

# Balancing Nutrition Personally and Professionally

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# You are what you eat

**Your body is built from the foods you eat.**

**You need the right nutrients for healthy bones, muscles, digestion and brain.**

**What you eat can affect chances of developing several diseases.**

**And keep you feeling healthy and well into old age!**

# 1. Mind Your Gut

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# Fibre & Long-Term Health

79% of People in Ireland do not eat enough fibre.

Most people think that they eat enough.

## Why is fibre important?

- Helps maintain a healthy weight.
- Helps prevent heart disease and cancer.
- Important for a healthy bowel.

# Why do we miss out on fibre?



There is less fibre in food than most people think.

We need at least 25g of fibre a day for good health.

## Fibre in common foods:

- Bowl high fibre cereal (3g)
- Piece of fruit (2g)
- Baked potato w/skin (2-3g)
- Slice brown bread (2g)

## 2. Build Your Bones

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# Dairy Products

A source of calcium for strong bones and teeth.

Dairy products help to:



Protect against osteoporosis.



Lower blood pressure.



Maintain a healthy weight.



# Dairy Products

Need 3 servings of dairy every day –  
go for low fat options.

One serving is:



1 glass of milk



1 yogurt



1oz hard cheese



# 3. Balance Your Protein

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# Meat, Fish & Alternatives

Includes

Meat  
Fish  
Chicken  
Eggs  
Beans  
Nuts

Needed for:

Protein  
  
Minerals  
(Iron, Zinc,  
Selenium)



# Meat, Fish & Alternatives

Protein is  
needed for:

Strong, healthy muscles and  
bones  
Energy  
Healthy immune system  
Growth and repair

Needed protein  
foods twice a day.



# 4. Help Your Heart

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# Keeping Cholesterol Healthy

What should your cholesterol be?

Total Cholesterol less than 5.0

LDL (**bad**) cholesterol less than 3.0

HDL (**good**) cholesterol more an 1.0-1.5

CHOLESTEROL

HDL



LDL



# Types of Fat

## Saturated Fat

Raises cholesterol & risk of heart disease.

Found in animal fats (cheese, cream, butter, biscuits, cakes, processed meats.)

## Polyunsaturated & Monounsaturated Fat

Lower cholesterol & help protect against heart disease.

Vegetable oils (sunflower, olive & rapeseed, nuts and seeds.)



# 5. Limit Alcohol

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# Alcohol

Good for your heart in small amounts.

Too much can cause; Liver damage, Stroke, Weight gain

Even small amounts of alcohol can disrupt sleep.





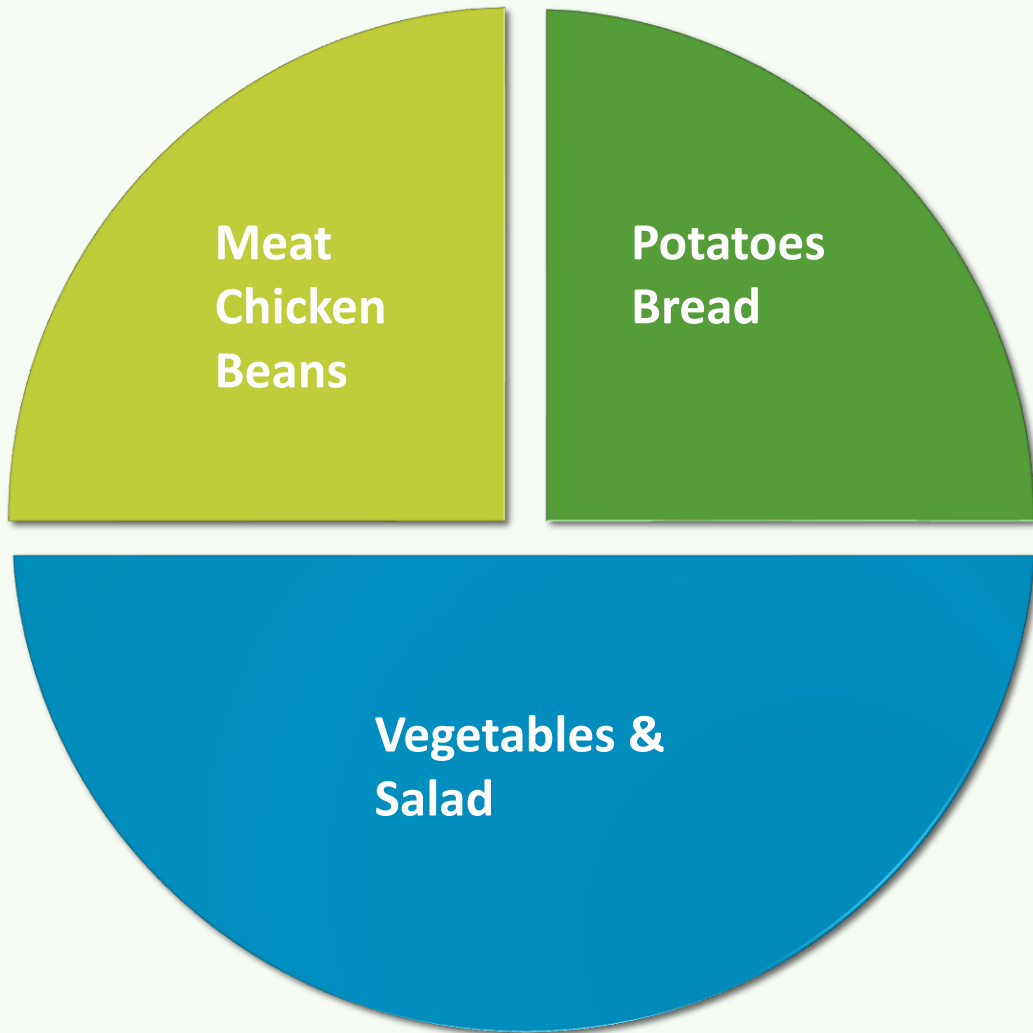
# Alcohol – How much?




17 standard drinks per week (men).

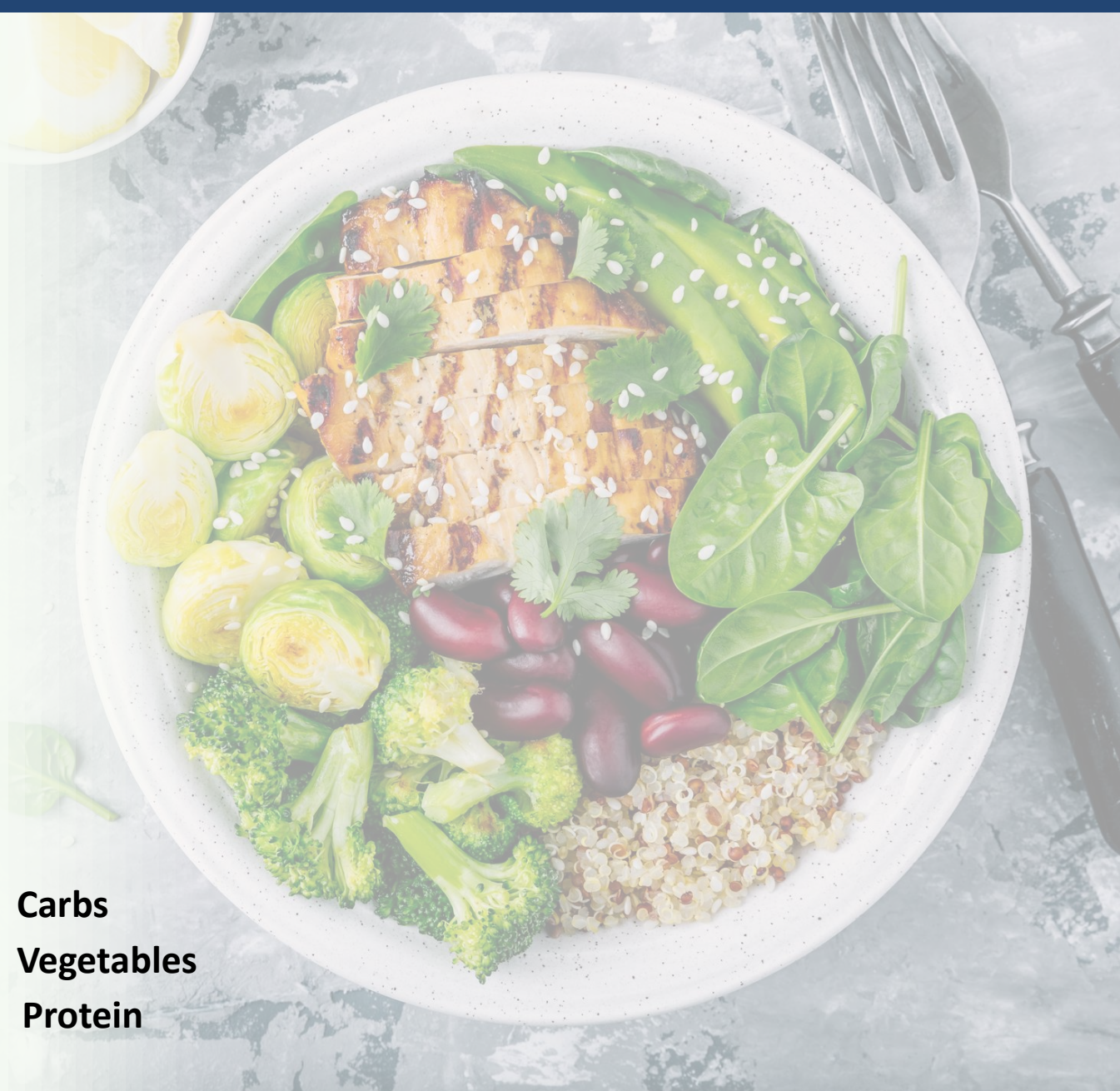
11 standard drinks per week (women).

1 standard drink is:  
½ pint beer / cider.  
100mls wine (very small glass).  
1 measure spirits.

# Balance Your Plate



-  Carbs
-  Vegetables
-  Protein





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Thank You