NUTRITION AND DIET

• Caring Safely in the Home
• Hazards and Risks
• Fire Safety in the Home
• Managing Health and Medications
• Personal Care Skills
• Personal Care Tasks
• Feeding
• Showering and Bathing
• Using a Hoist
• Preventing Infection
• Food Safety
• Moving and Handling the cared for person
NUTRITION & DIET

EYE FUNCTION

RECOMMENDED VITAMINS AND MINERALS
A, C, E, Lutein, Zinc

TOP FOODS

HEART AND BLOOD

RECOMMENDED VITAMINS AND MINERALS
B Complex, D, K, Omega3, CoQ10

TOP FOODS

ENERGY RELEASE

RECOMMENDED VITAMINS AND MINERALS
B12, Magnesium, CoQ10

TOP FOODS
The Food Pyramid

The Food Pyramid is designed to make healthy eating easier. Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

Foods that contain the same type of nutrients are grouped together on each of the shelves of the Food Pyramid. This gives you a choice of different foods from which to choose a healthy diet. Following the Food Pyramid as a guide will help you get the right balance of nutritious foods within your calorie range.

Studies show that we take in too many calories from foods and drinks high in fat, sugar and salt, on the top shelf of the Food Pyramid. They provide very little of the essential vitamins and minerals your body needs. Limiting these is essential for healthy eating.

So in a nutshell, healthy eating involves:

- Plenty of vegetables, salad and fruit
- A serving of wholemeal cereals and breads, potatoes, pasta and rice at every meal - go for wholegrain varieties wherever possible
- Some milk, yoghurt and cheese
- Some meat, poultry, fish, eggs, beans and nuts
- A very small amount of fats, spreads and oils
- And a very small amount or no foods and drinks high in fat, sugar and salt

Supplements

If you eat a varied and balanced diet, then there is normally no need to take any food supplements – you’ll get everything you need from your food. The one exception to this is folic acid. All women of child-bearing age who could become pregnant should take a supplement of 400µg (micrograms) folic acid each day. If a woman does become pregnant, she should continue to take the supplement during the first twelve weeks of pregnancy.
Vegetables, salad and fruit:

Fruit and vegetables provide fibre. They also provide many important vitamins and minerals and are low in calories.

How many servings should I have a day?

Choose any five or more servings each day - more is better

What types of foods should I eat?

Fresh, local fruit and vegetables in season are best and can be very good value. Eat a variety of coloured fruit and vegetables – green, yellow, orange, red and purple in order to benefit from the variety of vitamins and minerals provided by each colour group. Include a vitamin C rich fruit each day such as an orange or orange juice, strawberries or blackberries. Count fruit juice and smoothies as only one serving each day as they may be low in fibre.

What is a serving?

The actual portion that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, one plum would count as ½ a serving.

One serving of fruit is:
- 1 medium apple, orange, banana, pear or similar size fruit
- 2 small fruits - plums, kiwis or similar size fruit
- 10-12 berries, grapes or cherries
- ½ a grapefruit
- 1 heaped dessertspoon of raisins or sultanas
- 4 dessertspoons of cooked fresh fruit, fruit tinned in own juice or frozen fruit

One serving of vegetable is:
- 4 dessertspoons of cooked vegetables – fresh or frozen
- a bowl of salad – lettuce, tomato, cucumber
- a bowl of homemade vegetable soup
- 1 small corn on the cob or 4 heaped dessertspoons of sweetcorn
- a small glass (100ml) of unsweetened fruit juice or a smoothie made only from fruit or vegetable

Wholemeal cereals and breads, potatoes, pasta and rice:

Foods on this shelf are the best energy providers for your body, so the more active you are the more you need.

How many servings should I have a day?

Choose any six or more servings each day for all ages, and up to 12 servings if you are active. Body size is important too. Younger, smaller children (5-13 years) need less than older children. Teenage boys, men and older men need more servings than girls or women. Most men need about eight servings a day and most women need about six servings. Men and teenage boys who are active may need up to 12 servings a day. Women and teenage girls who are active may need up to eight servings a day.
What type of foods should I eat?

The healthiest starchy foods are those that are high in fibre. For most starchy foods, there is a high-fibre version you can choose. So try out brown rice, wholemeal pasta and wholegrain bread instead of white rice, white pasta and white bread. Wholegrain breakfast cereals (including porridge) and baked potatoes eaten with their skins are great for fibre too.

What is a serving?

The actual portion that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, a sandwich with two slices of bread counts as two servings. Other choices like a pitta pocket, a tortilla wrap, a small bagel, a small scone and one small French bread roll count as two servings.

One serving is:

- 1 slice of brown sliced bread or wholegrain soda bread
- 2-3 crackers or crispbreads
- 4 dessertspoons flake type high fibre breakfast cereal, without sugar, honey or chocolate coating
- 3 dessertspoons dry porridge oats
- 2 breakfast cereal wheat or oat biscuits
- 3 dessertspoons muesli, without sugar or honey coating
- 1 medium or 2 small potatoes,
- 2 dessertspoons of mashed potatoes
- 3 dessertspoons or ½ cup boiled pasta, rice, noodles (25g/1 oz uncooked)
- 1 cup of yam or plantain

Milk, yoghurt and cheese

Milk, yoghurt and cheese provide calcium needed for healthy bones and teeth. Calcium is important during the teenage growth spurt and also for older adults.

How many servings should I have every day?

Choose any three servings each day. Children aged 9-18 years need five servings a day. Women who are pregnant or breastfeeding need three servings a day.

What types of foods should I eat?

Foods on this shelf, especially full-fat cheese, can be high in saturated fat - so choose lower fat cheese regularly. When choosing foods from this shelf have milk and yogurt more often than cheese. If the family prefer skimmed milk, remember it is not suitable for children under five. Low fat milk is not suitable for children under two. If dairy products have to be avoided, have calcium and vitamin D enriched soya products. Vitamin D helps you absorb calcium better. The Irish diet is low in vitamin D – talk to your pharmacist or doctor about taking a supplement.

What is a serving?

The actual portion that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example 2 oz. of cheddar cheese would count as two servings and one cheese triangle would count as ½ a serving.
One serving is:

- 1 large glass (200ml) low fat or low fat fortified milk
- 1 large glass (200ml) calcium enriched Soya milk
- 1 small carton yogurt (125ml)
- 1 yogurt drink (200ml)
- 1 small carton fromage frais
- 25g/1oz (matchbox size piece) of low fat cheddar or semi-soft cheese
- 50g/2oz low fat soft cheese
- 2 processed cheese triangles
- 75g/3oz cottage cheese
- 1 portion of milk pudding made with a large glass low fat milk

Meat, poultry, fish, eggs, beans and nuts:

Much of the protein in your diet comes from foods on this shelf.

How many servings should I have every day?

Choose any two servings each day.

What types of food should I eat?

Go for a variety of choices. Choose lean meat, trim excess fat from meat and remove skin from poultry. Limit processed meats such as bacon or ham, because these are usually high in fat and salt. You do not need large amounts of meat and poultry to satisfy your nutritional needs.

Iron rich foods such as red meat and egg yolks are important for children, teenagers and women. Have a vitamin C food or drink (such as orange juice) in the same meal with the iron-rich food to increase the amount of iron you absorb.

Try to have fish at least twice a week and oily fish at least once a week. Pregnant and breastfeeding women should limit their consumption of tuna to no more than one serving a week.

Other good sources of protein are beans and peas when eaten with wholegrain breads, rice or pasta. They are also fat-free. If you are a vegetarian and get your protein regularly from cheese, always choose lower fat cheeses.

What is a serving?

The actual portion that you eat may be bigger or smaller than the servings listed in the Food Pyramid. For example, one egg would count as ½ a serving, but 150g/6oz of meat would count as two servings.

One serving is

- 50-75g/2-3oz cooked lean beef, pork, lamb, lean mince, chicken (This is about 100g/4oz of raw meat or poultry and is about the size of a pack of cards)
- 100g/4oz cooked oily fish (salmon, mackerel, sardines) or white fish (cod, haddock, plaice)
- 2 eggs
- 100g/4oz soya or tofu
- 125g/5oz hummus
- 6 dessertspoons of peas, beans (includes baked beans) or lentils
- 40g/1.5oz unsalted nuts or peanut butter or seeds 100-150g/4-6oz cooked meat or
- 200g/8oz fish is equal to 2 servings - this is about the width and depth of the palm of your hand

Fats, spreads and oils

Spreads and oils provide essential fats but these are only needed in very small amounts.

How many servings should I have every day?

Choose any two servings each day.
What types of foods should I eat?

Choose low fat and reduced fat spreads and oils such as rapeseed or olive oil (monounsaturated) instead of hard margarine, lard or butter. To have a low level of saturated fat, which is very important for your heart, you need to limit butter to once a week.

Mayonnaise and oil-based salad dressings also count towards your oil intake. Choose lower fat options.

What is a serving?

All oils contain the same amount of calories, so measure out the oil, don't just pour it onto the pan.

One serving is

- Low fat and reduced-fat spread - 1 heaped teaspoon or the size of 1 mini-pack. This is enough for 2 slices of bread
- If having full fat spreads or margarine, you should use less of these, so 1 heaped teaspoon spread very thinly to cover 3 slices of bread. Butter is limited to small amounts on special occasions

In addition to the 2 servings above, you can add up to 1 teaspoon per person of the oils mentioned across in cooking. If you are very active and having up to 12 servings from the Bread, cereals, potatoes, pasta and rice shelf – you can have 1-2 extra servings from this shelf.

Foods and drinks high in fat, sugar and salt

These foods should be avoided as they are high in fat, including saturated fat, sugar and salt. They may promote obesity, which can lead to heart disease, type 2 diabetes and some cancers.

How many servings can I have a day?

There are NO recommended servings for this group because they are not essential. Start today and limit what you eat from this shelf to no more than 1 serving a day maximum and ideally not everyday. Don't be tempted to swap eating healthy foods so you can have more of these foods high in fat, sugar and salt. You need healthy foods in the serving sizes recommended to provide all your vitamins and minerals.
The following examples are about 100 calories – so check the label when choosing foods high in fat and sugar.

- About 4 squares of chocolate (half a bar)
- 1 small or fun sized chocolate coated bar
- 1 bag of lower fat crisps
- 1 small cup cake (without icing) or one plain mini muffin
- 2 plain biscuits or 1 chocolate biscuit
- About ½ a can of sugary drink
- 1 scoop of vanilla ice-cream
- ½ or 1 cereal bar

If you add sugar to your tea, coffee or breakfast cereal, gradually reduce the amount you add until it’s little or none.

Alcohol

Alcohol is not essential for health and is not recommended for children under 18 years. One standard drink (equal to 1 glass of beer, lager, a small glass of wine and a single measure of spirit) contains about 100 - 150 calories.

For low risk drinking the weekly limits are:

- Up to 11 standard drinks a week for women (112g of pure alcohol)
- Up to 17 standard drinks a week for men (168g of pure alcohol)

These are weekly limits not targets to be reached. Do not take more than 5 standard drinks in one sitting and have 3 alcohol free days during the week. Drinking more than the weekly limit can increase your weight and your blood pressure, putting you at risk of heart disease and stroke. It can damage your liver and can increase your chances of getting cancer, including breast cancer.

Alcohol should be avoided during pregnancy and breastfeeding and is best avoided while trying to conceive a baby.