

Topic

“HEALTHY TIPS TO FILL YOUR BASKET”

CHALLENGES

Faced with too much choice and too much cost can make our weekly food shop difficult. It's not always easy to strike the right balance between what we enjoy and can afford and what is good for us. However, it's quicker and cheaper than you think to make delicious and healthy meals.

The aim of this topic is to foster a more harmonious relationship with food by providing tips for buying food and cooking at home, so that healthy eating remains, above all, enjoyable.



KEY THEMES

This topic focuses on introducing new healthy foods and flavours to your diet, whilst ensuring an enjoyable cooking process.

Here we discuss why it is a good idea to make a shopping list beforehand, and tips on how you can make the process less stressful and time consuming. Not everyone likes cooking, and that's okay!

We want people to:

- Discover new foods and develop an interest in exploring flavours.
- Plan ahead by writing a shopping list. This will make shopping less stressful and time consuming.
- Learn new ways to prepare simple healthy dishes.

The aim is to use this as starting point to gradually incorporate small changes into people's food habits.

PRACTICAL TIPS

Making a shopping list



We'll provide a shopping list template that will help you get everything you need for a balanced diet and make shopping less stressful.

Understanding food labels



In this workshop we discuss the traffic light food label system. It's a great and easy way to make healthier meal choices.

Use by dates



It's easy to get lost with all the 'use by' and 'best-before' dates. So, we've created a cheat sheet on this topic to help make sense of it all.

Stocking the cupboard with everyday essentials



Having everyday essentials in the cupboard is key to being able to regularly cook healthy and tasty meals. It can also save you money! We'll provide a list of cupboard staples to help.

Workshop: READING LABELS

AIM OF THE WORKSHOP:

To better understand nutritional information to help us make more informed choices.

DURATION:

45 mins



PREPARATION:

Ask each participant to bring 2 or 3 food product labels. Ideally you need products to compare, i.e. a yoghurt and a cream dessert; 2 types of pizza; a fizzy drink and a fruit juice etc.

WORKSHOP PLAN:

Question 1 (10 mins):

Start the workshop with a little discussion between participants:

- What do they look at most when selecting items in the supermarket?
- Why?

Question 2 (10 mins):

Hand out the packaging among participants and ask:

- What information is most useful to you when looking at this packaging?

Some examples: product name, list of ingredients, use by and best before dates, nutritional information, source, health claims (e.g rich in fibre) and price etc.

Question 3 (20 mins):

Sort the information into categories and discuss what is the most useful information. Compare two products.

Let's take 2 pizzas as an example. See next page.

CLOSE-UP ON THE TRAFFIC LIGHT:

Most major UK supermarkets use traffic light labelling on pre-packed foods and drinks to show whether a product is high (red), medium (amber) or low (green) in fat, saturates, sugars, and salt. Colour coding can be a useful tool to help choose between products. Try and go for more greens and ambers.

Each serving (150g) contains					
Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g	
	LOW	LOW	HIGH	MED	
13%	4%	7%	38%	15%	
of an adult's reference intake					
Typical values (as sold) per 100g: 697kJ/ 167kcal					

Conclusion (5 mins):



Remember that no foods are off-limits and that it's all about portion size and moderation. With food, as with everything, it's OK to treat yourself from time to time.



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Useful information: READING LABELS



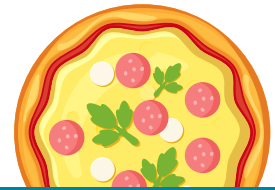
Key information to make a comparison:
let's take 2 pizzas as an example



Vegetarian pizza

Ingredients:

Wheat Flour, Water, Mozzarella Cheese (13%) (Cows' Milk), Vegetable Mix (9.5%) (Red Peppers, Yellow Peppers, Red Onions), Courgettes (7%), Tomato Paste, Basil Oil (3%) (Rapeseed Oil, Basil, Palm Oil, Basil Infused Sunflower Oil, Garlic Purée, Salt, Black Pepper), Spinach (3%), Rapeseed Oil, Yeast, Salt, Cornflour, Sugar, Basil, Sundried Tomato Purée, Garlic Purée, Garlic Powder, White Wine Vinegar, Yeast Extract, Black Pepper, Tomato Powder, Marjoram, Oregano, Thyme, Flavouring, Cheese Powder (Cows' Milk), Rosemary, Acid: Citric Acid.



Pepperoni pizza

Ingredients:

Wheat Flour, Water, Mozzarella Cheese (Cows' Milk) (14%), Pepperoni (8%) (Pork, Salt, Dextrose, Paprika Extract, Antioxidants: Sodium Ascorbate, Extracts Of Rosemary, Citric Acid; Garlic, Paprika, Ginger Extract, Pepper Extract, Smoke Flavouring, Preservative: Sodium Nitrite), Mini Pepperoni (3.5%) (Pork, Pork Fat, Salt, Dextrose, Antioxidants: Sodium Ascorbate, Extracts Of Rosemary; Anise, Paprika Extract, Garlic Powder, Sugar, Pepper Extract, Preservative: Sodium Nitrite; Ginger Extract, Chilli), Tomato Purée, Tomato Paste, Rapeseed Oil, Yeast, Cornflour, Salt, Sugar, Oregano, Black Pepper

Ingredients are always listed by order of weight or volume.

And everything is included, nothing is 'hidden'!



Here the vegetarian pizza contains more vegetables than the Pepperoni pizza.

Additives have a functional purpose: they add taste, modify texture etc.).

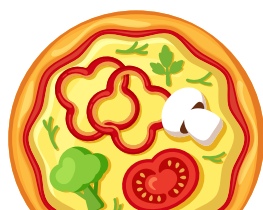
They're listed alongside their function (e.g. Acidifying agent: citric acid) or their code (e.g. E330).



Here, pepperoni pizza contains more additives than the vegetarian pizza.

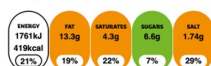
When comparing foods look at the 100g nutritional values on the label. This means you can better understand which food has more salt, sugar and fat.

Useful information: READING LABELS



Vegetarian pizza

Average values per:	100 g	1
Energy	217 kcal	2
Fat Of which saturated fatty acids	6.9g 2.2g	
Carbohydrates Of which sugars	29.7 g 3.4g	3
Protein	8g	
Salt	0.9g	4



% of the Reference Intakes

100g contains : Energy 912 kJ/217 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

1

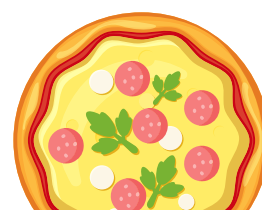
“Per 100 g” is included to enable a comparison between products.

2

Calories, often considered separately, are only one of several criteria to take into account when choosing a product.

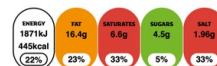
For example:
10 g of sugar provides the same number of calories as 10 g of protein.

Nutritional information



Pepperoni pizza

Average values per:	100 g	1
Energy	268 kcal	2
Fat Of which saturated fatty acids	9.9g 4.0g	
Carbohydrates Of which sugars	32.5g 2.7g	3
Protein	11.1g	
Salt	1.18g	4



% of the Reference Intakes

100g contains : Energy 1127 kJ/268 kcal

RI= Reference intake of an average adult (8400 kJ/2000 kcal)

4

Salt or sodium.

1g of salt=0.4 g of sodium.
You should not exceed 6g of salt a day (2.4g of sodium/day)

These are the 3 main nutrients to take into consideration in order to make a comparison.

Carbohydrates are nutrients that provide energy throughout the day. Sugars make up a part of carbohydrates, however they provide energy very quickly; it is recommended that adults consume no more than 100 g of sugars a day.

Saturated fatty acids, such as cholesterol, should be kept to a minimum as they can lead to cardiovascular diseases. It is important to remember that reasonable quantities of fats are also necessary as part of a balanced diet.

And finally, **protein** is also important for humans as it facilitates regeneration of muscles, skin and bone etc.

Here, the vegetarian pizza contains a bit less protein but less saturated fat and salt than the Pepperoni pizza.



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