



HEALTHY HEARTS KIT

FOOD CARD FACTS



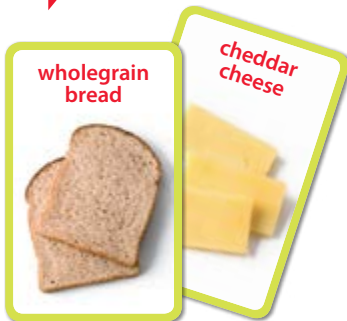
**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk

How can I use this guide?

You can use this guide when you're delivering the Healthy hearts kit healthy eating sessions to individuals or groups. **The guide has been designed to help you:**

Discuss



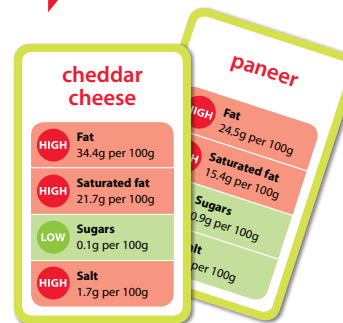
Discuss key points about different food cards, particularly foods which generate a lot of discussion.

Identify

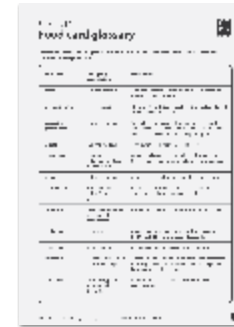


Easily identify which section of the eatwell plate key cards fall into.

Facilitate



Facilitate additional activities to help you build on the activities in the *Healthy hearts kit training manual*.



For more information on the different foods included in the food card packs, download the food card glossary from **bhf.org.uk/hhkresources**

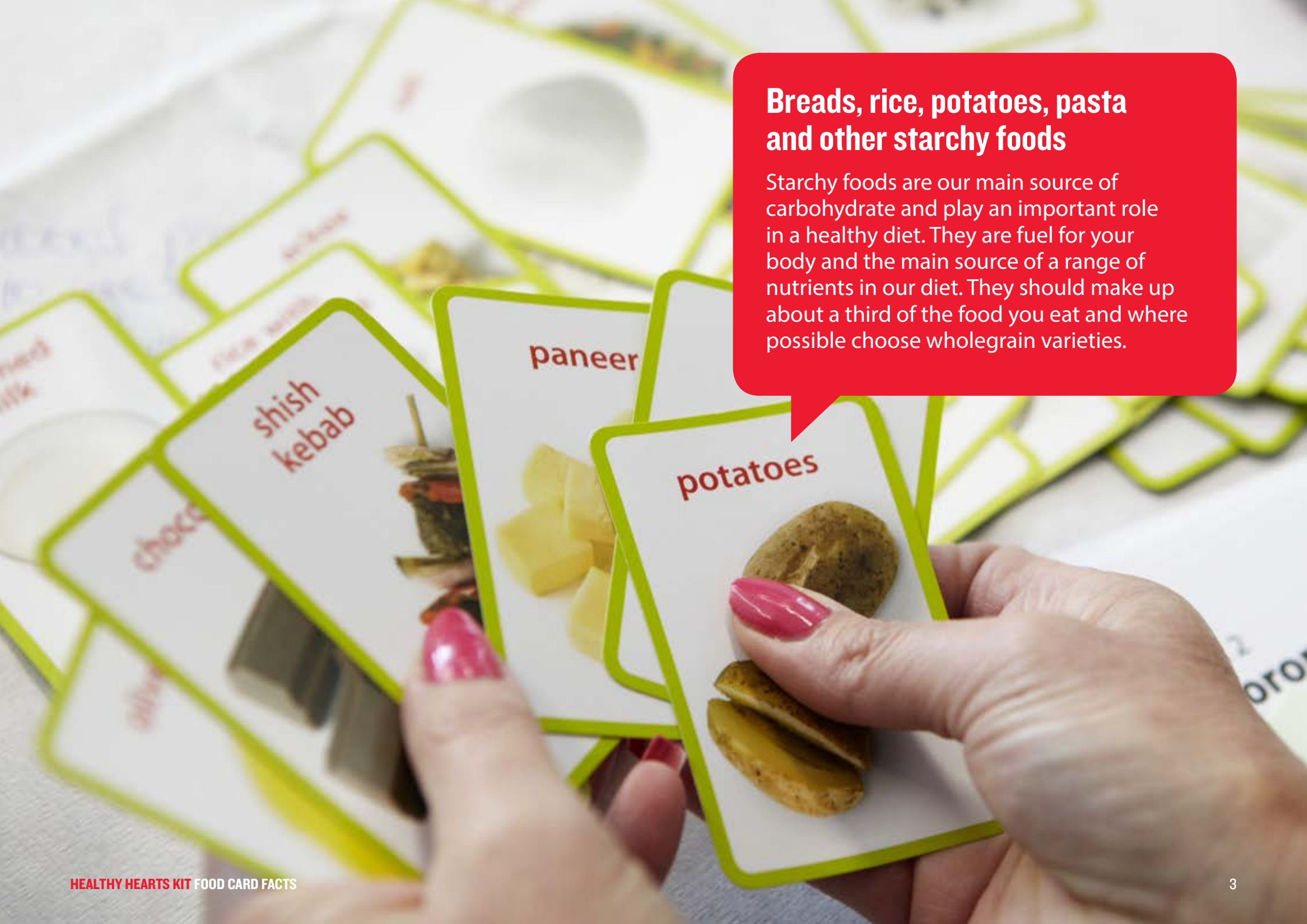
For more information about the eatwell plate and healthy eating visit **nhs.uk/LiveWell**



Download or order Eating well (G186) from **bhf.org.uk/publications**

Breads, rice, potatoes, pasta and other starchy foods

Starchy foods are our main source of carbohydrate and play an important role in a healthy diet. They are fuel for your body and the main source of a range of nutrients in our diet. They should make up about a third of the food you eat and where possible choose wholegrain varieties.



Breads, rice, potatoes, pasta and other starchy foods

Rice

You should choose brown varieties as they contain more fibre (4g of fibre per 180g cup compared to only 1g of fibre per cup of white rice) and nutrients than the more processed white varieties. Any product that has at least 3g fibre per 100g is considered a source of fibre and those with at least 6g per 100g can claim to be high in fibre. If you have a choice of short-grain or long-grain rice, choose long grain. Long grain rice has a lower glycaemic index (GI) than short-grain rice.

rice



Coconut rice

The fat content of coconut rice can vary depending on whether the rice is cooked in the separated coconut milk or the milk which contains the cream as well. Coconut cream contains about 21–25% fat while coconut milk is about 17% fat. The coconut rice on the food card has been cooked in coconut milk, so is low in fat and saturated fat.

coconut rice



Potato

Potatoes are a vegetable, but they don't count towards your 5 a day. They are classified nutritionally as a starchy food. That's because when they are eaten as part of a meal, they are generally used in place of other sources of starch such as bread, pasta or rice. While potatoes don't count towards your 5 a day, they're still an important part of a healthy diet because they're a good source of energy, fibre, vitamin C and potassium.

potatoes



Breads, rice, potatoes, pasta and other starchy foods

Champ

You can make a healthier version by mashing the potato with an unsaturated fat and a low fat milk rather than butter and whole milk.

champ



Potato scones

Traditionally butter and salt are added to the potato for these. A healthier potato scone recipe should leave out the salt and use an unsaturated fat.

potato (tattie)
scones



Chips

These days, chips vary dramatically in the amount of total and saturated fat they contain. Fried chips are high in fat and, depending on the fat they are fried in, can be high in saturated fat as well. Using unsaturated oils for frying helps lower the saturated fat content of chips. Oven chips can be low in total fat and some brands have only green colour coding on their labels. Chips tend to be green (low) for salt, but can be red (high) when salt is added.

chips



Breads, rice, potatoes, pasta and other starchy foods

Fried dumplings

Recipes generally tend to suggest making dumplings with vegetable oil before frying them in an unsaturated fat. So they have a saturated fat profile similar to that of rapeseed oil. Adding the dumpling to stews and casseroles will lower their total and saturated fat.

fried dumplings



Butteries

A buttery is a bread roll with a nutritional profile similar to croissants, so it could also be put in the foods and drinks high in fat and/or sugar section of the eatwell plate.

butteries



Currant bun/bara brith

These are a type of sweet bread containing currants or raisins. They are a healthier alternative to biscuits and chocolates.

currant bun



bara brith



Breads, rice, potatoes, pasta and other starchy foods

Yam, plantain and cassava

Yam, plantain and cassava don't count as part of your 5 a day, as they are starchy foods. So even though they are vegetables, they fall into this section.

yam



plantain



cassava



Breads, rice, potatoes, pasta and other starchy foods

Porridge oats

Oats are a wholegrain food and high in fibre, particularly soluble fibre. So oats are low GI, releasing energy slowly with less impact on your blood glucose levels. Oats also help to lower cholesterol.

Branflakes

These are a high fibre breakfast cereal. The most healthy cereals are made with whole grains and not much else. But cereals can contain added sugar and salt so make sure you read the food labels – so this is a good card to use when doing the food card activity comparing salt contents.

Activity No. 1

Compare a range of breakfast cereals for fibre, sugar and salt contents. Discuss which varieties people prefer and whether there might be a healthier alternative they could try.

porridge
oats



bran flakes



Breads, rice, potatoes, pasta and other starchy foods

Wholegrain bread

This should be made from 100% wholegrain flour. Wholegrains haven't had their bran and germ removed by milling, making them a better source of fibre and other nutrients – such as potassium, selenium and magnesium – than other grains. If the ingredients label lists “whole wheat”, “wholemeal”, or “whole corn” as the first ingredient, the product is a wholegrain food. Take care when choosing breads that the first ingredient on the label is “whole wheat flour”, otherwise it could contain mostly white flour.

wholegrain bread



Activity No. 2

Compare white, brown, multigrain, seeded and wholegrain breads, using their food labels to look at wholegrain, fibre and fat contents.

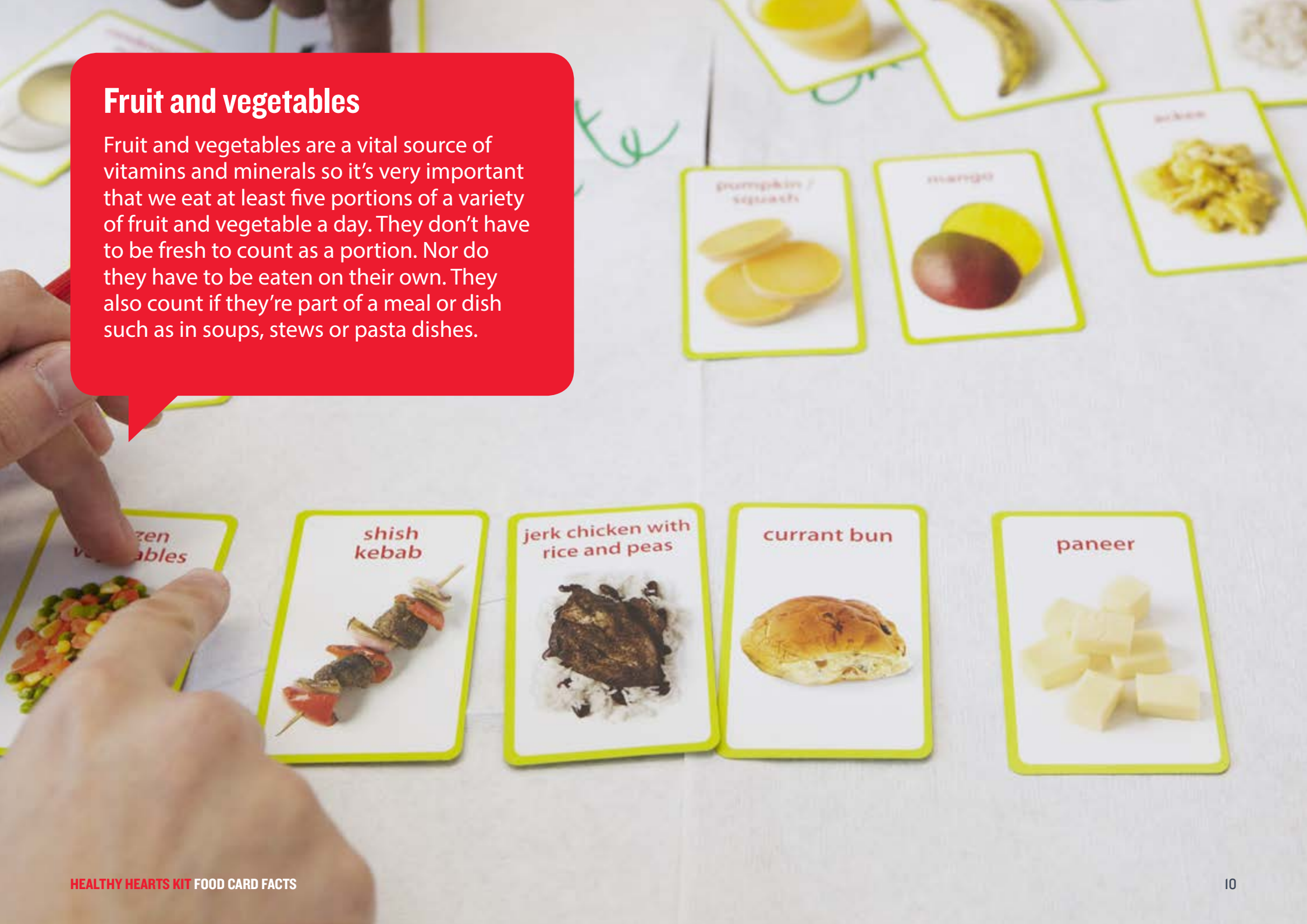
Discuss

Which types, varieties and brands of bread people prefer and whether there might be a healthier alternative they could try.



Fruit and vegetables

Fruit and vegetables are a vital source of vitamins and minerals so it's very important that we eat at least five portions of a variety of fruit and vegetable a day. They don't have to be fresh to count as a portion. Nor do they have to be eaten on their own. They also count if they're part of a meal or dish such as in soups, stews or pasta dishes.



Fruit and vegetables

Sweet potato

Sweet potatoes, parsnips, swedes and turnips do count towards your 5 a day because they're usually eaten as well as the starchy food part of a meal.

Unsweetened orange juice

A glass (150ml) of 100% fruit or vegetable juice counts as one portion a day, however much you drink. That's mainly because juice contains less fibre than whole fruits and vegetables.

Avocado

Avocado is a fruit with a high fat content, but most of the fat is healthy monounsaturated fat like the fat found in olives and olive oil. This means that it's higher in calories than most other fruit and vegetables so you need to keep to sensible portions. Half an avocado is one portion.

sweet potato



unsweetened
orange juice



avocado



Fruit and vegetables

Frozen vegetables

These can be more nutritious than the fresh equivalents as vegetables frozen close to the time of harvest maintain a higher level of many vitamins and nutrients. Some vitamins can be destroyed by heat and light. 'Fresh' vegetables are often four or more days old before they hit your plate so they are not always as fresh as you think. Don't overcook frozen vegetables as they will lose all their goodness.

Chilli

Fresh chilli is considered a fruit, but when it is dried it tends to be classed as a herb or spice.

frozen vegetables



peppers (sweet and chilli)



Milk and dairy foods

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps to keep your bones healthy. For the healthiest choices, choose lower-fat dairy foods.



Milk and dairy foods

Full fat and skimmed milk

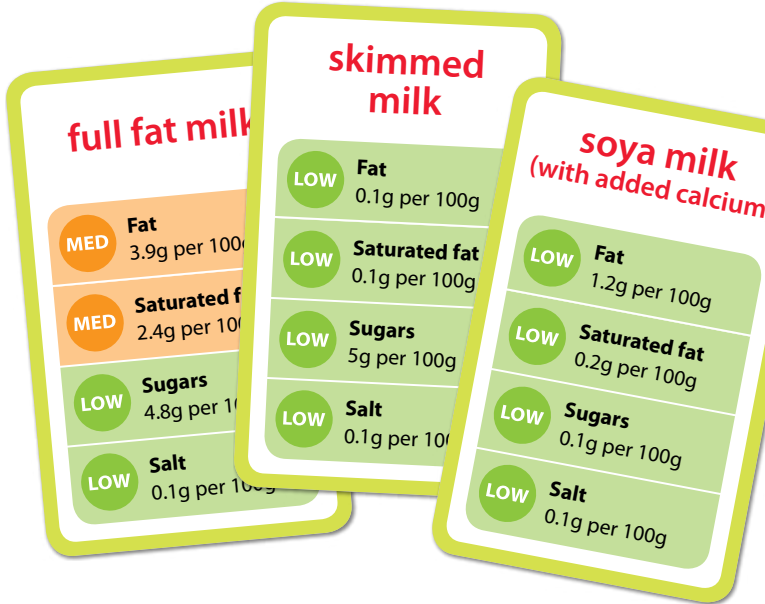
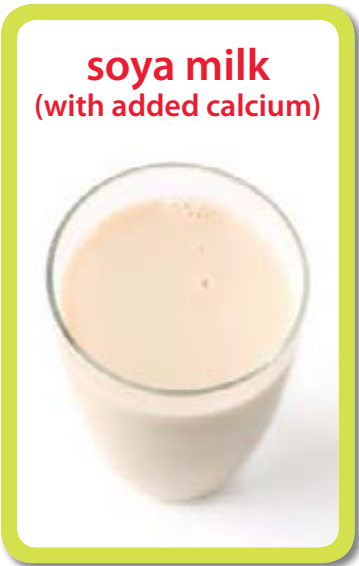
Skimmed milk contains 0.1% fat and about half the calories of full fat milk. However, even though fat is removed from skimmed milk, it still retains most of its nutrients. Skimmed cow's milk contains slightly more calcium than full-fat milk because calcium is found in the watery part, not the creamy part.

Soya milk

This has long been regarded as the healthy alternative for those who are intolerant to lactose – the sugar found in cow's milk. It's lower in fat and saturated fat than cow's milk and provides the same amount of calcium as its dairy equivalent if it has been fortified with calcium.

Activity No. 3

Compare the information on the food cards for full fat milk, skimmed milk and soya milk.



Fruit and vegetables

Cheddar cheese

Although Cheddar is a high fat food and could be placed in the food and drinks high in fat and sugar category, it provides other important nutrients like calcium, protein and vitamins B12, A and D, that foods in the food and drinks high in fat and/or sugar category will not. Choosing reduced fat Cheddar/lower fat cheeses is healthier.

cheddar
cheese



Cream cheese

This needs to contain a minimum of 33% fat to be called cream cheese. Lower fat varieties are called low fat cheese spreads.

cream cheese



Paneer

This is homemade unsalted white cheese made with cow's milk. It is still a high fat and saturated fat cheese, but is lower in salt compared to Cheddar cheese.

paneer



Milk and dairy foods

Lassi

This could also be put in the foods high in fat and sugar category depending on what is used to sweeten the drink, whether it's fruit pulp or added sugar. However, the main ingredient is milk so, like Cheddar cheese, lassi is still placed in the dairy section. A lassi without added sugar is a great alternative to carbonated or processed soft drinks.

Yoghurt

Low fat yoghurt will be lower in fat than a regular yoghurt, but may not be low in calories as sugar is sometimes added to improve the flavour. It's important to look at the labels.

Activity No. 4

Compare the information on the food cards for Cheddar cheese, paneer and cream cheese.

lassi
(sweetened)



yoghurt
(low fat)



**cheddar
cheese**

| | | |
|------|---------------|----------------|
| HIGH | Fat | 34.4g per 100g |
| HIGH | Saturated fat | 21.7g per 100g |
| LOW | Sugars | 0.1g per 100g |
| HIGH | Salt | 1.7g per 100g |

paneer

| | | |
|------|---------------|----------------|
| HIGH | Fat | 24.5g per 100g |
| HIGH | Saturated fat | 15.4g per 100g |
| LOW | Sugars | 0.9g per 100g |
| LOW | Salt | 0g per 100g |

cream cheese

| | | |
|------|---------------|----------------|
| HIGH | Fat | 47.4g per 100g |
| HIGH | Saturated fat | 29.7g per 100g |
| LOW | Sugars | 0g per 100g |
| MED | Salt | 0.75g per 100g |

Milk and dairy foods

Activity No. 5

Compare low fat, natural, low calorie, diet and lite yoghurts. You may find this table helpful.



| | Total Fat/100g | Saturated fat/100g |
|---|----------------|--------------------|
| Cream | | |
| Clotted | 64g | 40g |
| Double Cream | 54g | 33g |
| Whipping Cream | 40g | 25g |
| Soured Cream | 20g | 13g |
| Single cream | 19g | 12g |
| Half Cream | 14g | 9g |
| Double Cream Alternative (buttermilk/vegetable oil) | 36g | 24g |
| Single cream alternative (buttermilk/vegetable oil) | 15g | 9g |
| Crème Fraise | | |
| Crème Fraise | 40g | 27g |
| Half Fat crème Fraise | 15g | 10g |
| Fromage fraise | | |
| Natural Creamy | 8g | 6g |
| Virtually fat free | 0.1g | 0.1g |
| Yoghurt | | |
| Greek Style | 10g | 7g |
| Greek style (sheep's milk) | 6g | 4g |
| Greek low fat | 2.7g | 1.7g |
| Thick and creamy | 4g | 2g |
| Whole milk | 3g | 2g |
| Soya | 4g | 0.6g |
| Low fat yoghurt | 1g | 0.7g |
| Diet yoghurt | 0.2g | 0.1g |

Meat, fish eggs, beans and other non-dairy sources of protein

These are all foods which are good sources of protein, which is essential for the growth and repair of your body. They are also good sources of a range of vitamins and minerals. Aim to eat at least two portions of fish a week, including one portion of oily fish.

wholegrain
bread

cheddar
cheese

grilled
chicken breast

curried meat

Meat, fish, eggs, beans and other non-dairy sources of protein

Chickpeas/baked beans/lentils

These are a good source of low fat protein so are included as a protein food in the meat, fish, eggs, beans and other non-dairy sources of protein section of the eatwell plate. They also contribute towards your 5 a day, but only count as one portion a day, no matter how much you eat, because you need to get a variety of vitamins and minerals from other fruits and vegetables as well.

Cured meat/haggis/Lorne square (square sliced sausage)

These are high in fat, saturated fat and salt so they could also be put in the foods and drinks high in fat and sugar. You should eat them in moderation.

Eggs/liver/kidney/prawns

All these contain dietary cholesterol, but it's saturated fat in your diet that has a greater effect on blood cholesterol levels.



Meat, fish, eggs, beans and other non-dairy sources of protein

Salted fish

The salt content of salted fish can vary. The food card version has had the salt removed through the cooking process, but the amount removed varies so be mindful of this and where possible read the label.

Fish fingers

The fat, saturated fat and salt content can vary according to the brand of fish fingers. Choosing to grill them rather than fry them will help to reduce their fat content.

Nuts

These are high in fat but most of the fat (80%) is healthy unsaturated (polyunsaturated or monounsaturated) fat.

salted fish



fish fingers



**unsalted
nuts**



The eatwell plate

Bread, rice,
potatoes, pasta
and other starchy foods

Food and drinks high in fat and/or sugar

Most people in the UK eat too much fat and sugar. They do provide energy for the body, but when we eat too much of them we consume more energy than we burn, causing weight gain.

Food and drinks high in fat and/or sugar

Chocolate

Everyone seems to think that if you choose dark chocolate it's ok. But all chocolate is high in calories, fat, saturated fat and sugar.

chocolate



Condensed milk

Although this is made with whole milk, it's packed with added sugar so is not considered a good milk and dairy food.

condensed
milk



Cream

Although cream contains calcium, it's very high in fat so is not considered a good milk and dairy food.

cream
(single)



Food and drinks high in fat and/or sugar

Ice-cream

Although ice-cream contains calcium, it's high in saturated fat and sugar so is not considered a good milk and dairy food.

ice-cream



Crisps

Although they can be potato based, crisps can be high in fat, saturated fat and salt so are not classed as part of the bread, rice and potato group. Some brands use unsaturated fats to cook the potatoes so they have lower levels of saturated fat. Baked crisps have around 70% less fat than ordinary crisps.

crisps



Peanut butter

This is a nut product so it can also fit in the meat, fish, eggs, beans and other non-dairy sources of protein group. But it's high in fat and saturated fat and can have added sugar and salt.

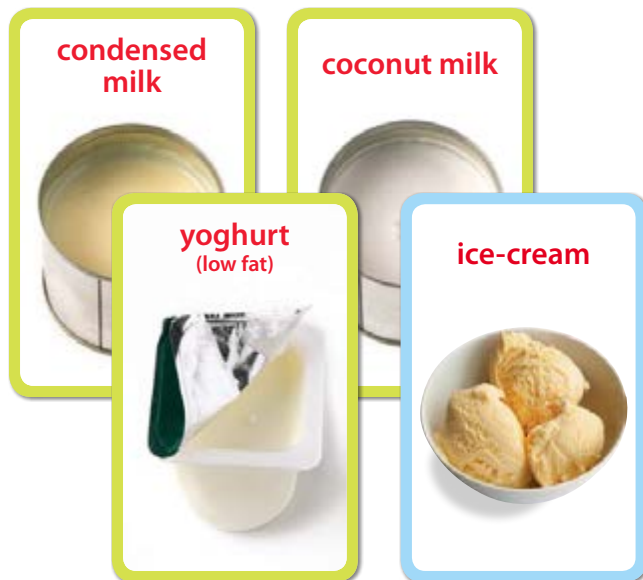
peanut butter



Food and drinks high in fat and/or sugar

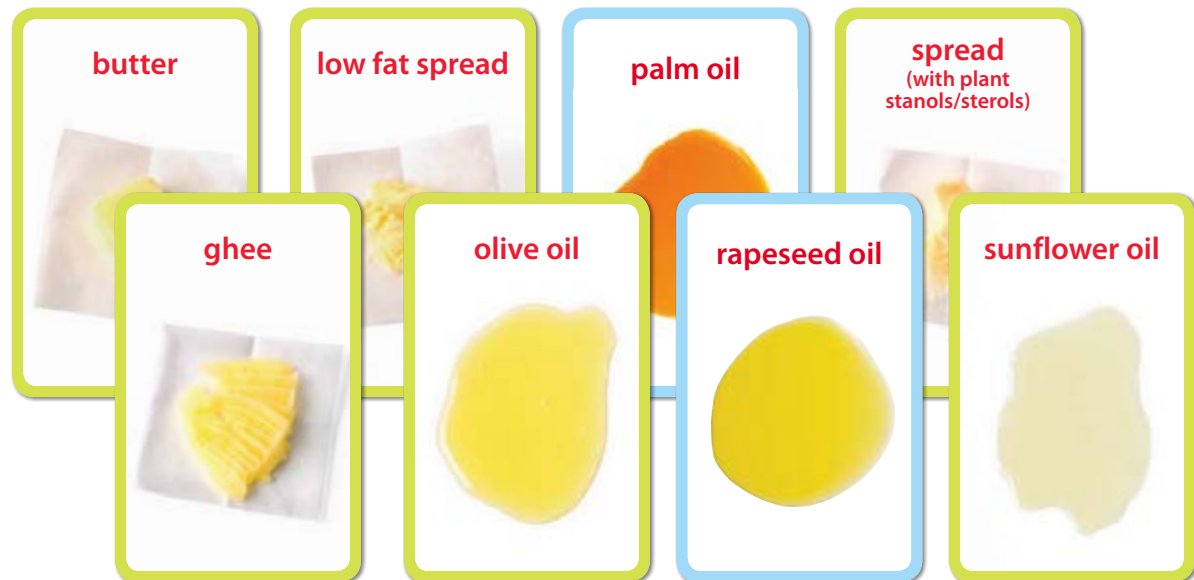
Activity No. 6

Compare condensed milk, coconut milk, yoghurt and ice cream for fat and sugar and decide which one is best for adding to fruit, when making a smoothie.



Activity No. 7

Go through both packs of food cards and remove the fats and oils cards shown below. Discuss which you use in cooking and compare their saturated fat content.



Discuss

The fats and oils you currently use in your cooking and if there are healthier choices you could make.

Food cards which fall into the miscellaneous section

The eatwell plate doesn't have a miscellaneous section, so we've created a separate one to explain the foods which don't fit into the other five sections.

In our miscellaneous section are composite or combination foods, which are made from ingredients from more than one of the five food groups. When discussing whether the various miscellaneous foods are healthy options, think about the different ingredients which they're made from and how they each fit within the proportions of the eatwell plate.



Food cards which fall into the miscellaneous section

Lamb biryani and rice

The proportion of onion, tomato and chilli in this meal is small, but you could make the curry into a balanced meal by adding a mixed salad/vegetable side dish or finishing off with a piece of fruit.

lamb

GROUP:

Meat, fish, eggs, beans and other non-dairy sources of protein group

yoghurt

GROUP:

Milk and dairy foods

rice

GROUP:

Bread, rice, potatoes, pasta and other starchy foods

onion, tomato and chilli

GROUP:

Fruit and vegetables

Jerk chicken with rice and peas

Beans do count as one of your 5 a day, but you need to include some other vegetables or finish off with a piece of fruit to make this a more balanced meal. The group not represented is the milk and dairy foods group, but this is not a problem as your 2-3 portions can be made up throughout the day.

chicken

GROUP:

Meat, fish, eggs, beans and other non-dairy sources of protein group

beans ('peas')

GROUP:

Fruit and vegetables

rice

GROUP:

Bread, rice, potatoes, pasta and other starchy foods

biryani
(lamb)



jerk chicken with
rice and peas



Food cards which fall into the miscellaneous section

Gherkins

These are a type of cucumber so could go in the fruit and vegetables section, but gherkins pickled in salt are a high salt food so are part of the miscellaneous section.

Cereal bar

The major ingredient in cereal bars tends to be oats so this could be considered part of the bread, rice, potatoes, pasta and other starchy foods group. However, these bars are often packed with added fat and sugar, so have been placed in the miscellaneous section.

Pizza

This pizza looks quite healthy as it is a vegetarian option with lots of low calorie vegetable toppings. Adding extra high fat toppings such as additional cheese, processed meat like pepperoni, salami or sausage would soon make the pizza high in fat, saturated fat and salt. Keep to lean protein toppings such as chicken or prawn and load up with vegetables.

gherkins



cereal bar



pizza
(vegetarian)



Food cards which fall into the miscellaneous section

Stock cube

100ml of made up gravy from granules or an Oxo™ cube with water contains about 1g of salt, but there are some reduced salt stock cubes that you can use instead.

Ulster fry/fry-up

The traffic light nutritional information (which is based on 100g) makes this meal look ok as it has no reds, but this is just for 100g. A serving that typically includes at least one black pudding, sausage, eggs, bacon and two types of bread is more like 300-500g which makes this meal high in fat and saturated fat.

stock cube
(vegetable)



**ulster fry /
fry-up**



More information

Composite or combination foods

The eatwell plate model doesn't illustrate composite or combination foods (casseroles, pies, pizza, lasagne, spaghetti bolognese and sandwiches etc) which form a significant part of many people's diets.

These foods are all made from ingredients from more than one of the five food groups. Many manufactured or ready-made meals are classed as combination foods.

To establish if the food is a healthy choice or not, encourage people to think about the individual ingredients in composite foods and how they fit within the proportions of the eatwell plate.

Eatwell plate

The eatwell plate shows the different types of food we need to eat – and in what proportions – to have a well balanced and healthy diet.

Fibre

Fibre helps the digestive system function properly and helps prevent bowel disorders such as constipation. Most people don't eat enough fibre. On average we only eat two thirds of the fibre we should eat every day. Fibre is only found in foods that come from plants. There are two types of fibre: soluble fibre and insoluble fibre.

Soluble fibre can be digested by your body and may help to reduce the amount of cholesterol in your blood. Cholesterol is a naturally occurring fatty substance that can clog up your arteries if you eat a diet that is too high in fat. Beans, oats and lentils are good sources of soluble fibre.

Insoluble fibre cannot be digested. It passes through your gut without being broken down and helps other foods to move through your digestive system more easily. Insoluble fibre keeps your bowels healthy and helps prevent constipation and other digestive problems such as irritable bowel syndrome (IBS). Good sources of insoluble fibre include:

- wholemeal bread
- wholegrain rice
- wholegrain breakfast cereals
- fruit and vegetables.

Glycaemic index (GI)

The Glycaemic Index (GI) is a ranking of foods based on their overall effect on blood glucose levels.

Slowly absorbed foods have a low GI rating.

Foods that are more quickly absorbed have a higher rating.

5 a day

The recommended portions of fruit and vegetables you should have each day.

Aim to have at least five portions each day.

Almost all fruit and vegetables count towards your 5 a day so it may be easier than you think to get your recommended amount.



**British Heart
Foundation**

For over 50 years we've pioneered research that's transformed the lives of millions of people living with cardiovascular disease. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

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