

Nutrition & your health

A guide to healthy eating



mohs
workplace health

♥ *Bringing health to life*

Food is one of life's great pleasures and there are many delicious and nutritious foods to enjoy and keep us healthy.

But foods containing too much salt, sugar, saturated fat and processed ingredients are not good for us and should be restricted. The key is to eat a nutritiously balanced diet most of the time, with less nutritious food as occasional treats.

Small healthy snacks eg fruit, nuts and seeds, rice cakes and crabsticks can help ward off hunger pangs in between meals. A good diet may also help prevent certain diseases such as diabetes, heart disease and strokes, and could help reduce the risk of some cancers.

The key to healthy weight

You need to consume an amount of calories based on your needs and activity levels. The average man needs around 2,500 calories a day, the average woman 2,000 calories. If you eat or drink too much, you put on weight as the body stores calories not used as fat. If you eat and drink too little, you lose weight.

Many UK adults are overweight or obese through eating too much junk, processed and convenience food and takeaways and drinking too much alcohol.

POOR FOOD CHOICES

REFINED CARBOHYDRATES:

- Culprits include white bread, rice and pasta, biscuits, pastries and cakes, pizzas and sugary processed breakfast cereals
- Any fibre in these foods has been stripped away so when eaten, they are digested rapidly, which results in spikes and dips in your blood sugar level and less stable energy levels

SALT:

- Eating too much can raise your blood pressure and high blood pressure is more likely to cause heart disease or a stroke
- About three quarters of the salt we eat is already in food such as breakfast cereals, soups, breads and sauces

Check food labels. More than 1.5g of salt per 100g means the food is high in salt. Adults and children over 11 should eat no more than 6g a day.

SATURATED FAT:

- We need some fat but too much saturated fat found in hard cheese, cakes, biscuits, sausages, cream, butter, lard and pies, can increase the amount of cholesterol in the blood, which may increase the risk of heart disease

Check food labels. High fat foods: more than 17.5g of total fat per 100g. Low fat foods: less than 5g of total fat per 100g.

SUGAR:

- Eat fewer sugary foods such as sweets, chocolates, cakes, pastries, and biscuits and drink fewer soft drinks including alcohol
- These foods/drinks provide energy but no nutritional benefits and can cause weight gain which can increase risk of type 2 diabetes, heart disease and certain cancers. Sugar can also cause tooth decay, especially if eaten between meals.

Check food labels. More than 22.5g of sugar per 100g means the food is high in sugar.



GOOD FOOD CHOICES

CARBOHYDRATES (STARCHY) FOODS:

- Potatoes, cereals, pasta, rice and bread should make up around one third of your daily diet
- Opt for wholewheat and wholegrain over white varieties

FIBRE:

- Needed for a healthy gut and bowels
- There are two types:

INSOLUBLE:

- The body can't digest this type of fibre, so it passes through the gut, helping other food and waste products move through easily
- Good sources: wholegrain bread and breakfast cereals, brown rice and wholewheat pasta

SOLUBLE:

- Can be partly digested and may help reduce the amount of cholesterol in the blood
- Good sources: oats and pulses

FRUIT AND VEGETABLES:

- We should eat at least five portions (one portion = 80g) a day
- Fresh, frozen, dried and canned fruit and vegetables all count
- Potatoes don't count as they're a starchy food

To help achieve '5 a day', chop a banana over your breakfast cereal, drink a glass of 100% unsweetened orange juice in place of a coffee or swap your usual snack for some dried fruit.

PROTEIN:

- Essential for the body to grow and repair itself
- Eat a fist sized portion at every meal
- Opt for lean meats, poultry, eggs, beans, nuts, lentils and pulses and lower fat soya products

EAT MORE FISH:

- Good source of protein and high in vitamins and minerals
- Aim for at least two portions a week, including one portion of oily fish which is high in omega 3 fats and may help prevent heart disease

NOTE: canned and smoked fish can be high in salt

DAIRY FOODS:

- Good sources of protein, and calcium for healthy bones and teeth
- Choose lower fat versions of milk, yogurt and cheese

FLUIDS:

- We need 1.2 litres of fluid daily to stop getting dehydrated (which can cause headaches, poor concentration and fatigue). This is in addition to fluids we get from food.
- We may need more fluids in warm weather or when active
- Non alcoholic drinks count, but water, milk and fruit juices are the healthiest
- Avoid sugar laden soft and fizzy drinks (high in calories and the added sugars could cause tooth decay)
- Staying hydrated may prevent you overeating as we often reach for food thinking we are hungry when the body is actually thirsty

Guidelines for a healthy weight

GET ACTIVE

- Physical activity can help weight loss or maintain a healthy weight and may help reduce the risk of heart disease, strokes and type 2 diabetes
- Find an exercise you enjoy. If you hate the gym, don't go! Start walking, join a tennis or badminton club or use a workout DVD
- Seek small ways to be more active. Get off the bus one stop early on the way home from work and walk. Or use the stairs instead of the lift
- Remember not to reward yourself with a naughty treat after being active. If you feel hungry, choose foods or drinks which are filling but low in calories

DON'T SKIP MEALS

- Skipping meals could make you feel hungrier so you overeat later
- Going for long periods without food can also make you feel tired and could slow down your metabolism

WATCH PORTION SIZES

- If they are too large, you will gain weight. Downsize your plate and fill up on fruit and vegetables
- Ask for a smaller portion when eating out and don't feel you have to empty your plate

ALCOHOL

- Contains lots of calories and drinking too much over time can pile on the weight, especially if you have a sedentary lifestyle
- Drinking too much may also harm your liver

DINING OUT A LOT

- Too many restaurant meals can play havoc with your waistline, particularly if you succumb to the bread basket or too many starters and desserts
- Restaurant food can often be higher in fat and sugar

COMFORT EATING

- If you feel depressed or have low self esteem, you may comfort eat to feel better which nearly always involves calorie laden foods such as chocolate, crisps, biscuits and chips. Find other ways to distract yourself until the urge to eat passes

JOIN A SLIMMING CLUB

- WeightWatchers, Slimming World or Rosemary Conley can all help shed pounds. The support from fellow dieters plus the weekly weigh in is very motivating. If you cannot get to a club, there are many online diet programmes
- Also, if your BMI is higher than 30, your GP may refer you free for three months to a club, after which time you should be well on your way to a healthier weight goal

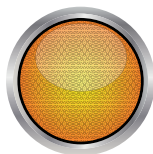


The 'traffic light' plan

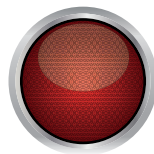
Follow the 'traffic light' eating plan if you want to lose weight:



GO FOR IT!
(EAT AS MUCH AS YOU LIKE)



DON'T OVER DO FOODS
(EAT REGULARLY BUT IN MODERATION)



STOP AND THINK FOODS
(EAT OCCASIONALLY)



GO FOR IT!

BREADS AND CEREALS

- Wholemeal, wholegrain or granary flour, bread, rolls
- Fat free chapatis
- Fortified breakfast cereals
- Porridge oats
- Crispbreads

DAIRY AND EGGS

- Semi skimmed or skimmed milk
- Low fat cottage cheese, crème fraîche, curd cheese, ricotta
- Light and extra light cream cheese
- Low fat yogurt, 0% Greek yogurt, fromage frais, quark
- Low fat soya milk and yogurt
- Egg whites

DRINKS AND LIQUIDS

- Coffee and tea with semi skimmed or skimmed milk (max: four cups a day)
- Stock cubes
- Fat free homemade or consommé soups
- Extracts eg Marmite, Vegemite, Bovril
- Diet fizzy, soft drinks, mixers
- No added sugar cordials

FATS, OILS, SAUCES AND DRESSINGS

- Fat free dressings & sauces
- Soy and mint sauces
- Tabasco & Worcestershire sauces

FISH

- Shellfish, eg prawns, crab, lobster, crabsticks
- All white, oil & smoked fish
- Fish canned in tomato sauce or brine

FRUITS, VEGETABLES AND PULSES

- All fresh & frozen
- Most tinned vegetables**
- Vegetables stir fried with low cal oil eg Fry Light
- Potatoes: mashed (using skim milk), new, sweet, baked

MEATS

- Lean cuts of beef, pork, lamb, bacon & poultry
- Liver, kidney
- Lean cooked meats
- Lean/extra lean mince, cooked in low cal oil

MEAT SUBSTITUTES

- Quorn, tofu, soya protein meat substitute

RICE, PASTA, PULSES AND GRAINS

- Rice, all varieties
- Dried pasta & noodles
- All types of beans eg baked, pinto, mung
- Millet, couscous, bulgur wheat
- All tinned or dried pulses

SWEETS, SAVOURIES, CONFECTIONERY AND DESSERTS

- Artificial sweeteners
- Sugar free chewing gum
- Jelly (sugar free), sorbets
- Milk puddings using semi skimmed or skimmed milk

OTHERS

- Mustard, vinegar, herbs, spices
- Vegetable purées eg tomato & garlic puree

**Read labels carefully to check calorie, fat and salt content



DON'T OVER DO FOODS



BREADS AND CEREALS

- Chapatis, naan bread, rotis
- White flour, bread, rolls
- Sugar or chocolate coated cereals
- Crunchy cereals and some mueslis**
- Low fat pancakes

BISCUITS, CAKES AND DESSERTS

- Plain or lower fat biscuits eg McVitie's Go Ahead biscuits
- Fat free sponges, malted fruit loaf, teacakes, fruit buns, scones
- Low fat cheesecakes, puddings, meringues (without cream)
- Bakes or cakes using lower calorie ingredients

DAIRY AND EGGS

- Soft cheeses eg Brie, Camembert (small amounts)
- Half fat cheese or small amounts of strong tasting cheese
- Soya, oat, goat's and rice milk
- Half fat Greek yogurts and crème fraiche
- Lower fat cream products
- Reduced fat coconut milk
- Up to 3 egg yolks a week

DRINKS, LIQUIDS AND SOUPS

- Low fat drinking chocolate and malted milk drinks

- Low calorie packet or tinned soups
- Gravy granules and powder
- Cordials and mixers
- Most alcoholic drinks*

FATS, OILS, SAUCES AND DRESSINGS

- Vegetable oils eg sunflower, olive (use sparingly)
- Low fat spreads and margarines high in polyunsaturates
- Lower fat mayonnaise and salad cream
- Non creamy sauces, cook in sauces
- Low calorie/fat reduced pasta sauces

FISH

- Fish fried in low cal oil
- Fish fingers or homemade or oven baked fish cakes

FRUITS AND VEGETABLES

- Olives (small amounts)
- Fruit canned in juice or light syrup
- Unsweetened fruit juice
- Dried fruit
- Canned vegetables containing salt (rinse and drain first)
- Fried or roast potatoes made with low cal oil eg Fry Light
- Bombay potatoes (small portion)

- Chickpea or lentil dhal made without ghee (small portion)
- Reduced fat coleslaw

MEATS

- Cooked meats, low fat sausages, reduced fat pâtés, game, mince

MEAT SUBSTITUTES

- Vegetarian sausages or bean burgers

NUTS AND SEEDS

- Plain nuts and seeds (small amounts)

PRESERVES, JAMS AND SPREADS

- Honey, jam, marmalade, tomato ketchup
- Fat reduced hummus

RICE, PASTA, PULSES AND GRAINS

- Fresh pasta and noodles

SWEETS, SAVOURIES AND CONFECTIONERY

- Boiled or jelly sweets (eat sparingly)
- Stuffing and stuffing mixes
- Fat reduced crisps and other low fat savoury snacks
- Low fat or salted popcorn

OTHERS

- Pizzas, eg vegetable based, ham, pineapple
- Low calorie ready meals**

*Keep to the recommended weekly allowance of up to 14 units of alcohol max (2 – 3 units per day) for women and up to 21 units max (3 – 4 units per day) for men. Have two to three AFDs (alcohol free days) a week. One unit equals ½ pint of ordinary strength beer, lager or cider; small glass of wine; standard pub measure of spirits.

**Read labels carefully to check calorie, fat and salt content



STOP AND THINK FOODS

BREADS AND CEREALS

- Bread made with ghee eg peshwari, paratha and puris
- Croissants, brioche
- Fried or garlic bread
- Full fat pancakes

BISCUITS, CAKES AND DESSERTS

- Most cakes, biscuits, flapjacks, doughnuts
- Pastries, flaky or puff pastry
- Crumbles, flans, sponges
- Full fat ice cream, custard and milk puddings

DAIRY AND EGGS

- Most hard/cream cheeses
- Evaporated or condensed milk
- Full fat cream and crème fraîche
- Whole or dried milk, coconut milk
- Full fat yogurt incl Greek
- Eggs fried in fat or scrambled with butter or cream
- Omelettes cooked in butter
- Quiches, Scotch eggs

DRINKS, LIQUIDS AND SOUPS

- Cream based liqueurs
- Creamy soups, milky or chocolate drinks
- Tea and coffee made with full fat milk/creamers/whiteners and sugar
- Sweetened soya and other sweetened milk substitutes
- Regular soft and fizzy drinks

FATS, OILS, SAUCES AND DRESSINGS

- Butter, margarine, ghee, dripping, lard, suet
- Hard vegetable fats, palm oil, coconut oil

- Full fat dressings eg thousand island, blue cheese, mayonnaise, salad cream
- Full fat creamy sauces and dips
- Gravy made with fat from meat or poultry juices

FISH

- Canned in oil or battered
- Served in butter or rich sauces (eg hollandaise, lobster, seafood or cheese)
- Fish pâté, paste, caviar, white bait, fish roe eg taramasalata

FRUITS AND VEGETABLES

- Avocado pears
- Fruit canned in syrup, crystallised or flambéed in butter
- Fritters eg bananas or apple
- Sweetened fruit juice
- Full fat fried or roast potatoes
- Potatoes mashed with cream or butter
- Vegetables fried or cooked in butter or oil
- Salad or coleslaw with full fat dressing

MEAT AND POULTRY

- Fatty meat (eg belly pork, duck, goose or any visible fat on meat eg crackling)
- Fried streaky bacon, luncheon meat, hamburgers, hot dogs, sausages, meatballs, faggots
- Meat products wrapped in pastry eg pies, sausage rolls
- Pâtés, salami, pastes
- Chicken nuggets and chicken kiev

MEAT SUBSTITUTES

- Fried tofu or quorn

- High fat vegetarian burgers

NUTS AND SEEDS

- Coconut
- Salted or dry roasted nuts

PRESERVES, JAMS AND SPREADS

- Chocolate spread, mincemeat, peanut butter, chutneys
- Full fat hummus

RICE, PASTA, PULSES AND GRAINS

- Fried rice
- Indian dhal (made with ghee)
- Polenta, sago, semolina, tapioca
- Pasta served with butter or creamy/cheese based sauces

SWEETS, SAVOURIES AND CONFECTIONERY

- Chocolate and chocolate products
- Crisps and other savoury snacks eg Bombay mix
- Most sweets, liquorice, mints, rock, fudges, toffees, butterscotch, Indian sweets, sweet or toffee popcorn
- Yorkshire and suet puddings

OTHERS

- Most fast food eg McDonalds, Burger King, KFC
- Indian/Chinese/Mexican takeaways
- Shop bought fish and chips
- Kebabs/kebab meat
- Meat based or extra cheese pizzas
- Some ready meals and sandwiches**
- Samosas, dumplings, spring rolls

**Read labels carefully to check calorie, fat and salt content

MOHS Workplace Health Services

Occupational Health

Absence Management / Health Surveillance / Medicals
Counselling
Drug and Alcohol Screening
Employee Wellbeing and Health Promotion
Physiotherapy
Travel Health Advice and Vaccinations

First Aid at Work

Anaphylaxis
Automated External Defibrillator
First Aid at Work / Emergency First Aid at Work
Paediatrics Emergency First Aid

Health and Safety

Drug and Alcohol Awareness
Fire Safety Award Level 2
Food Hygiene Levels 1 & 2
Ergonomic Assessments
IOSH Workplace Safety Courses
Management of Skin Health
Manual Handling
Sharps Awareness (construction)
Specific Hazards

Stress Management / Resilience Training

Developing Competencies to Manage Bullying and Harassment
Managing Stress at Work
Personal Resilience Training
Resilience, Leadership & Performance
Wellbeing & Lifestyle Management

Mental Health Training

Applied Suicide Intervention Skills Training
Mental Health Awareness Training for Managers
Mental Health First Aid Training



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