

ACE LIFESTYLE

Healthy Eating to prevent/reduce Obesity



ACE LIFESTYLE SERVICES

- We help children in Essex to have a healthier lifestyle to help prevent obesity in the future.
- We do this by advising children and their families of small healthy lifestyle changes that everyone can make to improve their long term health.
- Today we will be looking at:
 - The Eatwell Guide
 - Hidden sugars in fizzy drinks
 - Hidden sugars in breakfast cereals
 - Physical activity & sedentary behaviours
 - Sleep recommendations



eatwell guide

Check the label on packaged foods

Each serving contains

Energy (kcal)	Fat (g)	Salt (g)	Sugar (g)	Fibre (g)
100	5g	1.5g	5g	2.5g
10%	10%	30%	10%	10%

of an adult's reference intake

Typical values (per 100g) per 100g: 100/20/10/10/10

Choose foods lower in fat, salt and sugars.

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Fluids

Water, lower fat milk, sugar-free drinks, including tea and coffee, all count. Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least five portions of a variety of fruit and vegetables every day.

Fruit and vegetables



Foods high in fat, salt, sugar

Eat and drink less often and in small amounts.

Choose wholegrain or higher fibre versions with less added salt, sugar and sugar.

Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, two portions of sustainably sourced fish per week, one of which is oily.



Dairy and alternatives

Choose lower fat and lower sugar options



Oil and spreads

Choose unsaturated oils and use in small amounts.

Per day 2000 kcal 2500kcal = ALL FOOD + ALL DRINKS

The Harmful Effects of Sugar

- Having too much sugar in our diet can lead us to putting on weight.
- Studies prove that if we are above a healthy weight there is greater risk of health problems in the future. These can include:
 - Heart disease
 - Increased risk of heart attacks & strokes.
 - Having raised blood pressure
 - Increased risk of Type 2 diabetes
 - Obesity related cancers



BOTTLE OF WATER



- Our bodies are mainly made of water
- Aim to drink 4-8 cups a day
- Always re-hydrate with water

**ZERO
GRAMS OF
SUGAR**



Sugary Drinks



It would be healthier to just add fresh strawberries to a plain bottle of water

This drink contains 24g of sugar per 500ml bottle

= 6 sugar cubes



- This drink contains natural sugars. The natural sugar is called FRUCTOSE.
- Do not have more than 1, 150ml glass per day.

This drinks contains 29.8g of sugar per 300ml bottle

= 7.5 sugar cubes



- Capri-Sun is NOT naturally squeezed oranges.
- It contains added sugar
- 20g of Sugar per 200ml carton

= 5 sugar cubes



- 33.1g of sugar per 380ml bottle

= 8.3 cubes of sugar



Sugary drinks



- Diet drinks remove the sugar and replace it with artificial sweeteners to give it the sweet taste.
- 0g of Sugar per 500ml bottle

Zero sugar cubes



- This is a popular drink especially at fast food chains.
- Very unhealthy drink
- 54g of Sugar per 500ml bottle

= 13.5 sugar cubes



- Lucazade sport is a popular drink when taking part in sport.
- It's always best to hydrate with water
- 18g of sugar per 500g bottle

= 4.5 sugar cubes



- Friij Milkshake drinks contains lots of sugar.
- 50.8g of Sugar per 471ml bottle

= 12.7 Sugar Cubes



Energy Drinks



- Red Bull is called an energy as it contains a lot of added sugar
- High caffeine content
- Can states 'not recommended for children
- 27.5g of sugar per 250ml can
= 6.875 cubes of sugar



- High caffeine content
- Not recommended for children
- 42g of sugar per 500ml can
= 10.5 cubes of sugar



SUGAR CONSUMPTION RECOMMENDATIONS

FOR CHILDREN AGED 11 +

- Your diet should not contain any more than 30g of added sugar. This equates to:

7.5 cubes of sugar per day



SUGARY BREAKFAST CEREALS



37g per 100g of
sugar

= 37% of your bowl



35g per 100g of
sugar

= 35% of your
bowl



35g per 100g of
sugar

= 35% of your bowl



21g per 100g of
sugar

= 21% of your
bowl



LOWER SUGAR BREAKFAST CEREALS



0.7g per 100g of sugar
= 0.7% of your bowl



8.3g per 100g of sugar
= 8.3% of your bowl



4.4g per 100g of sugar
= 4.4% of your bowl



1g per 100g of sugar
= 1% of your bowl



HARIBO STARMIX 215G



- sugar is also added to lots of foods such as sweets, chocolate & cakes
- A 215g pack of Haribo Star mix contains:

101g of sugar

= 25.25 cubes of
sugar



Cutting down on sugar

- instead of sugary, fizzy drinks and juice drinks, go for water or unsweetened fruit juice. You can dilute fruit juices with water to further reduce the sugar.
- if you take sugar in hot drinks or add it to cereal, gradually reduce the amount until you can cut it out altogether
- check nutrition labels to help you pick the foods with less added sugar, or go for the low-sugar version
- choose tins of fruit in juice, rather than syrup
- choose wholegrain breakfast cereals, but not those coated with sugar or honey



Added sugar - It all adds up ...20 Teaspoons

BREAKFAST



3 tspns

LUNCH



9 ¼ tspns

SNACK



2 ½ tspns

DINNER



2 tspns

DESSERT



4 tspns



½ tspns



½ tspn



zero



2 tspns

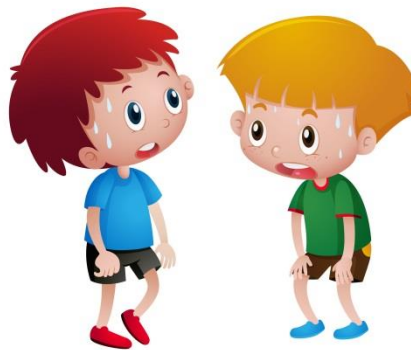


zero



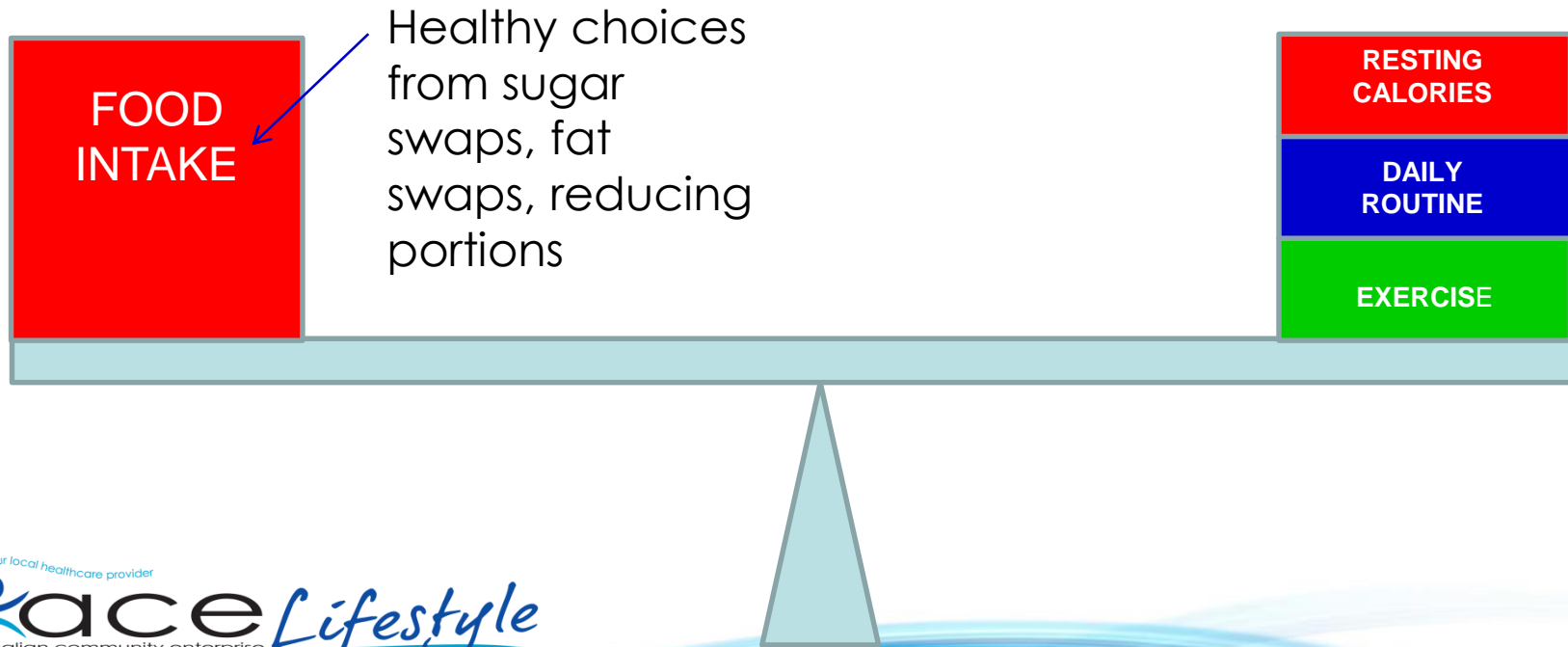
Recommendations for Physical activity

- All children and young people should engage in moderate to Vigorous activity for at least 60 minutes and up to several hours every day
- Vigorous intensity activities, including those that strengthens muscles and bones should be incorporated at least 3 days per week.
- All children and young people should minimise the amount of time being sedentary (sitting) for extended periods.



Energy Balance

FACT – too much energy in (calories) and not enough energy expenditure leads to weight gain



Top tips for a healthy lifestyle

- 1) Start the day with a healthy breakfast (low sugar)
- 2) Have a healthy balance diet (Eatwell Plate)
- 3) Take control of your portion sizes
- 4) Check your food labels for fat and sugar
- 5) Reduce sugary drinks, by making sugar swaps.
- 6) Cut back on fat.
- 7) Be active - aim to reach the physical activity guidelines (60 mins per day for children)
- 8) Limit screen time to reduce inactivity
- 9) Try to get the recommended amount of sleep

Small healthy changes will improve your long term health and reduce future health risks.