Child



Adult

Child's portion

Adult's portion



30g cooked chicken



50-75g cooked chicken



2x100ml milk



200ml milk



1/2 banana



1 banana



Fill up on Fibre – mostly from the bottom 2 shelves

Fruit & Vegetables:



Choose 5 to 7 servings a day



Have these at each meal & as snacks

All types count – fresh, frozen , tinned!

Watch fruit juice & smoothies! – 1 serving only per day
(150mls)

F&V Shelf video:

<https://vimeo.com/462596735>

How many servings do I need a day?

The number of servings depends on age, size, if you are a man or a woman and on activity levels.

The average adult or young person needs 3–5 servings a day. Teenage boys and men (aged 19–50) need up to 7 servings.

Overweight adults trying to get to a healthy weight will need less. Very active people will need more.

There is no guideline for inactive children as it is essential that all children are active.



Active	
Child (5–12)	3–4
Teenager (13–18)	4
Adult (19–50)	4–5
Adult (51+)	3–4
Inactive	
Teenager (13–18)	3
Adult (19–50)	3–4
Adult (51+)	3



Active	
Child (5–12)	3–5
Teenager (13–18)	5–7
Adult (19–50)	5–7
Adult (51+)	4–5
Inactive	
Teenager (13–18)	4–5
Adult (19–50)	4–6
Adult (51+)	4

There is no guideline for inactive children as it is essential that all children are active.

What is 1 serving?

~ 150 kCals



2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket



⅓ cup dry porridge oats or ½ cup unsweetened muesli



1 cup flaked type breakfast cereal



1 cup cooked rice, pasta, noodles or couscous



2 medium, 4 small potatoes, 1 cup yam or plantain



MILK, CHEESE & YOGURTS:

**Choose 3 servings a day.
Choose 5 if aged between
9 and 18 years.**



Provides calcium for bones & teeth (each serving gives ~ 200mg)

May need supplement if all dairy avoided

Choose low fat for heart health

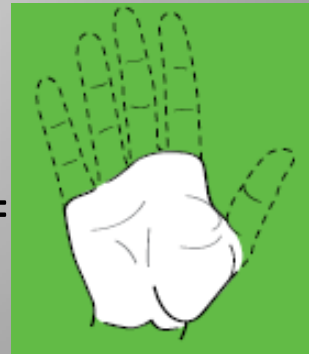
Meat, Chicken, Fish, Eggs, Beans & Nuts:

Choose 2 servings a day.



Provide: **Protein, Iron** (red meat), **fibre** (beans,nuts),
Vitamin D & Omega-3 Fats (oily fish)

Hard to measure! We eat XS in Ireland, 2 servings per day =
Limit processed meats!



A word on Vitamin D..



The 'sunshine vitamin' protects:

- Bone, Heart & Mental health
- Immune system (can help ↓Covid-19 risks)

BUT..

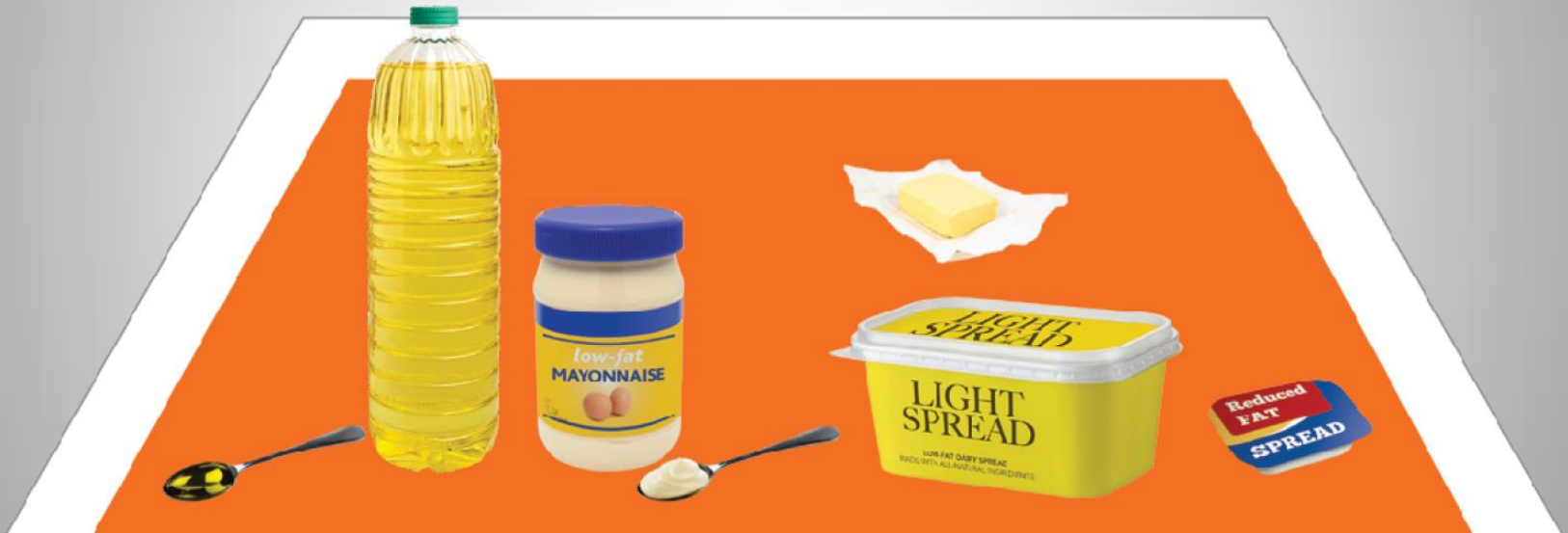
We don't get enough from diet so supplement is recommended:

(was 5mcg children / 10-15mcg adults)

Covid: 20-25mcg/day (800-1,000 IU) for adults

Fats, Oils & Spreads:

Use as little as possible.



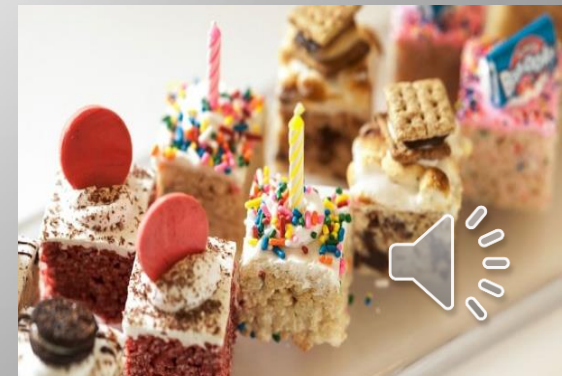
Food & drinks high in fat, sugar & salt

Not every day – maximum
once or twice a week.



Taste good & add variety but...

- Lead to obesity, heart disease, type2 diabetes, cancer
- 60% of us eat these snacks every day
- 42% eat 6+ portions daily
- Watch portion size – treats should be ‘treat size’ !
- Tend to be the ‘comfort foods’ but unlikely to fill us & we come back for more!
- Need to especially watch these for children



Eat more for less!

swop to foods with less fat & sugar



1575 Kcal
High Energy Density



1575 Kcal
Low Energy Density

Putting it all together.. Daily Meal Plans

7 plans for age 5-70 yrs

Childrens plans for age 1,2,3,4

www.healthyiireland.ie

Food Pyramid to Daily Meal Plan

Siobhan, aged 30, is a stay at home mum who is breastfeeding her 6 month old baby. Since it's possible she could become pregnant, she is taking a folic acid supplement. Siobhan needs 5 servings from the Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf.



Healthy Ireland Food Pyramid to Daily Meal Plan A guide for children aged 2

Damian is a 2 year old healthy child who enjoys feeding himself.



- Breakfast**
- 1 200ml low-fat milk for cereal and drink
 - 1 1 cup wholegrain cereal
 - 1 Orange



- Lunch**
- 1 50g chicken
 - 1 Low-fat yogurt
 - 1 2 thin slices wholemeal bread
 - 1 Tomato, cucumber
 - 1 Bananas



- Dinner**
- 1 50g lean mince, kidney beans
 - 1 1 cup brown rice
 - 1 Tomato, lettuce and cucumber
 - 1 Peppers, onion, carrot, celery cooked in soup



- Mid-morning snack**
- 1 Pear



- Afternoon snack**
- 1 25g reduced-fat cheese
 - 1 6 wholegrain crackers



- Evening snack**
- 1/2 1 dessertspoon peanut butter
 - 1 2 thin slices wholemeal bread



- Breakfast**
- 1 1 cup (200ml) milk for cereal and to drink
 - 1 2 tablespoons (30g) iron-fortified toasted rice cereal



- Lunch**
- 1 30g tinned tuna with small amount of mayonnaise added
 - 1 1/2 cup (30g) sweetcorn
 - 1 2 tablespoons (40g) cooked pasta



- Dinner**
- 1 30g beef mince
 - 1 30g grated carrot
 - 1/2 1/2 scoop (30g) mashed potato
 - 1 1 mandarin



- Mid-morning snack**
- 1 1 slice (25g) wholemeal bread toasted thinly spread with fat



- Mid-afternoon snack**
- 1 2 thumbs (25g) cheese
 - 1/2 1 cracker



- Evening snack**
- 1 200ml breastmilk or milk

Top tips for overweight adults to get to a healthy weight



Know your weight

Check your body mass index (BMI) on www.healthyireland.ie
Weigh yourself once a week and set a target of 1–2lb/1kg weight loss a week.



Watch what you eat – use the Food Pyramid guide

Avoid Top Shelf foods and drinks. Limit chips and takeaway food as much as possible – maximum once a month.

Limit or avoid alcohol.

Eat lots more fruit and vegetables.

Choose the lower servings options recommended for your age and activity levels in the Daily Servings Guide for wholemeal cereals and breads, potatoes, pasta and rice shelf.* Be aware of the calorie difference.

Drink more water – at least 8 glasses or cups a day.



Eat regularly and healthily

Eat regular meals and cook mostly with fresh ingredients.

Use very little fats and oils on food and in cooking.

At meals:

- Use a smaller plate
- Eat slowly
- Stop when you feel full.

Be mindful of what you're eating and drinking.

Sit at a table and try not to watch TV or a screen while you're eating.



Get active

Being physically active for 60–90 minutes every day will help you lose weight.



What about Alcohol?

- Weekly max limit: 11 standard drinks for women, 17 for men



- Remember you are drinking calories!
1 glass of beer/ wine / spirits has ~100-150 calories
- Alcohol then tends to lead to more food calories...!



I'm ready to eat more healthily!

What's out there to help?

Lots!

- Learn the label! www.irishheart.ie
- Meal plans, shopping tips
- Online easy recipes, 101 square meals
- **'Healthy Food Made Easy'** course
<https://www.corksports.ie/index.cfm/page/healthy-food-m>
- Cork health projects, growing/ cooking..
<https://www.corkcity.ie/en/council-services/services/comwell-in-the-community/eating-well/>
- HSE Community Dietitian service



WellComm Active
ACTIVE COMMUNITIES ARE WELL COMMUNITIES

Healthy Food Made Easy in 6 weeks

Nutrition & Cooking Programme

developed by the Department of Health in conjunction with the HSE

Healthy Food Made Easy is a 6 week course:
2 - 2 ½ hour sessions per week. It aims to:

- Encourage healthy eating
- Improve your knowledge of nutrition when preparing meals at home
- Cook healthy meals while on a budget
- Learn in a fun & friendly environment

Course Outline:

- Building a food pyramid
- The fibre providers
- Focus on fats
- Food for life
- Shop smart
- The road ahead

Logos: Slaintecare, Pobal, and other partners.

Online resources

www.healthyireland.ie

Download all food pyramid info, meal plans, healthy eating tips for families

Eating well

From [Healthy Ireland](http://HealthyIreland)

Published on 29 October 2020

Last updated on 29 January 2021



1. Make a plan
2. New initiatives this winter
3. Tips for healthy eating
4. Tips for older people
5. Quick meals
6. Snacks and treat foods
7. Takeaways
8. Cooking with children
9. Food safety
10. Managing your weight
11. Growing your own

www.healthpromotion.ie

Order hard copies of food pyramid booklets, posters etc..

HealthPromotion.ie

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- [Smoking](#)
- [Dementia](#)
- [Diabetes](#)
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- [Healthy Eating](#)
- [Mental Health](#)
- [Physical Activity](#)
- [Drugs](#)
- [Health Literacy](#)

Publication Listing

Browse by CATEGORY

or Search by KEYWORD

Healthy Eating

GO

Your search returned 33 results:

Healthy Eating for 1 - 4 year olds

Order code:HPM01378

Topic: Healthy Eating

Maximum order: 20

The Food Pyramid guide to every day food choices for children aged 1 - 4 years

Order Now

Download



www.safefood.net



Food safety, healthy eating, Recipes/ video demos / youtube channel

101 square meals recipe book – online audio/ order hard copy

Recipes Breakfast Lunch Snacks Dinner Dessert Search Recipes Categories... Q

Other recipes you might like

- Baked cod with lemon and olive oil**
3 of 5 a day 10 mins
- Fish fingers**
15 mins
- Mediterranean potatoes**
2.5 of 5 a day 15 mins

Home About START Healthy eating Active play ideas Being more active

- + Expert advice
- + About START
- + Start with sleep
- + Set up bedtime routine
- + Healthy eating
- + Tackling treats
- + Reducing screen time
- + Expert advice

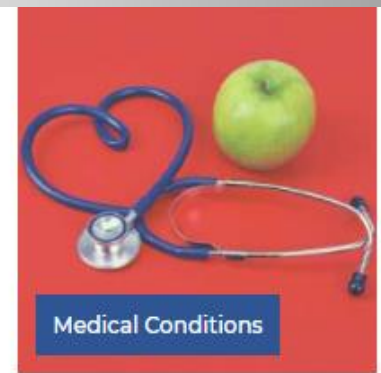
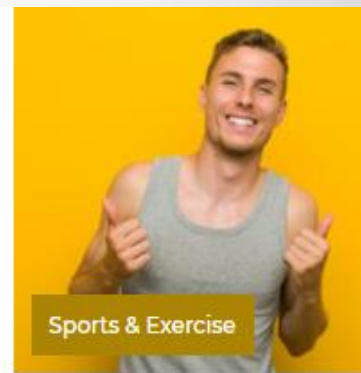
- How to start meal planning** →
- How to eat more fruit and veg** →
- How to be more active** →



'START' campaign supports families to take small steps to eating healthier & getting more active.

Food Facts / Fact Sheets

This area of the website contains all current INDI Fact Sheets. To quickly find the Fact Sheet you are looking for, use the search box below or by using the category list on the left.



STOP FoodWaste.ie



Weekly Planner



New Seasonal Foods Calendar 2020



Tips for you and your workplace

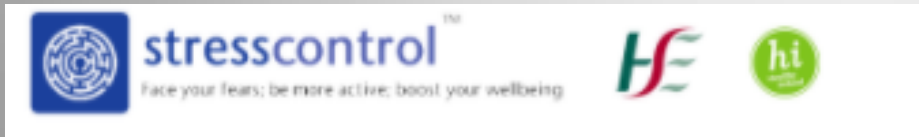


Luscious Leftovers



Stop Food Waste Hacks

www.stresscontrol.ie free online classes!



The Community Nutrition & Dietetic Service

- Free HSE dietetic service in primary care
- GP referral for adults & children
- Main conditions: Obesity
Diabetes
Heart disease
Gut problems



- We work with you to agree a plan for change
...we are NOT 'Dr. Eva' or the food police!!
- Group education programme for those with type 2 Diabetes '**Discover Diabetes**'

<https://www2.hse.ie/services/diabetes-support-courses/discover-diabetes.html>



Now over to you...!



- What changes can you make ? (be realistic!)
- Pick 3 changes you feel ready to start on!
- Use the keep Well planner:

www.healthyireland.ie

Make your own plan to

KEEP WELL

KEEPING ACTIVE | EATING WELL | KEEPING IN CONTACT | SWITCHING OFF | MANAGING YOUR MOOD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

hi healthy Ireland | Rialtas na hÉireann Government of Ireland

- Remember:
 - Use the food pyramid as a guide & watch portions!
 - Keep a regular meal & snack pattern
 - Sit together as a family & lead by example
 - Fill up on fibre
 - Cut back on fat
 - Swop snacks from the top shelf
 - Learn the label & shop smart!
 - Check out the supports...



Thank You

Questions?

