

HEALTH & FOOD TECHNOLOGY HIGHER

FOOD FOR HEALTH

BOOK 4 CURRENT DIETARY ADVICE



Dietary goals

Practical ways to meet the dietary goals

How dietary goals contribute to good health

How manufacturers are adapting products to meet the dietary goals

Cooking methods which meet dietary goals

Evaluating the contribution made by certain foodstuffs

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The Scottish dietary goals

The dietary goals form a framework for tackling the long-standing deficiencies in the Scottish diet. They have been updated several times since they were introduced in 2005. The following information is the latest advice available.

GOAL	DETAIL	EFFECT ON HEALTH
Calories	Average diet to be lowered by 120 kcal a day.	Calories (energy) if not used up are converted by the body and stored under the skin as a layer of fat. This increases body weight leading to weight gain and obesity. If you are overweight this can cause joint pain, tiredness and increase your risk of developing CHD, Type 2 Diabetes and bowel disease
Fruit & Vegetables	Increase to at least 400g per person per day	Fruit and vegetables are high in antioxidant vitamins. These ward off free radicals so reduce the risk of developing certain types of cancers. Fruit and vegetables are high in fibre so promote a feeling of fullness. They are low in sugar/salt/calories so can prevent dental caries, hypertension, obesity and constipation
Oily Fish	Oil rich fish consumption to increase to 140g per week	Low in sugar/salt/calories so can prevent dental caries, hypertension, obesity, constipation. Source of EFA e.g. omega 3 and omega 6 which reduces risk of CHD and cancer
Red Meat	Intake of red and processed meat to be pegged at around 70g per person per day	Red meat contains a lot of fat which is a concentrated source of energy. If this is not used during activities it will be stored as fat in the body putting you at increased risk of obesity. Reducing red and processed meat intake reduces the risk of obesity.

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GOAL	DETAIL	EFFECT ON HEALTH
Fats	Intake in saturated fat to reduce to no more than 11% food energy	Fat is a concentrated source of energy. If this is not used during activities it will be stored as fat in the body. High levels of fat in the liver, heart and other organs can increase the risk of developing cancers as well as putting you at increased risk of obesity and CHD. Reducing fat intake reduces the risk of obesity.
Free Sugar	Intake of free sugar to reduce to less than 5% of food energy	Free sugars are added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juices. These provide a rich source of energy which if not used is stored as fat and can increase the risk of obesity. Free sugars are linked to high rates of obesity, tooth decay and Type 2 Diabetes.
Salt	Intake of salt to reduce to 6g per day	Too much salt can cause plaque to build up on the artery walls increasing high blood pressure. This can increase the risk of blood clots or blockages in the arteries which can lead to a stroke.
Fibre	Increase to 30g per day	High in NSP, low in sugar/salt/calories so can prevent dental caries, hypertension, obesity, constipation, bowel disease
Total CHO	Increase to 50% of food energy	High in energy and high in NSP if wholemeal varieties are eaten. Starchy carbs give feeling of fullness so can reduce snacking on fatty sugary foods so will reduce the risk of obesity. If too much carbohydrate is consumed this will increase the risk of overweight/obesity.

Practical ways to help achieve these dietary goals

GOAL	<i>Practical ways of meeting the dietary goal</i>
<p><u>FRUIT & VEGETABLES</u></p> <p>Increase intake of fruit and vegetables to at least 400g per person per day</p>	<ul style="list-style-type: none"> • Portion of fruit, eg banana, added to breakfast cereal. • Fruit snack in lunch boxes. • Fresh fruit pureed into drinks. • Desserts, eg fresh fruit salad. • A variety of vegetables in soup which could be pureed. • Extra vegetables on pizzas, in stews etc. • Vegetarian main dishes, eg vegetables curry. • Vegetables served with main dishes or in salads. • Salad used to fill sandwiches or served as an accompaniment.
<p><u>FIBRE</u></p> <p>Increase intake of fibre to 30g per person per day</p>	<ul style="list-style-type: none"> • Increase consumption of fruit and vegetables, bread, breakfast cereals, rice and pasta (especially wholegrain). • Increase consumption of potatoes by 25% – baked or boiled and pulse vegetables. • Many wholemeal bakery products are available, eg shops' own brand of bread, pitta bread, garlic bread, naan bread, scones, hot cross buns. Some of these could be used for sandwiches, toasted sandwiches, etc. • Use in desserts, eg bread pudding, summer pudding. • Serve sandwiches as a snack or packed lunches. • Make use of new continental or foreign breads to increase variety in the diet or add interest to snacks and lunches. • Choose wholegrain, high-fibre versions of cereal which are low in sugar, salt and fat for breakfast. Breakfast cereals are also fortified with many vitamins and minerals. • Breakfast cereals can also be eaten as a snack and the addition of milk will improve the nutritional value. • Breakfast cereals can also be used in baking, eg biscuits, topping for fruit crumble or yoghurts.

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GOAL	<i>Practical ways of meeting the dietary goal</i>
<p><u>FAT</u></p> <p>Intake of saturated fat to reduce to no more than 11% food energy</p>	<ul style="list-style-type: none"> • Choose lean meat – cut off any extra fat. • Choose fish or white meat instead of red meat sometimes. • Choose low-fat versions of dairy produce. After the age of 2, semi-skimmed milk may be given, provided adequate energy intake is ensured from the rest of the diet. Skimmed milk should not be given before 5 years of age. • Choose cottage or edam cheese instead of cheddar. • Use semi-skimmed or skimmed milk for cooking, instant desserts etc. • Check labels for fat content before buying prepared or convenience foods. • Avoid eating too many cakes, biscuits, chocolate, crisps and savoury snacks, which all contain hidden fats. • Avoid processed meats which are often used in a range of ready-made meals. • Choose a healthy method of cooking, eg grilling, where the fat runs off, or steaming or microwaving where there is no added fat. • Use a little olive oil for stir-frying as this is a mono-unsaturated fat and will help keep cholesterol levels down. Using a spray-on fat for frying will cut down on the amount of fat used.
<p><u>SALT</u></p> <p>Intake of salt to reduce to 6g per day</p>	<ul style="list-style-type: none"> • Limit intake of processed foods, including ham and bacon. • Choose low-salt alternatives. • Limit intake of salty snacks, eg crisps and peanuts. • Check food labels on products before buying. • Use herbs and spices for flavouring instead of salt. • Taste food before adding salt. • Gradually cut down the amount of salt added to food during cooking.

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GOAL	<i>Practical ways of meeting the dietary goal</i>
<p><u>SUGAR</u></p> <p>Intake of free sugar to reduce to less than 5% of food energy</p>	<ul style="list-style-type: none"> • Check food labels before buying. • Eat fewer cakes, biscuits, sweets – hidden sugars. • Eat wholegrain, high-fibre breakfast cereals that are low in sugar. • Eat fresh fruit and vegetables as snacks. • Do not give sweets as a reward to children. • Do not add sugar to tea, coffee or cereals.
<p><u>OILY FISH</u></p> <p>Oil rich fish consumption to increase to 140g per week</p>	<p>Oily fish such as tuna, sardines, herring, mackerel and salmon should be included in a variety of ways, eg:</p> <ul style="list-style-type: none"> • in sandwiches, patés and fillings for baked potatoes • in pies, potato-topped pies • as fish cakes – shaped to appeal to children
<p><u>RED & PROCESSED MEAT</u></p> <p>Intake of red and processed meat to be pegged at around 70g per person per day</p>	<ul style="list-style-type: none"> • replace red meats with chicken, fish or meat alternatives • limit the of take of sausages/ burgers/ cured meat etc
<p><u>TOTAL CHO</u></p> <p>Increase to 50% of food energy</p>	<ul style="list-style-type: none"> • eat wholegrain starchy carbs like wholemeal bread in sandwiches, savoury pie toppings etc • serve meals with potatoes, rice , pasta, noodles etc
<p><u>CALORIES</u></p> <p>Average diet to be lowered by 120 kcal a day.</p>	<ul style="list-style-type: none"> • Reduce portion size • Control the intake of high energy foods containing fat, protein and carbohydrates • Refrain from snacking

THE USE OF DIETARY GOALS TO INFLUENCE THE PROPORTIONS OF INGREDIENTS

With consumers becoming increasingly interested in the nutritional content of foods, manufacturers are becoming more aware that they have a responsibility to provide consumers with a range of products from which they can select a healthy diet. Many consumers take the nutritional content of food products into account when buying food. Nutritional content is therefore an important consideration when drawing up the specification for a product.

The nutritional content of a product may be considered by the food manufacturers for the following reasons:

- To meet the needs of consumers with specific dietary requirements.
- In response to current dietary advice and to assist consumers to make healthier choices – many 'healthy option' ranges are purchased to provide an alternative for consumers. Whilst altering nutritional content, the manufacturer also has to consider the effect that changing the type or amount of ingredient may have on the final quality. Factors such as flavour, texture, shelf-life and the product's manufacturing process will also have to be taken into account.

ADAPTATION OF PRODUCTS TO MEET DIETARY GOALS

Manufacturers have the opportunity to improve the nutritional content of their products and at least try to contribute in some way to helping consumers improve their diets. When food technologists substitute ingredients in recipes and alter the proportions of ingredients to alter the nutritional balance of a dish, the colour, flavour and texture will change. Great care has to be taken to ensure that the product does not reach the stage where it is unacceptable to consumers.

FAT

The low-fat sector of the market is a rapidly expanding area. Manufacturers are becoming increasingly aware that this is very profitable. Many consumers search for products labelled 'low fat' or 'reduced fat' and a wide variety is available. It is, however, important to check the label to see how 'healthy' the product actually is – the sugar level may have been increased to improve flavour.

Low-fat spreads usually contain a high proportion of water. This makes them unsuitable for frying or baking.

Manufacturers have tried to reduce fat in foods in the following ways:

- Use of oils/fats which have a lower quantity/percentage of saturated fats and a proportionately higher amount of unsaturated fats.
- Reduction in the amounts of fats/oils found in ready-made foods, eg reduced-fat meals.
- Use of lower-fat ingredients in products and reduced fat versions such as low-fat dairy products.
- Use of fat substitutes in products to reduce the quantity of fat present, but maintain flavour.
- Use of labelling information about the amount and type of fat content.

SUGAR

Manufacturers may reduce the proportion of sugar depending on the product, in the following ways:

- Breakfast cereals, biscuits and desserts have reduced-sugar claims.
- Reduced-sugar products, eg fruit can be tinned in natural juice or in apple juice, reduced-sugar jam.
- Use of artificial sweeteners to reduce sugar content.
- Natural sweeteners, such as dried fruit, can be added to some baked products to increase acceptability and assist in reducing NME sugars.
- More on label information regarding sugar content is stated by manufacturers.
- With products such as biscuits, consumer sweetness acceptability levels vary and to suit these tastes manufacturers produce plainer biscuits. In baked foods, which require air to be trapped, a reduction in volume may result if sugar is reduced – this may not be acceptable to consumers.

FRUIT & VEGETABLES

Manufacturers have tried to increase fruit and vegetables in food consumption in the following ways:

- Prepared vegetables available in chilled conditions on supermarket shelves, therefore saving the consumer time and effort in peeling and preparation.
- Wide range of mixed salad leaves available, which makes it easier for the consumer to purchase only the quantity required and therefore reduce waste.
- A wide range of prepared salads now available at salad counters to encourage their use.
- A wide range of vegetarian dishes available which contain a good proportion of vegetables.
- Fruit and vegetables used to give bulk to healthy-option dishes.
- Dried fruit now added to many breakfast cereals.

NSP/ FIBRE

Manufacturers have tried to increase fibre in foods in the following ways:

- Manufacturers have increased the amount of NSP in foods, eg white bread with added NSP, using both white and wholemeal flours together and adding oatflakes to bread, in an effort to encourage consumers to eat more bread.
- Breakfast cereals have added-NSP and reduced-sugar claims in order to increase consumption.
- They have increased the range of non-processed foods in products to improve NSP content.
- A range of prepared rice and pasta products with vegetables is on offer not only for vegetarians but for those who wish to go part way to meeting this dietary target. These products are a convenient and easy way for consumers to increase their consumption, especially if they are unsure of how to cook these foods from scratch.

SALT

A high percentage of the salt in our food comes from ready-prepared food. The ingredients of food labels should always be read carefully to see if salt has been added.

Manufacturers have tried to reduce salt intake in the following ways:

- By using less salt in the processing of foods, eg bread, baked beans.
- By using a salt alternative such as 'lo salt' products for flavouring.
- Use of additional natural flavourings, eg herbs, to reduce the amount of salt required.
- Packing of some foods in substances other than brine, eg tuna fish in mineral water or sunflower oil.
- Use of information on the food label to identify such low-salt foods.
- Increased range of ready meals with salt reduction.

FISH

Manufacturers have recognised the health benefits of eating fish and have been proactive in developing products which would support this dietary goal. They have tried to improve fish consumption in the following ways:

- Oily fish, such as tuna, is canned in oil, brine or spring water and therefore very convenient for using in quick meals such as sandwiches, baked potatoes, tuna and pasta bake and tuna pate
- Because fish is easily and quickly cooked many manufacturers include fish dishes in their microwaveable, 'steam cuisine' and chilled ranges. These require little additional preparation, making it easier for the consumer.

CALORIE INTAKE REDUCTION

- Information is readily available on packaging giving the nutritional content including energy/ calories per 100g or portion
- A huge range of 'weight watcher' meals are produced with a lower calorie content
- Sugar free ranges are available for a wide variety of food and drinks.

PRE-PACKED AND READY MEALS

The contribution food manufacturers make to dietary goals by producing pre-packed foods which will help consumers to meet the targets

If people prepared their meals from scratch then there might be a better chance of achieving the dietary goals. However, since consumers now eat a large amount of prepared foods, this can mean that the fat, sugar and salt content of their foods is controlled by manufacturers.

Manufacturers are under increasing pressure to respond to the dietary goals by producing prepared foods that will help meet the targets. There is now an increasing demand for healthy options.

Manufacturers have made attempts to meet the dietary goals and the demands of health-conscious consumers through a number of developments.

Reduce fat

- In response to consumer demands for 'slimming' products, manufacturers have developed products (fat replacers) which act as substitutes for the fat content to reduce the energy value of ready meals.
- Manufacturers can reduce the saturated fat content of ready meals to suit consumers wishing to lower blood cholesterol levels or to reduce concerns about CHD.
- Manufacturers have increased the range of products using quorn, tofu and soya, which supply consumers with a low fat source of protein.

Reduce salt

- Manufacturers are reducing salt by the use of spices and herbs in ready meals, in response to consumer concerns about the link between hypertension (HBP) and salt intake.
- Manufacturers are incorporating more wholegrain total complex carbohydrate ingredients into ready meals to satisfy consumer demand for products high in NSP to help reduce the risk of bowel diseases.
- Manufacturers are incorporating more fruit and vegetables into ready meals to satisfy consumer demand to increase fruit and vegetable intake.

Reduce sugar

- Sugar substitutes or artificial sweeteners are being used by manufacturers in ready meals in response to consumer demand for low-sugar/energy products, particularly for those consumers on weight reduction diets or concerned about dental decay.

Manufacturers are responding to consumer demands by incorporating nutritional information on the labelling of ready meals, which is particularly useful for consumers on a weight-reduction diet. Improved labelling also makes it easier to meet the needs of the individual, for example free from additives, gluten free etc.

COOKING METHODS WHICH PROMOTE THE DIETARY GOALS

The choice of cooking method used can help to promote the dietary goals, especially if suitable foods are chosen.

Cooking method: baking

Explanation of cooking method

Baking is the cooking of food by dry heat in an oven, where the hot air circulates and cooks the food by direct heat.

Foods suitable for baking

- Chicken (chicken wings).
- Vegetables, eg baked potatoes, peppers, onions.
- Fruit (apples, pears).

Cooking method: grilling

Explanation of cooking method

Grilling is a fast method of cooking food using intense heat which is radiated over the food.

Foods suitable for grilling

- Fish.
- Meat/poultry, Offal and bacon.
- Vegetables..
- Bread products.

Cooking method: microwave cooking

Explanation of cooking method

Microwave cooking causes water molecules in the food to vibrate due to the microwaves. This causes cooking through friction heat.

Foods suitable for microwaving

- Meats and poultry, fish
- Vegetables (most types), fruit.
- Eggs.

Cooking method: poaching

Explanation of cooking method

Poaching is the gentle cooking of food in the required amount of liquid, at just below boiling point.

Foods suitable for poaching

- Eggs.
- Fish.
- Fruit.
- Poultry.

Cooking method: pressure cooking

Explanation of cooking method

Pressure cooking is done in a special pan which cooks food under pressure. The water boils at a higher temperature as the pressure is increased. This forces steam through the food so that it cooks more quickly.

Foods suitable for pressure cooking

- Meat and poultry.
- Vegetables.

Cooking method: steaming

Explanation of cooking method

Steaming is the cooking of food by steam from boiling water. The steam cooks the food either by heating it directly or by heating the container which holds the food.

Foods suitable for steaming

- Fish.
- Vegetables.

Cooking method: stir frying

Explanation of cooking method

Stir frying is the fast cooking of small pieces of food in a small quantity of oil at a high temperature.

Foods suitable for stir frying

- Fish and tender cuts of meat.
- Poultry.
- Vegetables

IMPACT ON HEALTH OF CERTAIN FOODSTUFFS

In the exam you may be asked to EVALUATE the contribution of a food as part of a healthy diet e.g. evaluate the contribution of bread in the diet

Technique to use is FOC (Fact/ opinion / consequence).

If the question asks you to evaluate against current dietary advice then you must be able to state the goal in detail and say whether it is being met or not. You could, in the consequence, give a link to a dietary disease.

Remember, evaluation can be positive or negative.

FOOD TYPE	POSITIVES	NEGATIVES
Bread	<p>Wholemeal and brown varieties of bread are a good addition to the diet as they contain NSP which promote good digestion and help to prevent constipation and bowel disease</p> <p>Bread is a good addition to the diet as it provides carbohydrates which provide energy for all body activity/active people/people involved in sport</p> <p>Bread is a good addition to the diet as it is low in sugar therefore should not cause excess weight gain/obesity/high blood pressure/Coronary Heart Disease (CHD)/ tooth decay/diabetes</p>	<p>Bread may be bad in the diet as it may be served with butter or a high fat filling therefore may contribute to obesity/Coronary Heart Disease (CHD)</p>
Alternative Proteins	<p>Alternative proteins is a good addition to the diet as it is low in sugar therefore should not cause excess weight gain/obesity/high blood pressure/Coronary Heart Disease (CHD)/ tooth decay/diabetes</p> <p>Alternative proteins are a good addition to the diet as it is low fat therefore should not cause weight gain/obesity/high blood pressure/Coronary Heart Disease (CHD).</p> <p>Alternative proteins are a good addition to the diet because it provides protein for the body therefore allowing growth and repair and maintenance of body cells/secondary source of energy.</p>	<p>Alternative proteins may be bad in the diet as it may be served with a sauce that is high in fat therefore may contribute to obesity/Coronary Heart Disease (CHD)</p>

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FOOD TYPE	POSITIVES	NEGATIVES
<p>Fish/ Oily Fish</p>	<p>Oily fish is a rich source of omega 3/fatty acids which is good as these have been shown to reduce the risk of heart disease</p> <p>Oily fish is a rich source of omega 3/fatty acids which is good as these have been shown to prevent some cancers</p> <p>Oily fish is a rich source of protein which is good and will therefore contribute to the growth/repair/maintenance of body tissues</p>	<p>Fish/oily fish may be bad in the diet as it may be served with a sauce that is high in fat therefore may contribute to obesity/Coronary Heart Disease (CHD)</p>
<p>Fruit and Vegs</p>	<p>Fruit and veg are a good addition to the diet as they are low in fat therefore should not cause excess weight gain/obesity/high blood pressure/Coronary Heart Disease (CHD)</p> <p>Fruit and vegetables are a good addition to the diet as they contain NSP which promote good digestion and help to prevent constipation and bowel disease</p>	<p>Vegs may be bad in the diet as they may be cooked with salt therefore increasing the risk of high blood pressure/Coronary Heart Disease (CHD).</p> <p>Fruit and vegs may be bad in the diet as it may be served with a sauce that is high in fat therefore may contribute to obesity/Coronary Heart Disease (CHD)</p>
<p>Pasta/Rice</p>	<p>Pasta/rice is a good addition to the diet as it provides carbohydrates which provide energy for all body activity/active people/people involved in sport</p> <p>Pasta/rice is a good addition to the diet as it is low in sugar therefore should not cause excess weight gain/obesity/high blood pressure/Coronary Heart Disease (CHD)/ tooth decay/diabetes</p>	<p>Pasta/rice may be bad in the diet as it may be cooked with salt therefore increasing the risk of high blood pressure/Coronary Heart Disease (CHD).</p> <p>Pasta/rice may be bad in the diet as it may be served with a sauce that is high in fat therefore may contribute to obesity/CHD</p>

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FOOD TYPE	POSITIVES	NEGATIVES
<p>Breakfast Cereals</p>	<p>Wholemeal and brown varieties of breakfast cereal are a good addition to the diet as they contain NSP which promote good digestion and help to prevent constipation and bowel disease</p> <p>Breakfast cereals is a good addition to the diet as it provides carbohydrates which provide energy for all body activity/active people/people involved in sport</p> <p>Breakfast cereals are a good addition to the diet as it is low fat therefore should not cause weight gain/obesity/high blood pressure/Coronary Heart Disease (CHD).</p>	<p>Breakfast cereals may be bad in the diet as some may contain salt therefore increasing the risk of high blood pressure/Coronary Heart Disease (CHD).</p>
<p>Red Meat</p>	<p>Red meat is a good addition to the diet because it provides protein for the body therefore allowing growth and repair and maintenance of body cells/secondary source of energy.</p> <p>Red meat is a good addition to the diet because it contains fat which provides a concentrated source of energy for all activities/sports</p>	<p>Red meat may be bad in the diet as it may be cooked with salt or eaten with a salty sauce therefore increasing the risk of high blood pressure/ (CHD).</p> <p>Red meat may be bad in the diet as it may be served with a sauce that is high in fat therefore may contribute to obesity/ (CHD)</p>
<p>Eggs</p>	<p>Eggs are a good addition to the diet because it provides protein for the body therefore allowing growth and repair and maintenance of body cells/secondary source of energy.</p> <p>Eggs are a good addition to the diet because it contains fat which provides a concentrated source of energy for all activities/sports</p>	<p>Eggs may be bad in the diet as they may be cooked with salt or eaten with salt therefore increasing the risk of high blood pressure/Coronary Heart Disease (CHD).</p> <p>Eggs may be bad in the diet as it may be served with a sauce that is high in fat so may contribute to obesity/ (CHD)</p>

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FOOD TYPE	POSITIVES	NEGATIVES
NSP	<p>NSP aids the removal of waste from the body which is good as ensures toxins are removed/prevents bowel disorders.</p> <p>NSP gives a feeling of fullness/bulk in the diet which is good as it may help prevent snacking so reducing the risk of obesity/dental caries/coronary heart disease (CHD).</p>	<p>NSP binds with iron/hinders the absorption of iron which is bad as this may increase the risk of anaemia</p> <p>NSP forms insoluble soaps with calcium/hinders the absorption of calcium which is bad as may increase the risk of dental caries/osteoporosis/osteomalacia.</p>
Ready meals	<p>Packaging on ready meals will provide information on the nutritional content so may help the consumer make an informed choice in terms of their health and help prevent obesity/constipation/ HBP/CHD.</p> <p>Some ready meals are available which are based on vegetables so help meet the dietary goal, provide NSP and reduce the risk of constipation/ bowel disease.</p> <p>Some ready meals are available as healthy options with a reduced fat content so will help reduce the risk of obesity/ CHD</p> <p>Ready meals are available as calorie counted single option meals so will help prevent over eating/ increases calorie intake and therefore reduce the risk of obesity.</p>	<p>Some ready meals will contain a lot of salt/sodium as it is a cheap way of adding flavour so will increase the risk of HBP/CHD</p> <p>Some ready meals may be high in fat as they are based on milk or cheese sauce so will increase the risk of obesity/ CHD</p>

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FOOD TYPE	POSITIVES	NEGATIVES
<p>Salt or sodium (Remember salt is sodium chloride therefore is a source of sodium.)</p>	<p>Salt/ sodium is good in the diet as it is required to maintain the correct muscle and nerve activity therefore preventing muscle weakness and cramp.</p> <p>Salt/ sodium is required to maintain the correct balance of body fluids so could help to prevent heat exhaustion/ death.</p>	<p>A high intake will be bad as it leads to a rise in the blood pressure passing through the narrow arteries which could increase the risk of strokes/ CHD</p>