

**ESF-U7**

**Food Diet and Sustainability**

# Module 9

## FOOD AND HEALTH





## Module 9 - Index

### (7.2) Basic Food and Nutrition Knowledge

Healthy diet

The Mediterranean diet

Food groups

Food labels

### (7.2.1) Nutrition research

Food and nutrition research



## What is a healthy diet?



A healthy diet includes a large number of plant-based foods, such as fruit, vegetables and whole grains (e.g., brown rice, spelt).

It includes a variety of protein sources, originating mainly from nuts and legumes, but also from dairy products, fish, poultry, and eggs.

It involves a moderate and modest consumption of red and processed meat and products with a high content of salt, sugar and fat.





## The Mediterranean diet.



Thanks to key food patterns and traditional practices, it protects from cardiovascular diseases and other non-communicable diseases (e.g., diabetes).

It is characterized by a high consumption of vegetables, legumes, fresh fruit and nuts, olive oil and cereals; regular but not excessive consumption of fish; moderate amounts of dairy products; and an even more moderate consumption of meat and sweets.



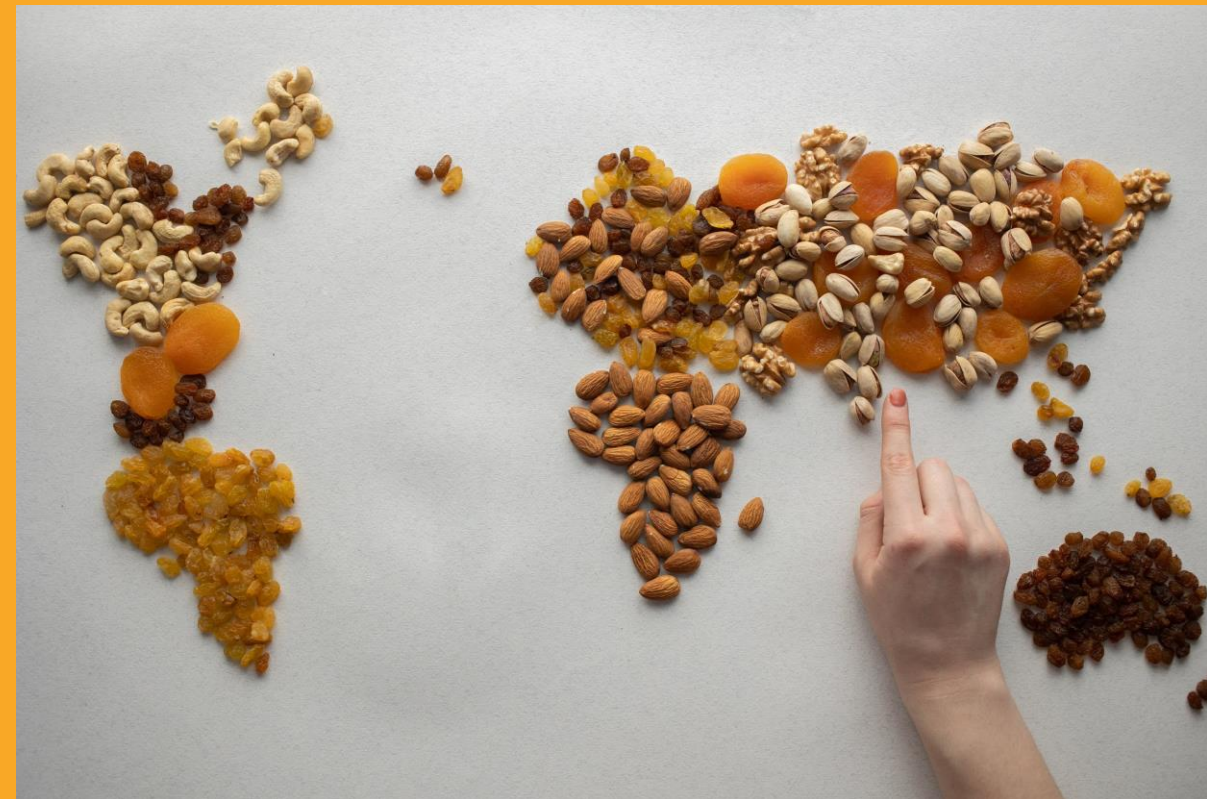


## Healthy diets and healthy eating.



Healthy diets exist around the world regardless the relevant cultures.

Eating well does not simply mean choosing the right foods. The benefits of healthy eating depend on how we combine food groups during the day and over the course of our everyday lives.



# 5

## Food groups.



A good healthy diet is based on having the recommended number of amounts per day from each of the main 5 food groups .

1. Fruit and vegetables.
2. Cereals, cereal products and tubers.
3. Milk and dairy products;
4. Meat, fish and eggs.
5. Fats and condiments.





## Fruit and vegetables.



They are fundamental in the prevention of the leading chronic diseases associated with aging and non-communicable diseases.

They are rich in vitamins, especially antioxidants, as well as minerals and fiber.

At least 5 portions of fruit and vegetables per day.







## Cereals, cereal products and tubers.



These foods are classed as complex carbohydrates and they are the main source of energy for the body.

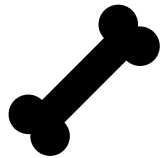
Their consumption should account for approximately half of the daily calorie intake.

Complex carbohydrates differ from simple sugars.





## Milk and dairy products.



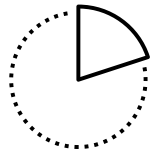
They serve, above all, to provide calcium, in a highly bio-available form.

Products like milk, yogurt, fresh dairies and cheese. Yogurt and milk and light dairy products can be consumed everyday in moderation.





## Fats and condiments.



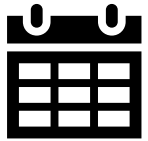
Their consumption should account for approximately 25-30% of daily calorie intake.

For our health, usually fats from fish and nuts are the best; instead, as dressing, preference should be given to vegetable oils, and extra-virgin olive oil in particular .





## Meat, fish and eggs.



Consumption of these products should be alternated over the week. International guides recommend the consumption of white rather red meat.

From a nutritional point of view, it is useful to include also **legumes** (e.g., beans, chickpeas, lentils) in this groups. They provide starch and fiber, but they also contain iron and significant amounts of protein of high biological value.





## Healthy diets and healthy lifestyles.



A balanced diet, together with an active lifestyle, helps maintaining a healthy body weight and prevent important non-communicable diseases.

In order to ensure a balanced diet, we need to:

- combine the various food groups correctly;
- vary the foods we eat as much as possible.

We also need to drink plenty water and limit our consumption of salt.





## Nutrition labels.



Product packaging must include calorie content (or energy), fat, saturated fat, carbohydrates (with specific reference to sugars), protein and salt.

Energy and nutrients must be expressed as amounts per 100 g, or per 100 ml, or per portion.

In Europe, nutrition labels are required by law.





## Nutrition research.



Reliable sources of information: e.g., the World Health Organization and national governments guidelines.

National guidelines are very important because they are the result of a number of robust studies.





### Image reference

EFSA. Nutrition label.

<https://www.efsa.europa.eu/en/news/efsas-scientific-advice-inform-harmonised-front-pack-labelling-and-restriction>

### Free image sources

[www.pexels.com](http://www.pexels.com)





**Thank you**