



# EATING HEALTHIER

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# TWO MEALS OUT-FIRST MEAL

## **Sarah and Alan at the local kosher restaurant**

Appetiser – crisps

Starters – pitta bread with humous/chicken and noodle soup with matzo balls

Main course – Salt beef, savaloyes, potato kugel, stir fried veg and sweet carrots

Drink – Diet coke

Dessert – chocolate fudge cake and dairy-free ice cream

# SECOND MEAL

## **Saira and Ahmed at curry restaurant**

Appetiser – Bombay mix

Poppadums with mango chutney, chopped onions, mixed veg chutney and raita

Main meal – lamb and vegetables with dopiaza sauce, grilled tandoori chicken, raita, small side salads, pilau rice and naan bread

Drink – mango lassi

Dessert – gulab jamun



**WHAT ARE THE PITFALLS FOR EACH MEAL?**

# CULTURAL ISSUES AROUND FOOD AND HEALTH

- Both communities have issues
- For both food is central in social occasions and family life
- Food as reward – children indulged
- Traditional Jewish mother is a feeder
- Hospitality central to Muslim families
- Southern Asians high risk for diabetes and ischaemic heart disease
- Competitive entertaining
- Both have relatively low alcohol – replaced by fruit juices and sodas
- Young generation of both groups are drinking more

**ANY IDEAS TO BUCK THE TREND?**



# PREVENTION OF HEART DISEASE

- Reducing sugar, saturated fat and salt
- Avoiding smoking
- Exercising regularly – 10,000 steps daily
- Reducing sugar is paramount (in drinks/processed foods)
- Example of Cretans
- Reducing saturated fats
- Meat fat relatively unhealthy
- Good fats – oily fish, nuts, seeds, avocados and raw olive oil. Coconut oil if frying

# SALT

Too much salt risk for high blood pressure and heart disease

Recommended daily 6g

Hidden salt in processed food

DASH diet to reduce high blood pressure includes

- Low salt
- Extra fruit and veg
- Low fat dairy
- Plain nuts
- Less red or processed meat



# PREVENTION OF DIABETES

## Example

### Plumber with diabetes

- Lost 7 stone within 1 year
- No snacks or takeaways, low alcohol, fruit instead of dessert, lots of soups and salads

### General prevention

- Low sugar
- High fibre
- Beans and lentils, plain nuts, olive oil
- Reducing portion sizes (plate out food in kitchen, smaller plates!)
- Vegetables e.g. onions and bitter melon Fruits such as berries

# DENIAL- WHY IS THIS? HOW CAN WE HELP THESE PEOPLE?



# HEALTHY TIPS

- Lazy entertaining
- Minimise sugar-sweetened drinks/pop and fruit juices
- Spices to replace/reduce salt and sugar
- Cooking from scratch
- Not rewarding with sweets (or give sugar-free sweets)
- Main course salads
- Sugar-free jellies
- Eat mostly wholegrain bread/ brown rice
- Switch puff pastry and shortcrust to filo / or omit pastry
- Non-stick frying pan and spray oil or grill, bake, microwave or use halogen cooker
- Eat enough starters and mains that you don't want dessert

# IRON AND VITAMIN D

ESPECIALLY IMPORTANT FOR JEWISH AND MUSLIM WOMEN- both at risk

## IRON

- ❖ Red meat esp. liver
- ❖ Spinach, broccoli, watercress, fortified breakfast cereals, beans, chickpeas, lentils + sardines
- ❖ Supplements – but poss side effects

## VITAMIN D (Sunshine)

- ❖ Dairy products e.g. milk, cheese, yoghurt, fortified margarine
- ❖ Eggs
- ❖ Fish
- ❖ Supplements- may be necessary- usual about 400IU daily, =10micrograms

**WE WANT YOU TO PUT YOUR FACE TOWARDS THE  
SUN AND SMILE!**



# MIND OVER MATTER-HOW TO SAY NO/ 'EMOTIONAL EATING'

- People push food on you!- Thank firmly but kindly. Put your hand up to make it clear.
- Are you the one pushing the food? Why?
- Eating when you are already full- e.g. bored, upset, distracted etc
- Guilt and catastrophising
- Sugar cravings

# SUCCESS ONLY TAKES SMALL CHANGES

