

# CURRENT DIETARY ADVICE

## New revised dietary goals

The Scottish Government have revised the Scottish Dietary Goals upon the recommendation of the Food Standards Agency in Scotland, which is responsible for nutrition advice in Scotland.

## ▶ Purpose of the Goals:

The Goals describe, in nutritional terms, the diet that will improve and support the health of the Scottish population. They are set in order to help reduce the burden of obesity and diet-related disease in Scotland.

They will continue to underpin diet and health policy in Scotland and will be used for scientific monitoring purposes.

# Goal 1

## Fruit & vegetables

Average intake of a variety of fruit and vegetables to reach at **least 5 portions per person per day (400g per day)**

# Eating 400g fruit and vegetables will help prevent CHD, as:

- ▶ the antioxidant (ACE) vitamins neutralise the 'free radicals' which may damage cells and tissues within the body and this **therefore** helps to protect against **CHD (heart disease) and cancer.**
- ▶ ACE vitamins slow down the rate at which LDL cholesterol is deposited on the artery walls, **so** reduce the harmful oxidation of fats in the body which helps to prevent heart disease

# Eating 400g fruit and vegetables will help prevent obesity, because:

- ▶ fresh fruit and vegetables provide bulk in diet without providing an excessively high energy intake **therefore** will help prevent obesity
- ▶ fruit and vegetables are low in fat so snacking on fruit and veg will help avoid sugary/ fatty snacks between meals **therefore** will help reduce calorie intake, preventing obesity

# Eating 400g fruit and vegetables per day will help prevent tooth decay, as:

- ▶ fruit and vegetables are high in Vitamin C, therefore helps to keep the gums healthy.
- ▶ fruit and vegetables are crunchy, foods like apples and carrots should be eaten regularly to exercise the gums therefore helping prevent infection and gum disease
- ▶ If fruit and vegetables are eaten instead of sugary snacks, they can therefore help prevent tooth decay as sugar is reduced especially in the mouth

**Ways manufacturers  
are helping the  
consumer to achieve  
this goal**

- Prepared fruit & veg available in chilled cabinet saving time and effort
- Wide range of mixed salad available
- A wide range of vegetable/vegetarian dishes available
- Use of fruit and veg to give bulk to 'healthy option' dishes
- Dried fruit added to many breakfast cereals

# Goal 2

## Oily fish

Oil rich fish consumption to **increase to one portion per person per week (140g)**

**Eating 140g oily fish per person per week will help prevent CHD, as:**

- ▶ It will provide Omega 3, which will reduce the risk of blood clots forming, **therefore** reducing the chance of a heart attack

**Ways manufacturers  
are helping the  
consumer to achieve  
this goal**

- Oily fish such as tuna, is incorporated into ready meals such as pasta bakes or pate
- As it is easy and quick to cook, many manufacturers include it in their microwave ranges

# Goal 3

## Fibre

**Increase average consumption of  
fibre**

**to 30g per person per day by  
eating whole grains, pulses and  
vegetables**

# Increasing fibre consumption to 30g pp/pd will help prevent bowel problems, as

- ▶ NSP binds with water to make the faeces soft and bulky so waste can be removed easily. This will **therefore** help prevent bowel problems such as bowel cancer, constipation, diverticulitis
- ▶ A diet high in complex carbohydrates and NSP such as wholegrain rice, pasta , breakfast cereals will help make the body feel full up **therefore** preventing overeating and obesity

**Ways manufacturers are  
helping the consumer to  
achieve this goal**

- **Manufacturers are incorporating more wholegrain ingredients into ready meals**
- **Introduced a range of prepared rice and pasta dishes with veg is on offer**
- **There is an increased variety of bread and bread products on the market which have added NSP**
- **Manufacturers produce part baked bread which can be cooked in the home from frozen or MAP**

# Goal 4

## Fats

**Average intake of total fat to reduce to no more than 35% of total energy intake**

**Average intake of saturated fat to reduce to no more than 11% of food energy**

**Average intake of trans fatty acids to remain below 1% food energy**

# Reducing total fat helps to prevent obesity, as:

- ▶ Too much fat will provide excess energy which if not burned off will be stored as body fat, **therefore** contributing to obesity. If fat intake is reduced then the risk of obesity is reduced.

# Reducing saturated fat in the diet helps prevent CHD, as:

- ▶ Cholesterol tends to form fatty deposits on artery walls, increasing the risk of blood clots and blockage of the artery **so** if saturated fat is reduced then risk of CHD is reduced.

**Ways manufacturers are  
helping the consumer to  
achieve this goal**

- ▶ **Use of oils with a lower % of saturated fat**
- ▶ **Reduction in the amount of fat found in ready-made food**
- ▶ **Use of labelling about the amount and type of fat contained**
- ▶ **Development of low fat or reduced fat products**
- ▶ **Increased range of quorn, tofu and soya products which are a low fat source of protein**

# Goal 5

## Salt

**Average intake of salt to be  
reduced to 6g per day**

# Reducing salt in the diet will improve heart health, because:

- ▶ Reducing salt in the diet will prevent hypertension **as** eating too much salt hardens the arteries, raising blood pressure. Over time this will increase the risk of CHD and strokes.

**Ways manufacturers are  
helping the consumer to  
achieve this goal**

- Manufacturers are reducing salt, by the use of spices and herbs in ready meals
- Pack foodstuffs in substances other than brine
- Increased range of ready meals with reduced salt

# Goal 6

## Free Sugar

Intake of  
free sugars to  
reduce to less than 5%  
of food energy.

# Eating less sugar in the diet prevents tooth decay, as:

Bacteria which are normally present in the mouth, attack the sugary residues left behind, and change them to acids.

These acids gradually dissolve small areas of the teeth's protective covering (enamel) causing tooth decay which may result in a hole or a rotten tooth which may be very painful.

**Therefore** eating less sugar / less added sugar/ less sugar between meals will mean less dental decay.

Remember, reducing sugar helps also to prevent:

– type 2 diabetes

– obesity

(see previous notes)

# How to reduce sugar in the diet

- ▶ Water should be the preferred drink, juice and fizzy drinks should be avoided.
- ▶ Extrinsic sugar – added sugar – is bad. Avoid sweetened foods. Reduce sweets.
- ▶ Avoid grazing/snacking on sugar rich foods
- ▶ Avoid sweets late at night
- ▶ Read the label on foods to see sugar content in foods

**What are manufacturers  
doing to help reduce  
sugar intake by  
consumers**

Breakfast cereals, biscuits & desserts  
have reduced sugar claims

Use of fruit juice instead of syrup in  
tinned fruits

More info on sugar content stated

Use of sweeteners in ready meals for  
those consumers on weight  
reduction diet or concerned with  
dental decay

# Goal 7

## Calories

### Reduction of calorie intake by 120kcal/person/day

Average energy density to be lowered by **reducing intake of high fat** and/or **sugary foods** and replacing with starchy carbohydrates (**bread, rice, pasta and potatoes**) and fruit and veg.

# A reduction in calories will help prevent obesity, because:

- ▶ excess energy will be stored in the body as fat if not burned off **therefore** will contribute to obesity if the person continues to over-eat
- ▶ Eating less calories – less energy – means less fat stored
- ▶ 120 calories is the equivalent of an orange, or an apple, or a tablespoon of peanut butter, ten tortilla chips, or one and a half eggs,

# Goal 8

## Red meat and processed meat

**Average intake of red and processed meat to be pegged at around 70g per person per day**

***(Average intake for people with high intakes not to exceed 90g/day)***

Pegging red meat levels in the diet will help prevent CHD, because:

- ▶ Although red meat contains iron and vitamin B, it also contains saturated fat, which raises cholesterol levels and **therefore** a high intake will contribute to CHD.

Processed meat is meat that has been changed, altered, reshaped, had ingredients added e.g. sausages, burgers, meat balls.

It is likely these may have a **high fat and salt, therefore** this extra or hidden fat may contribute to obesity and heart disease.

# Goal 9 Carbohydrates

Increase the amount of  
**total carbohydrates**  
to 50% of total food  
energy

**Increasing the intake of total complex carbohydrates will help prevent obesity, as:**

- If wholemeal varieties are eaten, this will provide NSP so may help to give a feeling of being full up and therefore help prevent over eating.**

**Ways manufacturers are  
helping the consumer to  
achieve this goal**

Manufacturers provide information on packaging which helps the consumer to make an informed choice. This information may include:

- **portion size**
- **nutritional information**

# Food Shopping Card

Check how much fat, sugar and salt is in your food

Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



	Sugars	Fat	Saturates	Salt
What is <b>HIGH</b> per 100g	over 15g	over 20g	over 5g	over 1.5g
What is <b>MEDIUM</b> per 100g	5g to 15g	3g to 20g	1.5g to 5g	0.3g to 1.5g
What is <b>LOW</b> per 100g	5g and below	3g and below	1.5g and below	0.3g and below