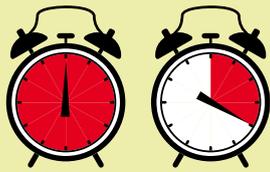


## Checklist



Session time:  
**80 minutes**

## You will need

- Training card 12b

- Visual card 12b



- Summary sheet 12b

- Food cards – pack one & two

- Guide to food labelling – ready reckoner

- Food labelling worksheet

- 'Best to worst' snacks sheet

- Old food packets

- Food labelling examples sheet



## Session 12b

# Healthy eating part two

The aim of the session is to understand:

- ✓ Types of fat and choosing healthier options for your heart.
- ✓ What cholesterol is and how you can reduce it.
- ✓ Salt and your heart.
- ✓ Alcohol and your heart.
- ✓ How food labels work.

The information you need to get across is:

30 minutes

What types of fat are there and how can healthier options help your heart?

### Types of fat

All fats are made up of a combination of different fats – **saturated fats**, **monounsaturated fats** and **polyunsaturated fats**. A diet that is low in saturated fats can lower your blood cholesterol level, help prevent you putting on weight, and so can help to reduce your risk of coronary heart disease.

Choosing healthier fats that are mainly mono or polyunsaturated instead of mainly saturated can help to protect your heart. But remember that all fats are high in calories, so you should limit the amount of all the fats you eat, especially if you are watching your weight.

**Saturated fats** mostly come from animal sources such as fatty meat, butter, ghee and dairy products such as cheese, cream and whole milk. Palm oil, coconut oil, coconut cream and coconut milk are also high in saturated fat. This type of fat raises blood cholesterol, increasing your risk of coronary heart disease.

**Unsaturated fats** (made up of monounsaturates and polyunsaturates) are mainly found in vegetable oils such as corn, sunflower, olive and rapeseed. These can have a good effect on cholesterol levels if you use them instead of saturated fats, but try not to use too much oil, especially if you are trying to lose weight.

**Trans fats** raise blood cholesterol levels in a similar way to saturated fats. Trans fats are found naturally in very small amounts in foods such as dairy foods and meat. Trans fats are also formed when vegetable oils are 'hydrogenated' and turned into solid fats to make processed foods such as some cakes, biscuits, pastries, crackers and hard margarines. You are unlikely to see trans fats listed in the nutritional information given on food packaging. However, check the ingredient list and if you see partially hydrogenated oil/fat or hydrogenated oil/fat the food may contain trans fats.

**Omega-3 fats** are a particular type of polyunsaturated fat, found mainly in fresh and canned oily fish such as herring, mackerel, pilchards, sardines, salmon and trout, and in fresh (but not canned) tuna. Eating oily fish regularly is an important part of a heart healthy diet and you should aim to have a portion of oily fish a week.

### Where types of fat are found

Unsaturated fats			Saturated fats	Trans fats
Monounsaturated fats	Polyunsaturated fats	Omega-3 fats	<ul style="list-style-type: none"> <li>• butter</li> <li>• hard cheese</li> <li>• fatty meat</li> <li>• meat products</li> <li>• biscuits</li> <li>• cakes</li> <li>• cream</li> <li>• lard</li> <li>• dripping</li> <li>• suet</li> <li>• ghee</li> <li>• coconut oil and palm oil.</li> </ul>	<ul style="list-style-type: none"> <li>• pastries</li> <li>• cakes</li> <li>• biscuits</li> <li>• crackers</li> <li>• hard margarines.</li> </ul> <p>Foods that have 'hydrogenated oil or fat' or 'partially hydrogenated oil or fat' in the list of ingredients may contain trans fats.</p>
<ul style="list-style-type: none"> <li>• olive oil and rapeseed oil</li> <li>• avocado</li> <li>• nuts and seeds (almonds, cashews, hazelnuts, peanuts and pistachios).</li> </ul> <p>Some margarines and spreads are made from monounsaturated fats.</p>	<ul style="list-style-type: none"> <li>• corn oil, sunflower oil and soya oil</li> <li>• nuts and seeds (walnuts, pine nuts, sesame seeds and sunflower seeds).</li> </ul> <p>Some margarines and spreads are made from polyunsaturated fats.</p>	<ul style="list-style-type: none"> <li>• fish oil</li> <li>• oily fish such as herring, mackerel, pilchards, sardines, salmon, trout and fresh tuna.</li> </ul>		

### How food labels can help you check the fat content in your food

To find out if a product has 'a lot' or 'a little' overall fat and saturated fat in particular, look at the nutrition information label on the packaging. Compare the 'per 100g' figures with the table below<sup>20</sup>.

Fat content per 100g of food	
<p>This is a lot:</p> <ul style="list-style-type: none"> <li>• 20g of <b>fat</b> or more</li> <li>• 5g of <b>saturates</b> or more</li> </ul>	<p>This is a little:</p> <ul style="list-style-type: none"> <li>• 3g of <b>fat</b> or less</li> <li>• 1.5g of <b>saturates</b> or less</li> </ul>

### Cutting down on fats and choosing healthier fats

The following will help you to improve your cholesterol level, prevent you putting on weight and reduce your risk of coronary heart disease:

- **Most importantly, cut right down on saturated fats.** Replace fats like butter, lard and ghee with monounsaturated fats and polyunsaturated fats like olive, rapeseed or sunflower oil and spreads made from them.
- **Cut down on foods containing trans fats.** You can do this by checking the ingredients list on food packets for hydrogenated or partially hydrogenated fat.
- **Reduce the total amount of fat you eat.** This is especially important if you are overweight. At mealtimes, cut down on fatty foods by filling up with starchy foods such as bread, pasta or rice instead – particularly the wholegrain versions of these. Also, cut down on snack foods such as pastries, crisps and biscuits, and replace them with healthier alternatives such as fruit or vegetables.

- **Be aware of hidden fats.** Many foods contain 'hidden fats' – fats that have already been added to processed or pre-prepared foods such as samosas, Bombay mix, pakoras or crisps, to sweets such as chocolates, halwa, gulab jamon and barfi, or to cakes and biscuits. So just have these foods as occasional treats.
- **Aim to eat two portions of fish a week. One of the portions should be oily fish.** (One portion of oily fish is 140 grams or 5 ounces).

#### Practical tips

- Use less of whatever type of oil you use. Instead of pouring oil directly into the pan, use a spoon to measure it. Gradually reduce the amount you use.
- Use oils that are high in unsaturated fats rather than saturated fats like butter, lard or ghee.
- Grill, steam or poach your food, rather than frying it.
- Try baking samosa and pakora instead of frying them, and have boiled, mashed and jacket potatoes (without adding butter) instead of chips.
- If you eat meat, use lean meat and trim off any visible fat. And remove the skin from chicken.
- Spoon off any excess fat from curries and stews.
- Use a low-fat spread instead of butter or margarine, and spread it thinly.
- Choose semi-skimmed, 1% or skimmed, rather than full-fat milk.

## What is cholesterol, and how can you reduce it?

Cholesterol is a fatty substance mainly made in the body. The liver makes it from the saturated fats in food.

Cholesterol plays an essential role in how every cell in the body works. However, having too much cholesterol in the blood can increase the risk of heart problems.

There are two types of cholesterol:

- **LDL** (low-density lipoprotein) is the **harmful** type of cholesterol.
- **HDL** (high-density lipoprotein) is a **protective** type of cholesterol.

Too much harmful cholesterol in the blood can increase your risk of getting coronary heart disease. The risk is particularly high if you have a high level of LDL cholesterol and a low level of HDL cholesterol.

Eating foods that are high in saturated fat can raise cholesterol levels in the blood. Most people in the UK eat too much saturated fat.

There is some cholesterol in certain foods – for example, in eggs, liver and kidneys, and in seafood such as prawns. However, eating these foods does not usually make a great contribution to the level of cholesterol in your blood.

If you need to reduce your cholesterol level, it is much more important that you eat food that is low in saturated fat.

### How you can help to lower your cholesterol

- Cut down on fats, especially saturated fats and trans fats. For example, cut down on fatty meats, full-fat dairy products, pastries, crisps and biscuits.
- Replace saturated fats with monounsaturated fats and polyunsaturated fats. For example, use olive, rapeseed or sunflower oil, rather than palm or coconut oil. And use polyunsaturated or monounsaturated spreads instead of butter. (See the *Where types of fats are found* chart on page 63.)
- Eat foods high in soluble fibre. These are foods like pulses, oats, fruits and vegetables. Soluble fibre helps lower your cholesterol by binding with excess cholesterol and preventing it from being absorbed.
- Eat oily fish regularly. The omega-3 polyunsaturated fat in oily fish can help to lower blood triglyceride levels, prevent the blood from clotting, and regulate the heart rhythm<sup>21</sup>.
- Be physically active. Doing regular physical activity can help you improve your cholesterol levels<sup>9</sup>. Build up to doing 30 minutes of moderate intensity activity a day, on at least five days a week. 'Moderate-intensity' means that the activity should make you feel warm and breathe slightly more heavily than usual, but you should still be able to talk. However, if you have coronary heart disease, or any other condition, it's important

that you talk to your doctor or nurse to make sure the exercise you're taking is safe and appropriate.

- Plant sterols and stanols – which are added to some foods, including spreads, soft cheeses and yoghurts – can help lower cholesterol. They are not a substitute for a healthy diet or a replacement for cholesterol-lowering medicines. They may be helpful for people who can't take cholesterol-lowering drugs, or for those who still have high cholesterol levels, even after making changes to their diet. They can also be taken with cholesterol-lowering drugs.

### Does too much salt affect your heart?

People who have a lot of salt in their diet are more likely to have high blood pressure. Most people eat far more salt than they need. It is recommended that adults have no more than 6 grams of salt a day – that's about one teaspoonful<sup>7</sup>. It is the sodium in the salt that contributes to high blood pressure. There is sodium in all types of salt, whether it's salt in grains, crystals or flakes.

#### What you can do to reduce your salt intake

- Cut down on processed food that contains a lot of salt. Three-quarters of the salt we eat is 'hidden'<sup>22</sup> in food such as ready meals, packet and canned soups, instant noodles, ketchups and sauces, sausages and burgers, and savoury snacks. See the chart below for how to find out how much salt a food contains.
- Don't add salt to your food at the table.
- Cook without adding any salt. Use extra pepper, herbs, garlic, spices or lemon juice to add flavour to your food instead.

You'll find that, within a few weeks, your taste buds will get used to less salt. You won't like salty foods and you'll be able to appreciate other flavours more.

#### How food labels can help you check the salt content in your food

To find out if a product has 'a lot' or 'a little' salt look, at the nutrition information label on the packaging. Compare the 'per 100g' figures with the chart below<sup>20</sup>.

Salt content per 100g of food	
<p>This is <b>a lot</b>:</p> <p>1.5g of <b>salt</b> or more</p> <p>0.6g of <b>sodium</b> or more</p>	<p>This is <b>a little</b>:</p> <p>0.3g of <b>salt</b> or less</p> <p>0.1g of <b>sodium</b> or less</p>

### Does too much alcohol affect your heart?

Regularly drinking more than the recommended limit of alcohol (see table below) increases the risk of high blood pressure, which is a risk factor for coronary heart disease. Alcohol is high in calories too and can cause weight gain. If you drink alcohol, make sure you drink within sensible limits<sup>8</sup>. This applies whether you drink every day, once or twice a week, or just occasionally.

	1 unit of alcohol =
<p> <b>Men</b> No more than <b>3 to 4 units</b> of alcohol a day</p> <p> <b>Women</b> No more than <b>2 to 3 units</b> of alcohol a day</p>	<p> <b>a small glass (100ml) of wine*</b> (10% alcohol by volume ABV) or</p> <p> <b>half a pint (300ml) of normal strength lager, cider or beer</b> (3% to 5% ABV) or</p> <p> <b>a pub measure (25ml) of spirits</b></p>

\*Note: Wine varies in alcohol content and a standard glass of wine in a pub will be 175ml, and a large glass 250ml.

Moderate drinking – between 1 and 2 units of alcohol a day – may offer some protection against coronary heart disease<sup>8</sup>. But nobody should start drinking alcohol because they think it might protect them from heart disease.

Everyone should avoid binge drinking. It is better to have just a small amount regularly rather than large amounts in one go.

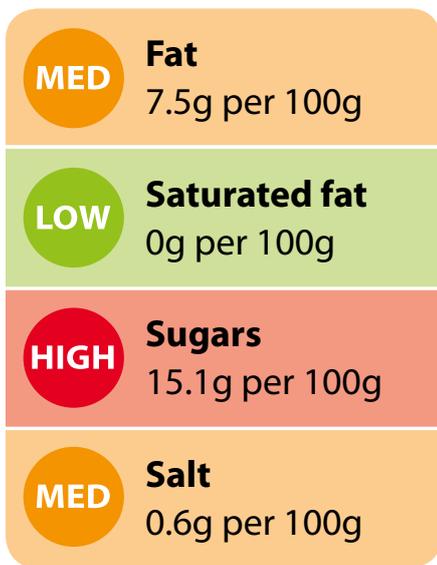
### How do food labels work?

Food labels provide important information about the nutritional value of food.

#### The Multiple Traffic Light model

Many retailers and manufacturers now provide ‘at a glance’ nutritional information on the front of packs. The Multiple Traffic Light model clearly indicates the relative levels of fat, saturated fat, sugar and salt in a food product, by labelling each nutrient as either high (red), medium (amber) or low (green).

See example below.



#### How to use traffic lights

As well as the traffic light colours, you can also see the amount of these nutrients that are present in a portion or serving of the food. Foods with a red light should only be eaten occasionally. Foods with amber lights are fine to eat most of the time, but those with green lights are the healthiest choices. Most foods will have a mixture of red, amber and greens. When you are choosing between products, pick those with greens and ambers as much as possible.

All measures per 100g	Low – a healthier choice	Medium – OK most of the time	High – just occasionally	High – (ready meals per pack)
Sugars	5g or less	5.1g - 15g	More than 15g	More than 18g
Fat	3g or less	3.1g - 20g	More than 20g	More than 21g
Saturated fat	1.5g or less	1.6g - 5g	More than 5g	More than 6g
Salt	0.30g or less	0.31g - 1.5g	More than 1.5g	More than 2.4g

## The Guideline Daily Amounts (GDA) model

Some food retailers and manufacturers use their own models, based on Guideline Daily Amounts (GDA). In this case, labels show how much a food contributes towards your guideline daily amounts (GDAs) for key nutrients.

The daily guideline amounts for the most important nutrients listed on food labels are:

	Men	Women
Fat (total)	95g	70g
of which saturates	30g	20g
Salt	6g	6g
Sugar	120g	90g

## Pre-session preparation

1. Print out *Summary sheet 12b*, the *Food labelling worksheet* and the '*Best to worst*' snacks sheet 
2. If you are able to, collect old food packets, eg, bread, cereal, ready meals etc, which contain nutritional information. If possible have two packets for each group to work on and think about collecting two versions of the same food (eg, full fat and low fat cream cheese), so the group can compare them. If you do not have old packets, print out the *Food labelling examples* sheet 
3. Order *Guide to food labelling - ready reckoner* for all the participants by calling the BHF Orderline on **0870 600 6566**. Allow two weeks for delivery.
4. You will also need the *Food card packs*.

## Activities

### Key activity: Food cards – salt/fats (whole group)

 10 minutes

Select 20 food cards from the different sections of the eatwell plate, picture side up, and put them into two piles. Ask the group to:

1. Arrange the first 10 cards from low to high for salt content per 100g
2. Arrange the second 10 cards from low to high for fat content per 100g

Then flip the cards to reveal the traffic light colour and amount of salt/fat per 100g and discuss any cards that were surprising or placed in the wrong order.

### Key activity: Food cards – Food labelling (small groups/pairs)

 20 minutes

Give each group/pair two food packets from the ones you have collected (or use the *Food labelling examples* sheet). Ask each group to:

1. Use their *ready reckoner* to work out the traffic light colour, for each packet, for the following:  
fat (total) / saturated fat / salt.
2. Fill in the name of the food and the traffic light colours for each packet, on the *Food labelling worksheet* and answer the questions.
3. Nominate a spokesperson to share their findings with the whole group.
4. Discuss any surprising findings and ask for suggestions of healthier options.

## Key activity: Food cards – ‘Best to worst’ snacks (whole group)

 20 minutes

Take the following 10 food cards out of pack one:

- banana, dried apricots, low-fat yoghurt
- unsalted nuts, currant bun, gherkin, Cheddar cheese
- vegetable samosa, crisps, ginger cake.

Mix up these cards and place them picture side up in the middle of the group. Ask the group to arrange the cards in order of best-to-worst between-meal snacks. After the group has arranged the cards, use the ‘Best to worst’ snacks sheet to check them or move them into the correct order, discussing with the group the reason for their position.

## Additional activity: Food cards – Higher or lower? (pairs/small groups and whole group)

- 1. Shuffle the cards and deal 10 cards to each person playing, making sure you keep them picture-side up.**
- 2. Ask each person to place their cards, picture-side up, in a line and turn over the first card only.**
- 3. Invite the first player to guess whether the next card in the line is either higher or lower in saturated fat.**

The player then turns over that card. If they are correct they continue, if they are incorrect the next player starts playing and sees if they can get more correct answers than the other(s).

You can play this game looking at fat, saturated fat, sugars and salt – but make sure you stick to one while each game is being played.

## At the end of the session

Hand out *Summary sheet 12b* 

### Background information

Although you now have all the basic information you need to deliver Session 12, here’s some more detail that you might find useful.

#### **Familial hypercholesterolaemia**

Some people have a high blood cholesterol level even though they eat a healthy diet. For example, they may have inherited a condition called familial hypercholesterolaemia or FH. People with FH need to be seen by a specialist and receive treatment to reduce their cholesterol. Their family may also need screening for FH.

#### **Triglycerides**

Triglycerides – or TG – are another type of fatty substance in the blood. They are found in foods such as dairy products, meat and some cooking oils. They can also be produced in the body. People who are very overweight, eat a lot of fatty and sugary foods, or drink too much alcohol are more likely to have high triglyceride levels.

People with high triglyceride levels have a greater risk of developing coronary heart disease than people with lower levels.

### **How are cholesterol and triglyceride levels measured?**

Total cholesterol, LDL, HDL and triglyceride levels are all measured using a blood test. They are measured in units called millimols per litre of blood or 'mmol/l'. If you are having a heart health assessment, it is likely that you will have your cholesterol measured as part of the assessment.

The test is sometimes done as a fasting test. This means that you will be asked not to eat or drink anything other than water for 12 hours before having your blood test.

### **Will you need to take cholesterol-lowering medicine?**

Whether you need to take cholesterol-lowering medicine or not depends not just on your cholesterol level, but also on your overall risk of coronary heart disease.

If you have a high level of cholesterol, your doctor will probably prescribe a cholesterol-lowering medicine, such as statins, for you.

If you don't have a high cholesterol level, but do have an overall high risk of coronary heart disease, it is likely that you will benefit from taking cholesterol-lowering drugs, such as statins, to protect your heart.

### **What about a vegetarian diet?**

Both a vegetarian and a non-vegetarian diet can be healthy, provided they are balanced. Vegetarians need to make sure that they are getting enough protein in their diet – for example, from beans, pulses, tofu or Quorn™. These foods are low in fat and also provide fibre. Eating these foods, combined with eating more fruit and vegetables as part of a balanced diet, will ensure you get all the nutrients you need as well as helping to keep your heart healthy.

As with meat eaters, vegetarians should also aim for a diet that is low in fat (especially saturated fat), sugar and salt. Some vegetarians use a lot of butter, ghee and cheese in their cooking, which adds a lot of saturated fat. Try using a small amount of olive oil or rapeseed oil instead. Use a spoon to measure the oil rather than pouring it. Also, some vegetarians add salt to give foods extra flavour. Instead of salt, use other flavourings for foods such as lemon juice, chilli and other herbs and spices.

## **For more information**

**bhf.org.uk**

### **BHF services:**

Heart Matters is a FREE BHF service offering information and support on improving your heart health. If you're looking for some fresh healthy eating ideas, the Heart Matters recipe finder has over 135 delicious heart-healthy recipes. You can search by type of meal, cuisine, dietary requirement, risk factor (like high cholesterol or high blood pressure). Or if you have diabetes, you can easily select the meals that are right for you and your heart. Why not use our interactive eatwell plate to see what makes up a balanced meal and find out what one portion of fruit and vegetables looks like with our portion catalogue. And if you want to get really interactive, check out our cooking videos on the recipe finder to learn how to make tasty dishes, step-by-step.

Visit **bhf.org.uk/heartmatters**

### **BHF booklets:**

**Cholesterol – and what you can do about it** (aimed at South Asians, in English and five South Asian languages)

**Looking after your heart** (aimed at South Asians, in English and five South Asian languages)

**Eating well** (in English and Welsh)

**Guide to food labelling** (in English)

**Cut the saturated fat** (in English)

**Saturated fat made simple** (aimed at South Asians, in English and five South Asian languages)

**Cut down on salt** (in English and Welsh)

**Salt made simple** (aimed at South Asians, in English and five South Asian languages)

**Eating for your heart** (in English)

**Healthy eating for a healthy heart** (aimed at South Asians, in English and five South Asian languages)

**Traditional foods – healthy dishes** (a collection of African Caribbean dishes)

To order these free resources, call the **BHF Orderline** on **0870 600 6566**.

**Other organisations:**

**British Dietetic Association**

Phone: **0121 200 8080**

Website: **www.bda.uk.com**

**Change for life**

Website: **www.nhs.uk/change4life**

**Food Standards Agency**

Website: **www.eatwell.gov.uk**

**Heart UK**

(The cholesterol charity)

Helpline: **0845 450 5988**

Website: **www.heartuk.org.uk**

Email: **ask@heartuk.org.uk**

**Weightwise**

Website: **www.bdaweightwise.com**