



Diet and Nutrition

and PSHE Education

Professionals' Pack

2023

Ellie Chesterton & Natalie McGrath

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INTRODUCTION

This pack aims to support education providers to deliver quality PSHE education around diet and nutrition. This will be achieved through:

- Identifying the curriculum links within the PSHE Association's Spiral Curriculum and the Department for Education's statutory guidance
- Developing staff's confidence and competence on the subject matter to support them to facilitate PSHE education on this topic within their own setting.

The Department for Education's statutory guidance states that:

- Pupils should be given the information they need to make well-informed, good decisions about their own health and wellbeing.
- Pupils should be able to put this knowledge into practice.
- Schools should show flexibility to respond to local public health and community issues to meet the needs of pupils
- The Lead Teacher for PSHE/RSHE needs to work closely with colleagues in related curriculum areas to ensure their programmes complement each other, and do not duplicate, content covered in the national curriculum subjects such as food technology, PE and science.

Education providers can help raise awareness of diet and nutrition, by increasing knowledge of what is a healthy diet and the risks associated with a poor diet.



Local Quality Framework

We believe that for PSHE education to be effective it must:

- Be delivered in a safe learning environment based on the principles that prejudice, discrimination and bullying are harmful and unacceptable.
- Have clear learning objectives and outcomes and ensure sessions and programmes are well planned, resourced and appropriately underpinned by solid research and evidence.
- Be relevant, accurate and factual, including using the correct terminology.
- Be positively inclusive in terms of:
 - Age
 - Gender Identity
 - Race
 - Sex
 - Disability
 - Pregnancy and Maternity
 - Religion or Belief
 - Sexual Orientation
- Designed to include the development of knowledge, skills and values to support positive life choices.
- Use positive messaging, that does not cause shame or victim blaming.
- Challenge attitudes and values within society, such as perceived social norms and those portrayed in the media.
- Be reflective of the age and stage of the children and young people and be tailored to the environment and group.
- Utilise active skill-based learning techniques to encourage active participation.
- Ensure that children and young people are aware of their rights, including their right to access confidential advice and support services within the boundaries of safeguarding.
- Be delivered by trained, confident and competent professionals.
- Empower and involve children and young people as participants, advocates and evaluators in the development of PSHE education.

BEST PRACTICE PRINCIPLES

A safe learning environment enables children and young people to feel comfortable to share their ideas without attracting negative feedback. It avoids possible distress and prevents disclosures in a public setting and enables professionals to manage conversations on sensitive issues confidently. We have created a guidance document to support professionals to create this safe in their own setting.



No. 01 — Ground Rules

Create in collaboration with the group . As the facilitator role model the agreed ground rules.



No. 02 — Collaborate with DSL

Let them know when the session is being delivered to ensure the correct support is in place should any disclosures be made.



No. 03 — Staff Confidence

Check Staff confidence levels. If anyone is in panic zone it is not safe or appropriate for them or the participants to teach on the topic. This pack should help professionals to move from panic zone to stretch or comfort zone.



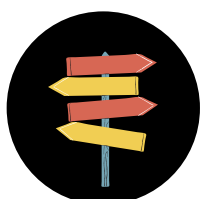
No. 04 — Learning Techniques

Use scenarios and stories to help participants engage with the topic. Refer to the third person rather than you e.g. what could this character do?, or people of about your age....



No. 05 — Difficult Questions

Questions are an important part of learning. Sometimes a child or young person will ask a difficult question. As with all questions the first thing is to value the question whilst either allowing time to consider an appropriate answer or to deflect an inappropriate question.



No. 06 — Signposting

It is absolutely essential, that included in the lesson, is information about different organisations and people that can provide support both within the organisation and outside of it.

A more detailed version of this page is available by emailing either Natalie or Ellie

BEST PRACTICE PRINCIPLES

Knowledge, Skills and Values

Teaching about healthy, balanced lifestyles, including food choices and physical activity is an important aspect of PSHE education. The statutory Health Education guidance states

“The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources”

Education is an essential contributor to supporting children and young people to make healthier choices. Lessons should focus not just on giving the knowledge someone needs to live a healthier life but also on developing the skills and attributes needed in real life, for example supporting them to manage pressure to make unhealthy choices, how to critically examine health information from different sources, how to make informed decisions and the confidence to stick to decisions they believe are right.

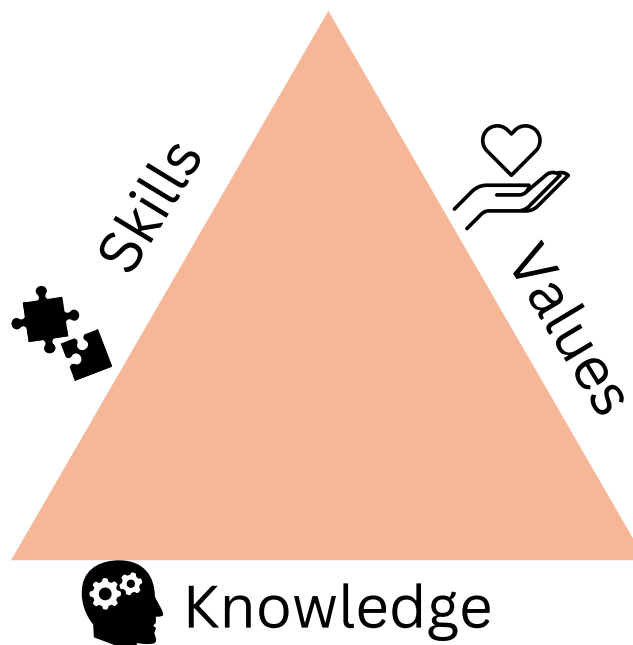
To ensure that sessions are balanced it is important to know the purpose of the activity and create a balanced session that increases or enables reflection on knowledge, skills and values.

The definition of each of these is:

Knowledge: gaining new information on a topic

Skills: gaining new skills on a topic

Values: reflecting on, and potentially altering, your own values in relation to a topic



Whole School Approach

Teaching about food choices and physical activity is most effective when embedded into a whole school approach. Children and young people respond better to teaching when they can see the messages from lessons reinforced throughout the education settings' ethos and culture.

PE lessons, food technology lessons, the food served in the school canteen, the variety of extracurricular activities offered and national events such as 'walk to school week' are all areas where the school can emphasize messages about healthier food and exercise choices.

Wherever possible, schools should encourage and provide opportunities for children and young people to make healthier decisions regarding food and physical activity.

Delivering Sessions

Teaching about food can be sensitive for a number of reasons. Professionals should always be mindful of the context of the children and young people they work with.

For younger children, they are less likely to have autonomy or be able to choose what, where, or when they eat.

What food is eaten within the home and how and when it is eaten can also be influenced by cultural, ethnic, and religious beliefs, a family's financial situation, allergies, or health concerns.

Research suggests that referring to "good/bad" or "healthy/unhealthy" can be oversimplistic and misleading for children and young people. Instead, using language such as "choose more often" and "choose occasionally/less often" when referring to different foods will avoid a judgmental approach and being overly restrictive or critical about some food groups, e.g. sugar and fats.

Research also indicates that social circumstances (e.g. levels of deprivation, living situation) are the largest influencer of health outcomes; having more impact than behavior patterns or access to health care. Therefore, when facilitating discussions in lessons which emphasize choice, professionals should be wary not to place all responsibility on children and young people, many of whom are still reliant on family members for their food, and some of whom may be facing significant structural barriers to accessing a healthier lifestyle.

For teenagers, professionals should also be conscious that messages about food can be a potential trigger for those with additional vulnerabilities, for example, those struggling with disordered eating or body image. These topics should form part of teaching about mental health and emotional wellbeing, rather than healthy lifestyles.

Approach

Being Trauma-Informed

It is important to be aware of the risks of educative interventions, if not delivered carefully. PSHE resources – when used with children and young people who have been affected by the topic being covered – can re-traumatise children and young people or induce vicarious trauma – this is defined as the feelings of trauma experienced by a third party when witnessing or engaging with the harm or trauma of another (Eaton, 2017).



The National Youth Agency provides a free e-learning course to help professionals gain a greater understanding of trauma and how it affects mental and emotional wellbeing. The module provides tools and reflection space for professionals to enable them to better support young people in this area.

You can access the course [here](#) – you will need to create a Youth Work One account to be able to access the course.

Tips for Communication

Communication difficulties

Special provision should be put in place to support conversations with children, young people or adult learners who:

- have communication difficulties
- are too young
- are unable to communicate
- cannot or will not explain

You should refer to the child, young person or adult learner's behaviour plan and the information available from any assessments. This may include visual cues to help facilitate discussion, such as picture exchange communication cards.

Mencap has published further information on [communicating with people with learning difficulties](#).

The National Autistic Society has also published [tips to communicate more effectively with an autistic person](#).



LINKS TO PSHE CURRIULUM 10

The table below shows the learning opportunities from the relevant PSHE Association core themes which can be linked to Road Safety.

Primary

PSHE Association:

Key Stage One

H1.	About what keeping healthy means; different ways to keep healthy
H2.	About what foods support good health and the risks of eating too much sugar
H7.	About dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health

Key Stage Two

H2.	About the elements of a balanced, healthy lifestyle
H3.	About choices that support a healthy lifestyle, and recognise what might influence these
H6.	About what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritional foods; risks associated with not eating a healthy diet including obesity and tooth decay
H11.	How to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g., sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)

PSHE Association:

HL1 – Healthy Eating

Encountering	Respond to different stimuli about what it means to be 'healthy'.
Foundation	Identify foods that we like and dislike to eat.
Core	Identify some examples of healthy foods.
Core	Identify some examples of foods that should only be eaten once in a while.
Development	Explain why some foods are healthier than others
Development	Explain why we might need to eat foods we might not like very much.
Enrichment	Explain what it means to eat a healthy, balanced diet.
Enrichment	Give examples of occasions when we can make choices about the foods that we like to eat.
Enrichment	Give examples of occasions when we can make choices about the foods that we like to eat.
Enrichment	Explain what can help us choose what to eat.
Enrichment	Recognise that some people may not be able to eat certain foods because they will make them ill (allergies).

Enhancement	Describe which foods we should only eat occasionally and explain why eating too much of them could harm our health.
Enhancement	Identify some influences on our food choices, and when these might be positive or negative.

DfE Statutory Guidance:

By the end of Primary pupils will know:

HE1.	what constitutes a healthy diet (including understanding calories and other nutritional content).
HE2.	the principles of planning and preparing a range of healthy meals.
HE3.	The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g., the impact of alcohol on diet or health).



Key Stage Three

H17.	The role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices
H18.	What might influence decisions about eating a balanced diet and strategies to manage eating choices

Key Stage Four

H11.	To make informed lifestyle choices regarding sleep, diet and exercise
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Key Stage Five

H12.	How to maintain a healthy diet, especially on a budget
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SEND

HL1 – Healthy Eating

Core	Respond to stimuli about different kinds of food and drinks.
Foundation	Identify our favourite foods and drinks.
Core	Describe our favourite foods and drinks, and give reasons for our choices.
Core	Identify foods we can eat all the time which are good for us.

Core	Identify foods that should only be eaten occasionally.
Development	Explain what we mean by a healthy, balanced diet.
Development	Explain what makes some foods better for our health than others.
Enrichment	Describe some of the long term benefits of a healthy diet.
Enrichment	Explain some of the risks of consuming food and drinks with high sugar or caffeine content.
Enhancement	Explain some of the influences on our food choices and strategies for managing these influences.

DfE Statutory Guidance:

By the end of Secondary pupils will know:

HE1.	How to maintain healthy eating and the links between poor diet and health risks, including tooth decay and cancer
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NYA Youth Work Curriculum:

HW1.	Promoting the positive physical, social, emotional and mental health of young people
HW2.	Helping young people make informed choices about how they live, approach risk and take responsibility for their own behaviour in relation to their lifestyle
HW5.	Providing appropriate, accurate information and guidance

USEFUL RESOURCES

Please check all resources are suitable for your settings and children before us.

Please sign up to our [Resource Library](#) and visit our [Diet and Nutrition](#) page. Here are a few select lesson plans:

Primary

- [Eat like a Champ](#) - Six lesson programme for 9-10 years old
- Change4Life ([Keeping our teeth healthy](#)) Science lessons for 5-7 and 7-11 years old
- Change4Life ([The healthier snacking show](#)) presentation using the interactive whiteboard for 5-7 years old
- Change4Life ([Food Detectives](#)) - Toolkit for 5-7 years old
- Change4Life ([Healthier snacking school council toolkit](#)) for 5-11 years old
- [MPFT's National Child Measurement Programme](#) will deliver PSHE input as part of their service offer to school when completing the measurements with Year 6.

Secondary

- [BBC Bitesize](#) PE Revision guide and questions on diet and nutrition for 14-16 years old
- [STEM Learning](#) - Science lesson on junk food for 11-16 years old

Both

- [Food a fact of life](#) resources for 3-16 years old and CPD opportunities for professionals.

Training

- [DfE](#) - Teaching Training: Healthy Eating
- [Food a fact of life](#) CPD

DEVELOPING SUBJECT KNOWLEDGE

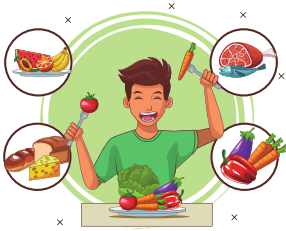


DIET AND NUTRITION

BEING HEALTHY

Good health is not just the absence of disease or illness, it is a state of complete physical, mental and social well-being (World Health Organisation).

Things that contribute to a person being healthy include:



Eating a balanced diet



Getting regular exercise



Avoiding tobacco and drugs



Getting plenty of rest

This pack focuses on delivering sessions around eating a balanced diet

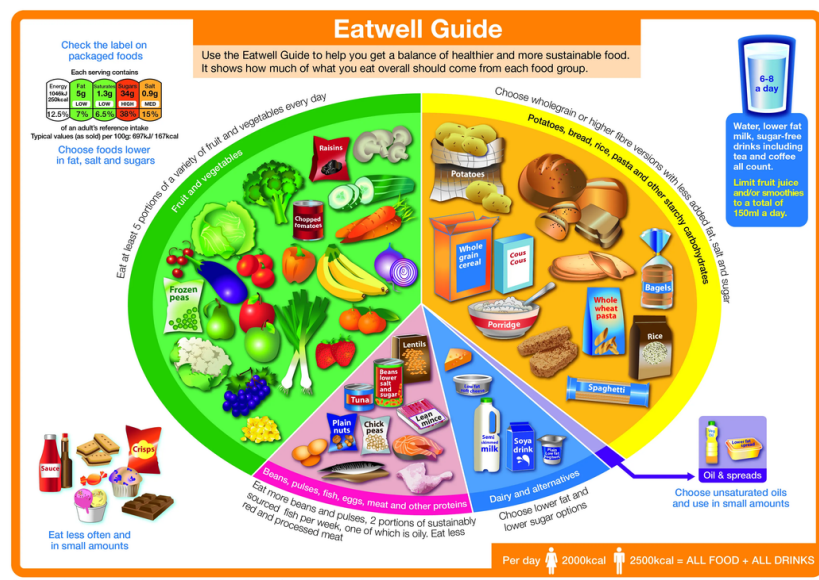
FOOD & BEING HEALTHY

The NHS states that eating a healthy, balanced diet is important part of maintaining good health. This helps the body to grow, stay healthy, function properly and fight of illnesses and diseases.

This means eating a wide range of food in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight – it is important to note that people with special dietary needs or a medical condition should follow the advice given by their doctor or registered dietitian.

On average, women should have around 2,000 calories a day (8,400 kilojoules) and men should have around 2,500 calories a day (10,500 kilojoules). We all need different amounts of energy (or calories) from food to be a healthy weight. How much you need depends on lots of things, including how active you are.

The Eatwell Guide shows people how to have a healthy, balanced diet.



Fruit and Vegetables



Fruit and vegetables should make up just over a third of the food eaten each day.

People should aim to eat at least five portions of a variety of fruit and vegetables each day. These can be fresh, frozen, tinned, dried or juiced. This is five fruit and vegetables in total, not five portions of one type. A portion of fruit or vegetables is 80g.

Fruit juice and smoothies should be limited to no more than a combined 150 ml a day as they contain sugar which can impact on dental health.

Fruit and vegetables are a good source of vitamins, minerals and fibre. The 5 A Day campaign is based on advice from the World Health Organisation (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems such as heart disease, stroke and some types of cancer.

1

Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium.

2

Fruit and vegetables are a brilliant source of dietary fibre, which helps to maintain a healthy gut and prevent constipation and other digestive problems. A diet high in fibre can also reduce the risk of bowel cancer.

3

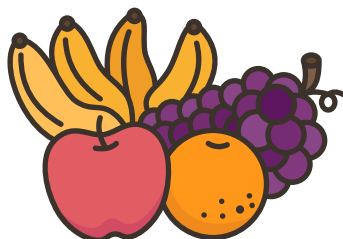
Fruit and vegetables can reduce the risk of heart disease, stroke and some types of cancer.

4

Fruit and vegetables are usually low in fat and calories (provided they are not fried or roasted in lots of oils)

5

There are loads of different types of fruit and vegetables, meaning that everyone can try different ones to find the ones they like.



Starchy Carbohydrates



Starchy food are a person's main source of carbohydrate and play an important role in a healthy diet. They should make up just over a third of the food a person eats. A person should choose higher fibre or wholegrain varieties, such as wholewheat pasta and brown rice or simply leave the skins on potatoes. Shops also sell higher fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of range of nutrients.

Starchy foods are a good source of energy. They contain fibre, calcium, iron and Vitamin B.

There are lots of misconceptions about starchy food and some people think they are fattening, but gram for gram they contain fewer than half the calories of fat. It is important people consider how they cook and serve starchy foods, as adding fats such as butter to a jacket potato will increase the calories content.

Potatoes

Good source of energy, fibre, Vitamin B and Potassium.

In the UK, a lot of the population's vitamin C comes from potatoes. Although potatoes only contain a small amount of vitamin C, in the UK, we generally eat a lot of them. They're good value for money and can be a healthy choice.

Whilst a potato is a vegetable it does not count towards a person's 5 a day as nutritionally it is a starchy carbohydrate.

Potatoes are a healthy choice when boiled, baked, mashed or roasted with only a small amount of fat or oil and no added salt. French fries and other chips cooked in oil or served with salt are not a healthy choice.

When cooking or serving potatoes, choose lower-fat or polyunsaturated spreads, or small amounts of unsaturated oils, such as olive or sunflower oil.

For mashed potato, use lower-fat milk, such as semi-skimmed, 1% fat or skimmed milk, instead of whole milk or cream.

Leave potato skins on where possible, to keep more of the fibre and vitamins. For example, eat the skin when you have boiled or baked potatoes.

If you boil potatoes, some nutrients will leak out into the water, especially if you have peeled them. To stop this happening, only use enough water to cover them and cook them only for as long as they need.

Storing potatoes in a cool, dark and dry place or in the fridge will help stop them sprouting. Do not eat any green, damaged or sprouting bits of potatoes, as these can contain toxins that can be harmful.

Wholemeal, granary, brown and seeded varieties of bread are especially a good choice to eat as part of a balanced diet.

Wholegrain, wholemeal and brown breads provide a source of energy and contain B vitamins, vitamin E and a wide range of minerals.

White bread also contains a range of vitamins and minerals, but has less fibre than the wholegrain, wholemeal or brown options. If someone prefers white bread they should look for the higher-fibre options.

Some people avoid bread because they are concerned they have a food intolerance, or allergy to wheat or they believe bread is fattening.

Cutting out any type of food from a person's diet could mean they completely miss out on a range of nutrients they need to stay healthy.

If someone is concerned they have a wheat allergy or intolerance they should speak to their GP.

Cereal

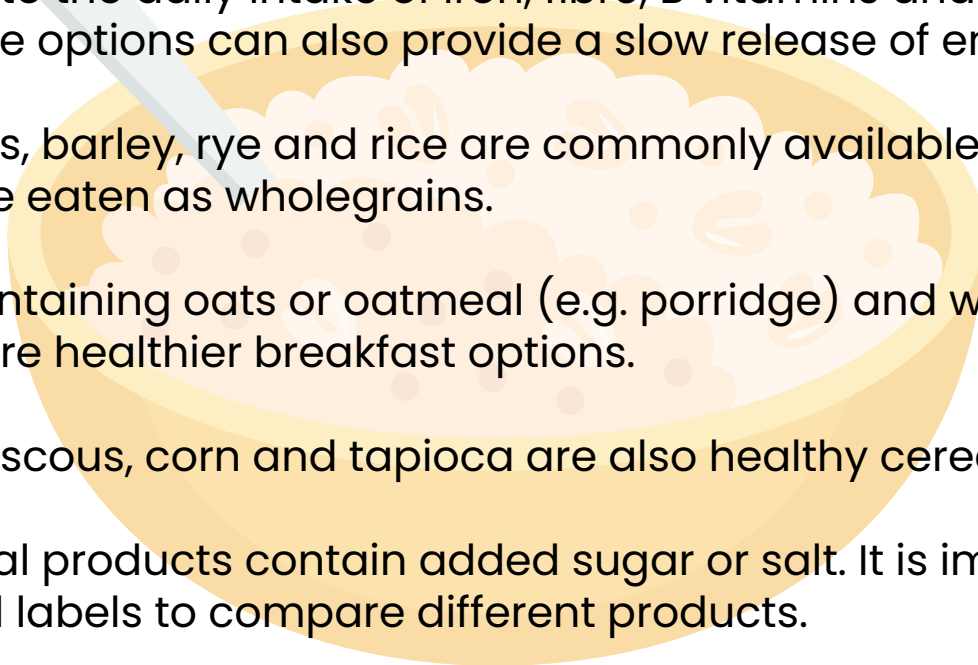
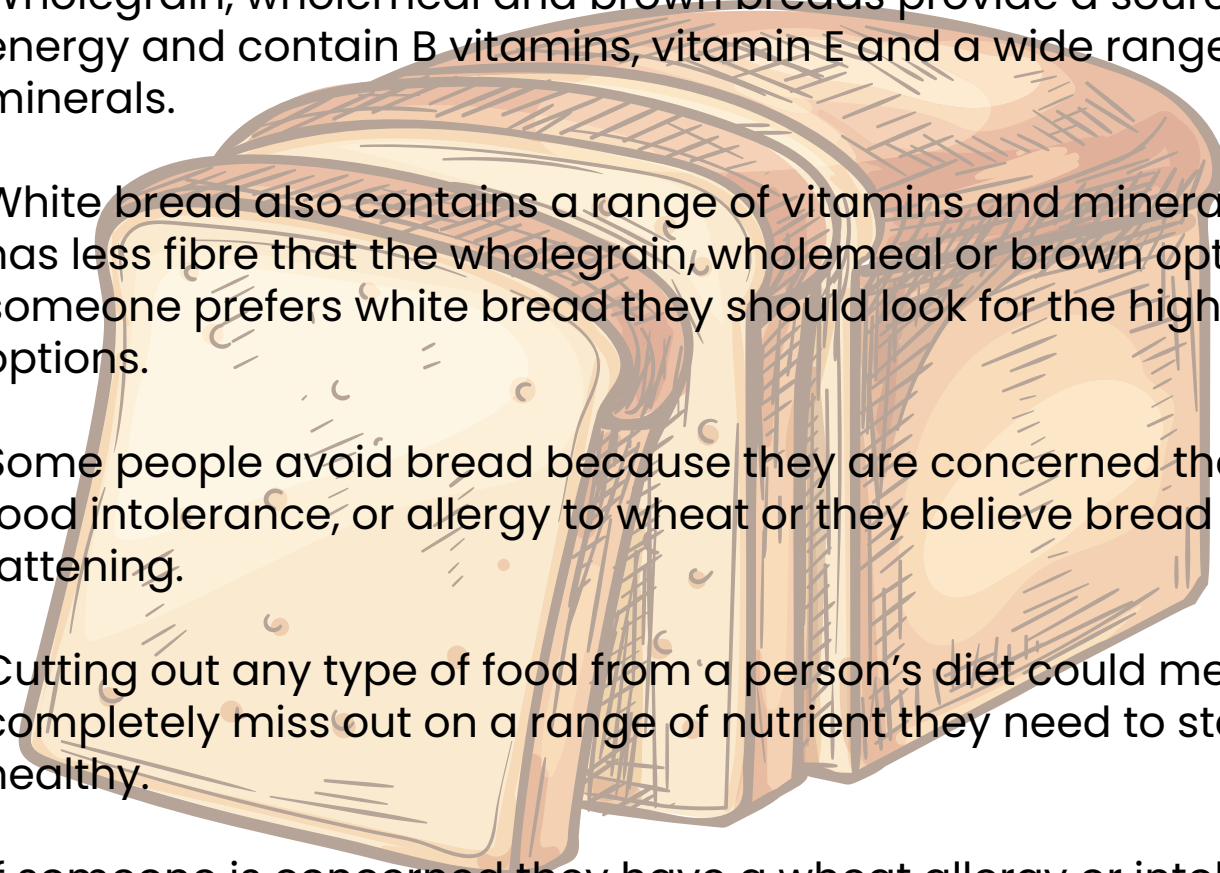
Cereal products are made from grains. Wholegrain cereals can contribute to the daily intake of iron, fibre, B vitamins and protein. Higher-fibre options can also provide a slow release of energy.

Wheat, oats, barley, rye and rice are commonly available cereals that can be eaten as wholegrains.

Cereals containing oats or oatmeal (e.g. porridge) and wholewheat products are healthier breakfast options.

Barley, couscous, corn and tapioca are also healthy cereal options.

Many cereal products contain added sugar or salt. It is important to check food labels to compare different products.



These provide energy, are low in fat and are good value for money.

Types include:

- All kinds of rice - quick-cook, basmati, long grain, brown, short grain and wild
- Couscous
- Bulger wheat

As well as being a carbohydrate, rice and grains (particularly brown and wholegrain types) can contain:

- Fibre - that helps the body to get rid of waste products
- B vitamins which help to release energy and help the body to work properly

Rice and grains, like couscous and bulger wheat can be eat both hot or cold - some people enjoy them in salads.

It is important to take precautions when storing and reheating cooked rice and grains - this is because the spores of some bugs that can cause food poisoning can survive cooking.

If cooked rice or grains are left standing at room temperature, the spores can germinate. The bacteria multiply and produce toxins that make people sick and have diarrhoea. Reheating food will not get rid of these toxins.

It's therefore best to serve rice and grains as soon as they have been cooked. If this is not possible, cool them within 1 hour of cooking and keep refrigerated until either they are reheated or used in a recipe such as a salad.

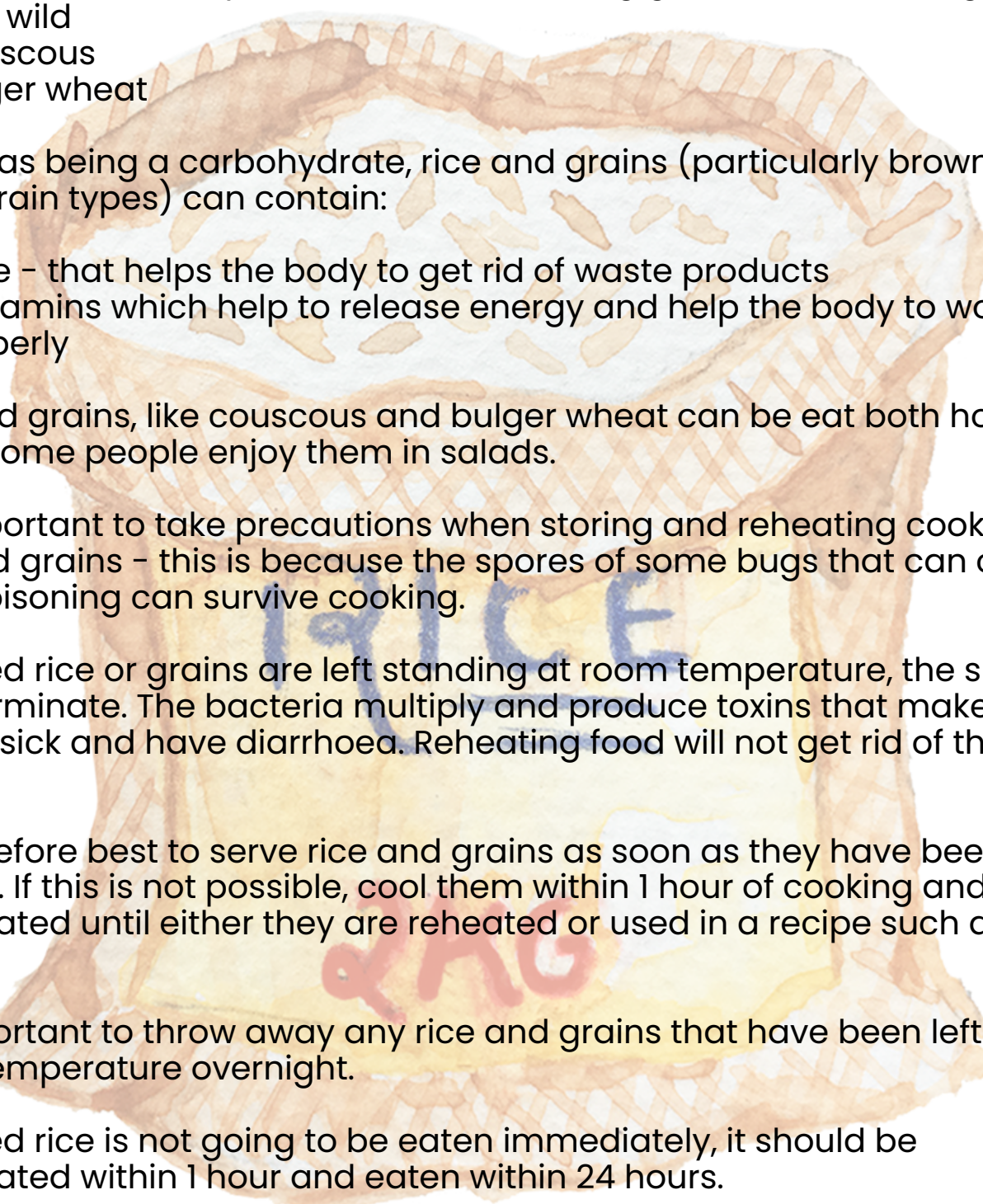
It's important to throw away any rice and grains that have been left at room temperature overnight.

If cooked rice is not going to be eaten immediately, it should be refrigerated within 1 hour and eaten within 24 hours.

Rice should be reheated thoroughly, reaching a core temperature of 70C for 2 minutes (or equivalent) so it's steaming hot throughout.

Rice should not be reheated more than once - it should be thrown away. Do not reheat rice unless it's been chilled safely and kept in a fridge until required.

The "use by" date and storage instructions on the label should be followed for any cold rice in salads.



Wholewheat or wholegrain pasta are healthier options than other types of pasta, as they contain more fibre. Wholegrain foods are digested more slowly than refined grains, which help people to feel fuller for longer.

Pasta is made from durum wheat and water and contains iron and B vitamins.

People can choose from dried pasta, which can be stored in a cupboard and usually has a long shelf-life, or fresh pasta, which needs to be refrigerated and has a shorter lifespan.

Acrylamide

Acrylamide is a chemical that's created when many foods, particularly starchy foods like potatoes and bread are cooked for long periods of time at high temperatures - such as baking, frying, grilling, toasting and roasting.

There is evidence to show that this chemical can cause cancer.

The Food Standards Agency has these tips to reduce the risk of acrylamide in the home:

1. Aim for a golden, yellow colour or lighter when baking, toasting, roasting or frying starchy foods like potatoes and bread.
2. Follow the cooking instructions carefully when frying or oven-heating packaged food products like chips, roast potatoes and parsnips. These instructions help to cook the product correctly, so that starchy foods are not cooked for too long or at temperatures that are too high.
3. Whilst it is not possible to completely avoid risks like acrylamide in foods, eating a varied and balanced diet will help to reduce the risk of cancer. Avoid frying or roasting potatoes and root vegetables - boil or steam them instead (this also helps to cut down on fat)

Protein



Eating some beans, pulses, fish, eggs, meat and other protein foods is a good source of protein, vitamins and minerals. They build muscle mass in the body, and help to repair the cells and tissues. They should make up 10–20%.

Pulses, such as beans, peas and lentils are good alternatives to meat as they are low in fat and a good source of fibre and protein.

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.

Fish

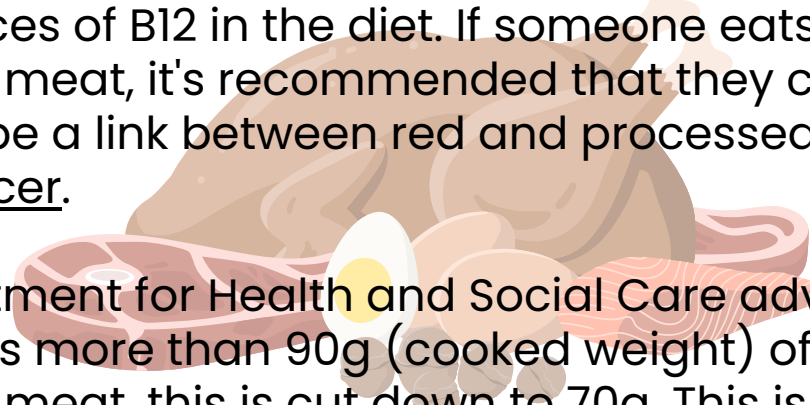
Aim for at least two portions (2 x 140g) of fish every week, one of which should be oily – such as salmon, sardines or mackerel. This is because fish and shellfish are good sources of many vitamins and minerals. Oily fish is also particularly high in long-chain omega-3 fatty acids, which help to keep the heart healthy and in women who are pregnant or breastfeeding it can help a baby's nervous system to develop.

Girls, women who are planning a pregnancy or may have a child one day and pregnancy and breastfeeding women should eat no more than two portions of oily fish as the pollutants found in this fish may build up in the body and affect the future development of a foetus in the womb.

Fish that is steamed, baked or grilled is a healthier choice than fried fish. Frying increased the fat content of fish and shellfish, particularly if cooked in batter.

Meat

Red meat provides iron, zinc and B vitamins. Meat is one of the main sources of B12 in the diet. If someone eats a lot of red or processed meat, it's recommended that they cut down as there is likely to be a link between red and processed meat and bowel cancer.



The Department for Health and Social Care advises that if a person eats more than 90g (cooked weight) of red or processed meat, this is cut down to 70g. This is equivalent to three thinly cut slices of beef, lamb or pork (where each slice is about the size of half a piece of sliced bread). A cooked breakfast with two sausages and two rashers of bacon is equivalent to 130g.

Some meats are high in fat, especially saturated fat. Eating a lot of saturated fat can raise cholesterol levels in the blood, and having high cholesterol raises the risk of coronary heart disease or stroke.

When buying meat, go for the leanest option. In general, the more white found on the meat, the more fat it contains. For example back bacon contains less fat than streaky bacon. Cut off any visible fat and skin before cooking – crackling and poultry skin are much higher in fat than the meat itself.

Raw meat and poultry should be stored in clean sealed containers on the bottom shelf of the fridge, so that the meat cannot touch or drip on to any other food.

Meat and poultry should not be washed before cooking, this actually increases the risk of food poisoning, as the water droplets splash on the surface and can contaminate with bacteria. Meat and meat products should be cooked all the way through, the exception to this is whole cuts of beef or lamb, that can be pink inside, but should be cooked on the outside. This includes steaks, joints and cutlets.

Diary or Dairy Alternatives



Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, they are also an important source of calcium, which help to keep bones healthy.

Lower-fat and lower-sugar products like semi-skimmed, skimmed or 1% milk, reduced-fat cheese and plain low-fat yoghurts are a healthier choice.

The total fat content of dairy products can vary a lot. It is important to check the nutritious information on the label to check the amount of fat, including saturated fat, salt and sugar when choosing dairy and dairy alternative products.

Much of the fat in milk and dairy foods is saturated fat. For older children and adults, eating too much fat can contribute to excess energy intakes, leading to becoming overweight.

A diet high in saturated fat can also lead to raised levels of cholesterol in the blood, and this can put you at increased risk of having a heart attack or stroke.

Milk

The fat in milk provides calories for young children, and also contains essential minerals, including calcium that help to build bones and keep teeth healthy. For older children, teenagers and adults, it is a good idea to go for lower-fat options because too much fat can result in becoming overweight.

These lower-fat options still contain the important nutritional benefits of milk, but contain less fat.

Cows', goats' and sheep's' milk should not be given to babies under one years old because they do not contain the right balance of nutrients.

Babies under one year old should also not be given condensed, evaporated or dried milk, or any other drinks referred to as "milk", such as rice, oat or almond drinks.

Babies who are around six months can eat foods that use full-fat cows', or goat's and sheep's milk in cooked food such as cheese sauce and custard.

Once a baby is 1 year old, they can drink full-fat goats' milk and sheep's milk as long as the milks are pasteurised.

Between the ages of one and two years old, children should be given whole cows' milk and dairy products. This is because they may not get the calories or essential vitamins they need from lower fat alternatives.

After the age of 2, children can gradually move to semi-skimmed milk as a drink, as long as they're eating a varied and balanced diet and growing well.

Children under the age of five should not be given skimmed or 1% fat milk as a drink as it does not contain enough calories and other important nutrients.

Children between the ages of 1 and 3 need to have around 350mg of calcium a day. About 300ml of milk (just over half a pint) would provide this.

Milk and dairy foods are a good source of nutrients, they should not be cut from anyone's diet without first speaking to a GP or dietitian.

There are two conditions that can cause a person to have a reaction to milk.

Lactose intolerance - a common digestive problem, where the body is unable to digest lactose (a type of sugar found mainly in milk and dairy products).

Lactose intolerance can cause symptoms such as bloating and diarrhoea. It does not cause severe reactions.

People who need to avoid dairy products and cows' milk because their body cannot digest lactose (lactose intolerant) can purchase lactose-free dairy products. These contain the same vitamins and minerals as standard dairy products, but have an added enzyme called lactase, which helps digest any lactose so the product does not trigger any symptoms.

Cows' milk allergy - is one of the most common childhood food allergies. Typically this develops when cow's milk is first introduced into a baby's diet either in formal or when they start to eat solids.

More rarely, it can affect baby's who are exclusively breastfed as the cows' milk from the mother's diet is passed to the baby via the breast milk.

Cheese

Cheese can form part of a healthy, balanced diet for babies and young children, and provides calcium, protein and vitamins like vitamin A.

Babies can eat pasteurised full-fat cheese from 6 months old. This includes hard cheeses such as mild cheddar cheese, cottage cheese and cream cheese.

Full-fat cheeses and dairy products are recommended up to the age of 2, as young children need fat and energy to help them grow.

Babies and young children should not eat:

- mould-ripened soft cheeses, such as brie or camembert
- ripened goats' milk cheese like chèvre
- soft blue-veined cheese like roquefort

These cheeses may carry bacteria called listeria.

You can check labels on cheeses to make sure they're made from pasteurised milk.

But these cheeses can be used as part of a cooked recipe as listeria is killed by cooking. Baked brie, for example, is a safer option.

Diary-Free

Some people choose not to have dairy products for reasons other than an intolerance or an allergy, for example, because they follow a vegan diet.

There are a number of alternative food and drink options available that can replace milk and dairy products within someone's diet.

These include:

- Soya milks, yoghurts and some cheeses
- Rice, oat, almond, hazelnut, coconut, quinoa and potato milks
- Foods that carry the "dairy-free" or "suitable for vegans" signs.





Fat is an important part of a healthy, balanced diet as it is a source of fatty acids, that the body cannot produce itself. It should make up 20-30%.

Any fat not used by the body or turned into energy will be converted to body fat.

It is better to choose unsaturated fats, as these are a healthier option and include vegetable, rapeseed, olive and sunflower oils.

These should be eaten in small amounts.

The main types of fat found in food are:

- Saturated Fats

Found in many foods, both sweet and savoury.

Most of them come from animal sources, including meat and dairy products, as well as some plant foods, such as palm oil and coconut oil.

Foods that are high in saturated fats include:

- fatty cuts of meat
- meat products, including sausages and pies
- butter, ghee, and lard
- Cheese (especially hard cheese like cheddar)
- Cream, soured cream and ice cream
- Some savoury snacks like cheese crackers and some popcorns
- Chocolate
- Biscuits, cakes and pastries.

The government recommends that:

- men should not eat more than 30g of saturated fat a day
- women should not eat more than 20g of saturated fat a day
- children should have less

To reduce the risk of heart disease it is better to reduce overall fat intake and swap saturated fats for unsaturated fats. There is evidence that replacing saturated fats with some unsaturated fats can also help to lower cholesterol levels.

Monounsaturated Fats

Monounsaturated fats help protect your heart by maintaining levels of "good" HDL cholesterol while reducing levels of "bad" LDL cholesterol in your blood.

Monounsaturated fats are found in:

- Olive oil, rapeseed oil and spreads made from these oils
- Avocados
- Some nuts, such as almonds, brazils, and peanuts

Polyunsaturated Fats

Polyunsaturated fats can also help lower the level of "bad" LDL cholesterol in your blood.

There are 2 main types of polyunsaturated fats:

- Omega-3
- Omega-6.

Some types of omega-3 and omega-6 fats cannot be made by the body, which means it's essential to include small amounts of them in a person's diet.

Omega-6 fats are found in vegetable oils, such as:

- rapeseed
- corn
- sunflower
-

Nuts that have higher amounts of omega-6 include:

- walnuts
- almonds
- cashews
-

Omega-3 fats are found in oily fish, such as:

- kippers
- herring
- trout
- sardines
- salmon
- mackerel

Most people get enough omega-6 in their diet, but it's recommended to have more omega-3 by eating at least 2 portions of fish each week, with 1 portion being an oily fish.

Sources of omega-3 fatty acids suitable for vegetarians include flaxseed (linseed) oil, rapeseed oil, walnuts and egg enriched with omega-3.

Sometimes a product will be labelled as lower fat, reduced fat, lite or light - this means it must contain at least 30% less fat than a similar product. Sometimes this means the product may still be a high-fat food.

Foods that are lower in fat are not necessarily lower in calories. Sometimes the fat is replaced with sugar and the food may end up having a similar energy content to the regular version.

Vitamins

Vitamins are organic compounds that are needed in small amounts for normal growth and activity by the body. They are naturally found in foods obtained from plants and animals.

The essential vitamins are:

- Vitamin A - important for the body's immune system, the skin and eyes. Is found in food such as milk, cheese, eggs and carrots.
- Vitamin C - important for healthy bones, teeth, gums and blood vessels. It is also key in the absorption of iron and calcium, the repair of wounds and brain function. It is found in food such as oranges, red berries, kiwi fruit, broccoli and tomatoes.
- Vitamin D - helps to adsorb calcium and keeps bones and teeth healthy. It is found in food like fish oil, fortified milk and red meat. It is also made by the body when exposed to sunlight.
- Vitamin E - helps to protect the body from damage and maintains the health of red blood cells. Found in food such as cereals, nuts and vegetable oil.
- Vitamin K - helps the blood to clot and wounds to heal. Found in foods such as broccoli, spinach, vegetable oils, cereal.
- B Vitamins - there are many different types of Vitamin B for example Vitamin B12 which helps the production of red blood cells and is important for nerve cell functions. This is found in foods like fish, eggs, cheese and red meat.

Minerals

The body needs certain minerals to build strong bones and teeth and turn food into energy.

A healthy, balanced diet should provide all the minerals the body needs to work properly.

There are 16 essential minerals, including:

- Calcium - needed for bones and teeth to grow and stay healthy, muscles to contract and the heart to beat. Also helps blood to clot. Found in foods such as cheese and milk and green leafy vegetables.
- Iron - helps to carry oxygen around the body in the form of haemoglobin in red blood cells. Iron is also necessary to maintain healthy skin, hair and nails. Iron can be found in foods like spinach, red and white meat (beef and chicken) and fish.
- Magnesium - help to turn food into energy and is important for bone strength. It is found in foods such as nuts, spinach, milk and bananas.
- Potassium - helps to regulate fluid balance, muscle contractions and nerve signals. It is found in food such as fruits, beans, nuts and vegetables.
- Zinc - helps turn food into energy and is important for healing wounds. Zinc is present in food such as milk, red meat, shellfish, cereals and bread.
- Salt- a mixture of sodium and chloride which are essential minerals for the regulation of fluids in the body. Salt occurs naturally in some foods, usually in small amounts, some people add it to food for taste.

Too much salt can be harmful and cause high blood pressure.

A person should eat no more than:

- 4 to 6 years - 3 grams of salt per day
- 7 to 10 years - 5 grams of salt a day
- 11+ years - no more than 6 grams per day
-

One teaspoon of salt is equal to about 6 grams.

Foods that are high in fat, salt and sugar should be eaten less often and in small amounts. This includes chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

These are placed outside of the main Eatwell Guide as they are not necessary as part of a healthy, balanced diet.



It is important that as part of a balanced diet that a person drinks plenty of fluids.

The government recommends that someone drinks between 6-8 cups of glasses per day. This includes water, lower-fat milks, lower-sugar or sugar-free drinks, tea and coffee.

Fruit juices and smoothies also count towards fluid consumption, but contain free sugars that can damage the teeth, these should be limited to no more than a combined total of 150ml a day.

LESS HEALTHIER DIET

An less healthier diet is one that fails to provide the body with the correct amounts and types of nutrients required for maximum health.

It could include some or all of the following:

- High in sugar
- High in salt
- High in saturated fat
- Missing the correct balance of nutrients
- Lacking in minerals and vitamins
- Lacking in fibre
- Eating habits

If someone has a poor diet this could lead to:

- Feeling tired more easily
- Having less energy for normal daily routines like walking to school, playing with friends or other physical activity
- Being less able to concentrate at school

Overtime, unhealthy diets can also lead to:

- Tooth Decay
- An unhealthy weight (either under or over)
- Excess-weight related conditions like type 2 diabetes, some cancers raised blood pressure and cardiovascular disease

Caffine

Caffine is a drug, found in drinks, such as:

- Tea
- Coffee
- Energy drinks
- Fizzy drinks

Caffeine stimulates the brain and nervous system.

Too much caffeine can make it difficult to sleep, increase anxiety, cause headaches and affect a person's mood.

The type of sugar that most adults, children and young people eat too much of is "free sugar". These are:

- Any sugar added to food or drink, including sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks.
- Sugar in honey, syrup (e.g. maple, agave and golden), nectars (e.g. blossom), unsweetened fruit juices, vegetable juices and smoothies. Whilst these sugars occur naturally in the food they are still classed as free sugars.

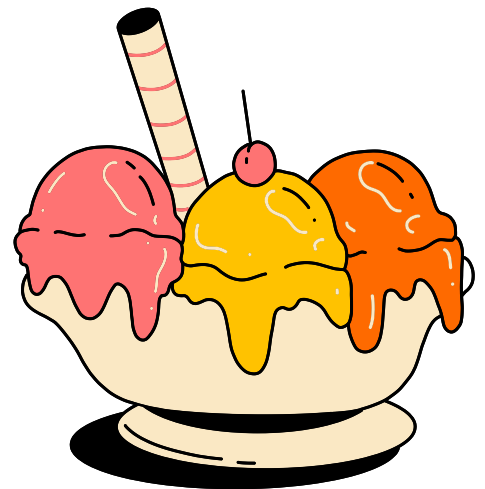
Sugar found in fruit, vegetables and milk does not count as free sugars.



A can of cola can have as much as 9 cubes of sugar, exceeding the recommended daily limit for an adult.



A muffin contains approximately 5 cubes of sugar.



A bowl of ice cream has roughly 8 cubes of sugar.

CALORIES

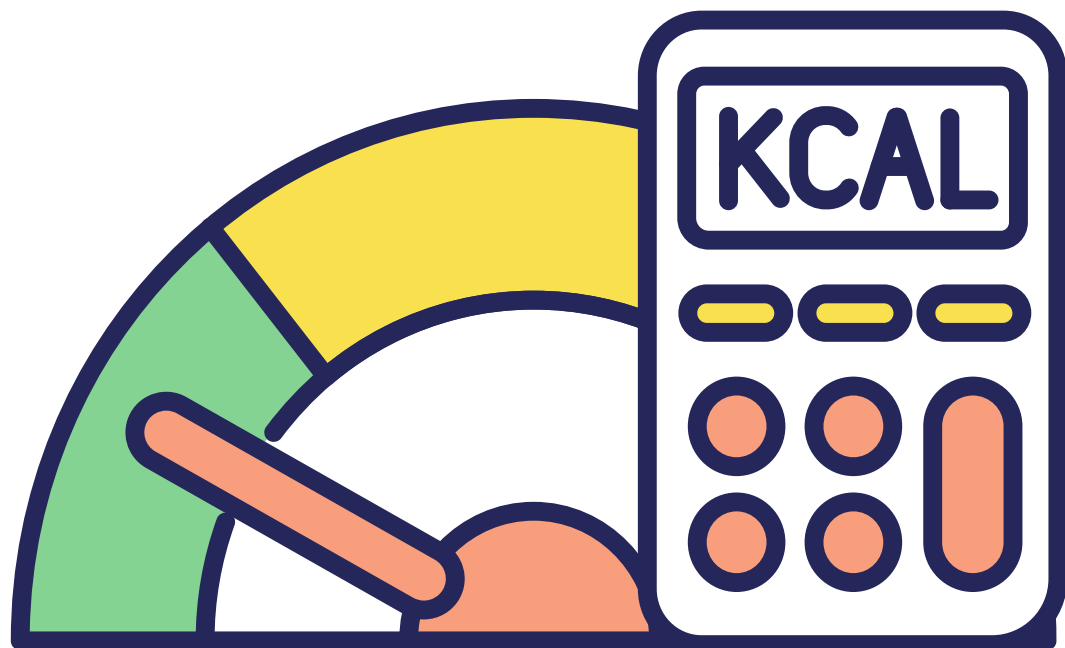
A calorie is a unit of energy. Different foods contain different amounts of calories.

If food or drink contains a 100 calories this is how much energy the body could get from eating or drinking it.

It is important to have the correct daily intake of calories to help someone to perform their daily activities, such as walking to school, playing with friends and playing sports.

If someone consumes more calories than they use the body will store the excess as fat.

There are guidelines on how many calories it is appropriate to consume. It is important to remember that the amount of calories a person needs will depend of their age, sex, weight, height, body fat percentage and how active they are.



In 2011, the NHS estimated that teenagers aged between 13-18 should have the following calories:

Age	Boy	Girl
13	2,414 kcal	2,223 kcal
14	2,629kcal	2,342kcal
15	2,820kcal	2,390kcal
16	2,964kcal	2,414kcal
17	3,083kcal	2,462kcal
18	3,155kcal	2,462kcal

It is important to recognise this is a guide and will vary depending on a number of factors including how physically active they are.

A healthy, balanced diet for teenagers should include:

- at least 5 portions of a variety of fruit and vegetables every day
- meals based on starchy foods, such as potatoes, bread, pasta and rice – choose wholegrain varieties when possible
- some milk and dairy products or alternatives – choose low-fat options where you can
- some foods that are good sources of protein – such as meat, fish, eggs, beans and lentils

Teenagers should not fill up on too many sugary or fatty foods – such as crisps, sweets, cakes, biscuits – or sugary fizzy drinks. These tend to be high in calories but contain few nutrients.

People need calories (energy) for the body to work properly. To stay at the same weight, the calories the body uses should be the same amount of calories they eat and drink.

If someone does not use the same amount of calories as the body uses their body weight may change. For example:

- A person is likely to put on weight if they eat and drink more calories than they use. This is because the body stores the extra energy as fat
- A person is likely to lose weight if they eat and drink fewer calories than they use. This is because your body uses its stored fat for energy

Tips to be Calorie Aware

- Check nutrition labels on food packaging for calorie information – this will be displayed under the "energy" heading
- Aim to have a balanced diet – healthy calories can be found from eating a diet that includes fruit and vegetables, starchy foods, protein and unsaturated fats
- Plan meals – this can help people to manage their calorie intake
- Look for calorie information on restaurant and takeaway menus
- Be aware that the more energy spent doing an activity, the more calories will be used – for example, fast walking uses more calories than walking at a moderate pace

Eating regular meals like breakfast, lunch and dinner every day helps to:

- Plan a balanced diet that fulfils all the nutritional needs for the body
- Ensure the energy required throughout the day is regularly consumed
- Avoid the effects of hunger e.g. feeling low in energy, angry, irritated, having difficulty concentrating
- Avoid too much snacking (food and drink taken at times other than meal times)

Nutrition information labels can help people to choose between different products and keep a check of the amount of foods they are eating that are high in fat, salt and added sugars.

Most pre-packed foods will have a nutrition information label on the packaging. These include information about the amount of calories (energy) in kilojoules (kJ) and kilocalories (kcal). They will also include information on fat, saturates (saturated fat), carbohydrates, sugars, protein and salt. They may also include other information for instance fibre.

All information is provided per 100 grams or per 100 millilitres to help people to make direct comparisons between products., sometimes it will give the information per portion of the product too.

Each burger contains:

ENERGY 924KJ 220kcal 11%	FAT 13g MED 19%	SATURATES 5.9g HIGH 30%	SUGARS 0.8g LOW <1%	SALT 0.7g MED 12%
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% of an adults reference intake.
Typical values per 100g: Energy 966kJ/ 230kcal

Some nutrition labels use a red, amber and green colour coding to help tell someone at a glance if the food has a high (red), medium (amber), or low (green) amount of fat, saturated fat, sugars and salt.

- Red- this means that the food is high in fat, saturated fat, salt or sugars and the intake of these should be limited
- Amber- means the product is neither high or low, so these can be eaten most of the time.
- Green - In general, food or drink that has all or mostly green on the label is a healthy choice.

FOOD SWAPS

Change4Life provides a [Food Scanner App](#) that helps people to find healthier food choices when out shopping.

Here are some suggestions from Change4Life on how people can make some everyday swaps within their diet to help cut down on sugar, salt and fat.

Breakfast



Swap From	Swap To
Chocolate cereal	Wheat biscuit cereal
Frosted flakes	Shredded wholegrain cereal
Honey crunch cereal	No-added-sugar muesli
Croissants	Porridge
Cereal bars	Wholemeal toast
	Plain natural yoghurt topped with chopped fruit



Swap From	Swap To
Split pot yoghurts and pudding pots	Lower-sugar fromage frais or plain natural yoghurt
Cake bars and cereal bars	Sugar-free jelly
Muffins and chocolate	A slice of malt loaf or a fruited teacake
Crisps	Fresh or tinned fruit (in juice not syrup)
Juice pouches and fizzy drinks	Plain popcorn, plain rice cakes or raisins
Tinned soup	No-added-sugar juice drinks, or water with berries and chopped fruit
Ham and cheese sandwiches	Homemade soup



Swap From	Swap To
Sausages	Low-fat-mince recipes
Pizza	Pizzas made with tortilla wraps (preferably wholemeal)
Salt and soy sauce	Different herbs, spices and seasonings like paprika, oregano and lemon juice
Ketchup	Reduce-salt and reduced-sugar versions of sauces
Brown sauce	
Mustard	
Gravy	



Swap From	Swap To
Biscuits	A slice of malt loaf or fruited teacake
Chocolate	Fresh or tinned fruit (in juice not syrup)
Cake bars	A scotch pancake or crumpet
Chocolate pudding pots	Sugar-free jelly or lower-sugar custard
Doughnuts	Crackers topped with lower-fat cheese
Muffins	Bread or toast with lower-fat spread
Crisps	A bagel topped with sliced banana
Salted peanuts	Plain popcorn or rice cakes
Split-pot and higher- sugar yoghurt	Unsalted mixed nuts
	Chopped veg with lower-fat hummus
	Lower-sugar yoghurts or lower-sugar rice pudding



Swap From	Swap To
Cola and other fizzy drinks	Water
Juice drinks	Sugar-free drinks
Milkshakes	No-added-sugar drinks
Whole milk	Lower-fat milks

Eating regular meals like breakfast, lunch and dinner every day helps to:

- Plan a balanced diet that fulfils all the nutritional needs for the body
- Ensure the energy required throughout the day is regularly consumed
- Avoid the effects of hunger e.g. feeling low in energy, angry, irritated, having difficulty concentrating
- Avoid too much snacking (food and drink taken at times other than meal times)

Having excess weight is not only linked to an increase risk of having cancer but to other health conditions such as type 2 diabetes, raised blood pressure, cardiovascular disease as well.

Being underweight could mean you're missing out on vitamins and minerals. This could lead to health problems such as a weak immune system and bone fractures.

There is not a perfect weight for everyone, but there are some tools that can help people to know if they are a healthy weight.

Body Mass Index (BMI)

Measuring BMI is one way to gauge if someone is a healthy weight by using their height and weight. It is not a perfect tool, but it can be a good starting point when thinking about weight. It can be used to tell if someone is within a healthy weight range, underweight, or has excess weight for their height.

Ethnic background also influences what is considered a healthy weight.

The NHS has a [BMI calculator](#) for adult and children over the age of two years old. For children and young people aged 2 to 18 years old, BMI is given as a 'centile'. The centile number shows how their BMI compares with other children of the same age and sex as a percentage. For example, a girl on the 75th centile is heavier than 75 out of 100 girls her age.

This tool is not suitable for someone who might have an [eating disorder](#).

Waist to Height Ratio

Waist-to-height ratio can be used to tell whether someone is carrying too much of their body fat around their tummy. Too much fat around the tummy can increase the risk of some health conditions. If a person has a BMI of less than 35, they can use the waist-to-height ratio, as well as BMI, to understand if they are a healthy weight.

To find out the waist-to-height ratio, divide waist size in centimetres by height in centimetres. The waist size should be less than half of the height measurement. This is a waist-to-height ratio of 0.5 or below.

A waist to height ratio of 0.5 or higher means that a person may have increased health risks such as heart disease, type 2 diabetes and stroke.

To measure the waist:

1. Find the bottom of the ribs and the top of the hips (just above the belly button).
2. Wrap a tape measure around the waist midway between these points.
3. Breathe out naturally before taking the measurement.

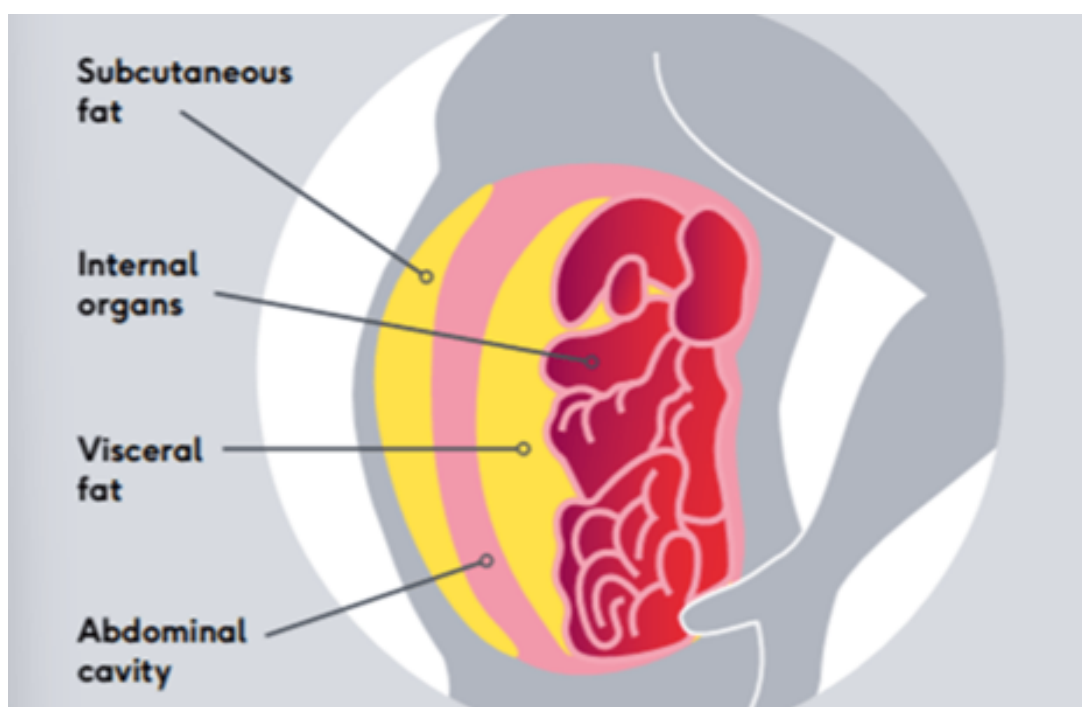


HEALTH IMPLICATIONS

Excess weight can lead to fatty material building up in the arteries (the blood vessels that carry blood to the organs). If the arteries that carry blood to the heart get damaged and clogged, it can lead to a heart attack. If this happens in the arteries that carry blood to your brain it can lead to a stroke or vascular dementia.

This [video](#) from the British Heart Foundation shows how having excess weight increases the risk of coronary heart disease and provides tips for keeping a healthy weight.

Many people tend to worry about the fat they can feel, which sits directly under the skin. This is called subcutaneous fat. But the bigger health risk comes from a different type of fat called visceral fat. This sits around the internal organs such as the heart and liver.



Visceral fat affects can:

- raise blood cholesterol
- increase blood pressure
- increase risk of developing Type 2 diabetes.

All these risk factors are closely linked with heart and circulatory diseases.

Carrying weight around the middle can make it harder for the body to use a hormone called insulin, which controls your blood glucose (sugar) levels. This can lead to type 2 diabetes. Having high levels of glucose in your bloodstream damages your arteries and increases your risk of heart and circulatory diseases.

TYPE 2 DIABETES

Type 2 diabetes is a common condition that causes the level of sugar (glucose) in the blood to become too high, it is linked to a person having excess weight, being inactive or having a family history of type 2 diabetes.

Excess weight accounts for 80–85% of the risk of developing type 2 diabetes. Studies suggest that abdominal fat causes fat cells to release 'pro-inflammatory' chemicals which makes the body less sensitive to the insulin it produces by disrupting the function of insulin responsive cells and their ability to respond to insulin.

It can cause symptoms like excessive thirst, needing to pee a lot and tiredness.

Type 2 diabetes is a lifelong condition that affects the person's everyday life. They may need to change their diet, take medicines and have regular check-ups. It increases the risks of having serious problems with the eyes, heart and nerves.

A healthy diet and keeping active helps people to manage their blood sugar levels.

There's nothing a person with type 2 diabetes cannot eat if , but they'll have to limit certain foods.

They should:

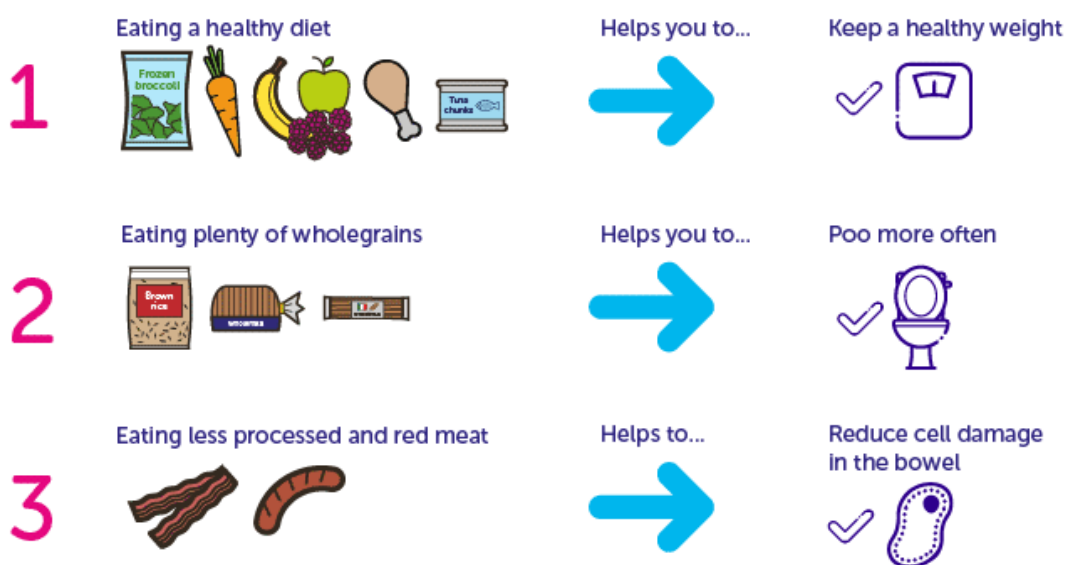
- eat a wide range of foods – including fruit, vegetables and some starchy foods like pasta
- keep sugar, fat and salt to a minimum
- eat breakfast, lunch and dinner every day – do not skip meals

DIET AND CANCER

Eating a balanced diet can help reduce the risk of cancer. This is partly due to the diet itself, but mostly because it can help people to maintain a healthy weight. A person's overall diet is more important than individual foods when it comes to cancer.

Having too much sugary food and drink, or food high in calories (energy) – including fast food – can make it easier to gain weight. Excess weight is a cause of 13 different types of cancer. There is no link between excess weight and childhood cancers. It is important to help children and young people be a healthy weight, so they are more likely to be a healthy weight as adults.

3 ways a healthy diet can reduce your risk of cancer



There are some foods that can increase the risk of cancer, but just because a person eats these does not mean that they will definitely get cancer.

For a healthy balanced diet a person should cut down on:

- Processed and red meat – eating lots of this type of food can increase the risk of bowel cancer.
- Alcohol – alcohol causes 7 types of cancer (breast cancer, bowel cancer, mouth cancer, some types of throat cancer – oesophagus (food pipe), larynx (voice box) and pharynx (upper throat) and liver)
- High-calorie foods and sugary drinks

There are no 'super foods' that can guarantee a person will not get cancer in their lifetime, but there are some foods that can reduce the risk, particular when it comes to bowel cancer.

- **High-fibre foods** – such as wholegrains, can form part of a healthy balanced diet and can reduce the risk of bowel cancer.
- **Diary** – Food and drinks like cheese and milk can reduce the risk of bowel cancer. There is no proof it increases or decreases the risk of any other type of cancer.

ALCOHOL AND CANCER

Drinking alcohol increases the risk of cancer. Drinking alcohol doesn't mean that you'll definitely get cancer, but the risk is higher the more alcohol you drink.

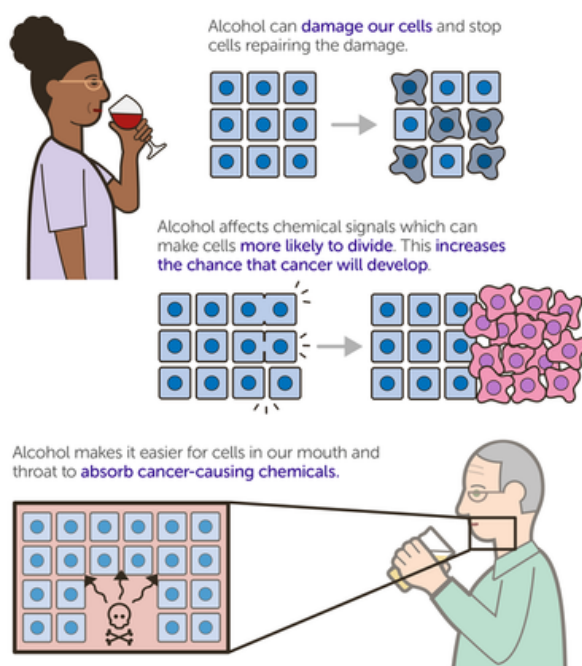
People might talk about some alcoholic drinks being better or worse for you than others. But all types of alcohol increase the risk of cancer – as it's the alcohol itself that causes damage, even in small amounts.

So the more you can cut down on alcohol the more you can reduce your risk of cancer.

Drinking less alcohol has lots of other health benefits, too. You can reduce your risk of accidents, high blood pressure and liver disease by cutting back.

How does alcohol cause cancer?

There are three ways alcohol can cause cancer.



EXCESS WEIGHT AND CANCER

Being overweight or having excess weight is the second biggest cause of cancer in the UK – causing more than 1 in 20 cancer cancer.

The risk is higher the more excess weight someone has and the longer they have the excess weight.

Being overweight or having excess weight does not mean that a person will definitely develop cancer. There are lots of benefits to someone keeping a healthy weight. These include having increased energy, and less risk of conditions such as heart disease, stroke and joint pain.

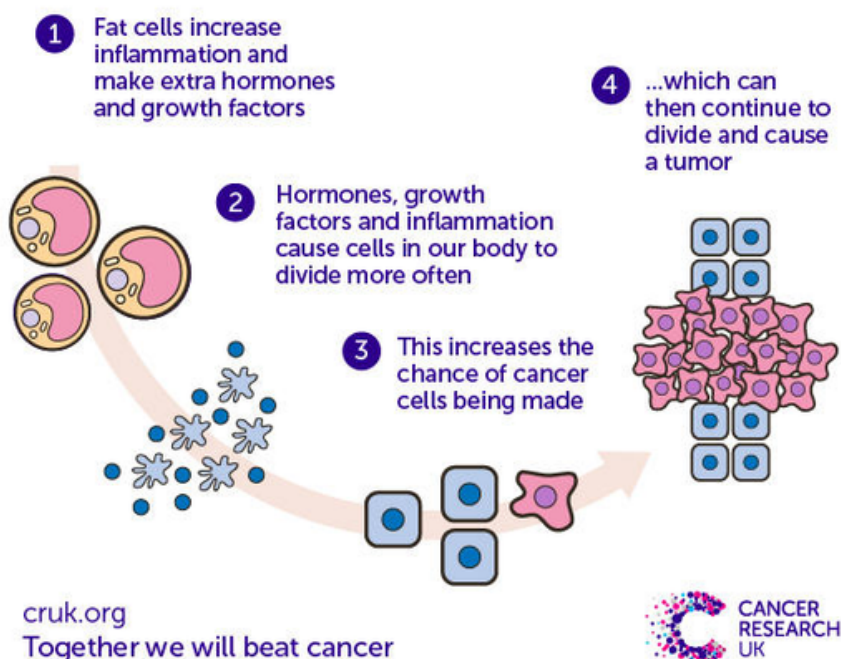
Extra fat in the body does not just sit there, it is active and send out signals to the rest of the body. These signals can tell cells in the body to divide more often, which can lead to cancer.

The signals released by fat cells can affect:

- **Growth hormones** – too much body fat can cause levels of growth hormones to rise, which tells cells to divide more often. This raises the chance that cancer cells will develop.
- **Inflammation** – immune cells go to areas of the body where there are lots of fat cells. This can lead to inflammation, which causes cells to divide quicker. Over time, this can increase the risk of cancer.
- **Sex hormones** – after the menopause, fat cells produce the hormone oestrogen. This hormone can make cells in the breast and womb divide more often, which increases the risk of cancer developing.

These are the main ways extra body fat can cause cancer that scientists have identified so far. But research continues to find out more.

How can overweight and obesity cause cancer?



Research has shown that overweight and obesity causes 13 different types of cancer:

- Breast and bowel (two of the most common cancer types)
- Pancreatic, oesophageal and gallbladder (three of the hardest to treat cancers)
- Womb and ovarian
- Kidney, liver and upper stomach
- Myeloma (a type of blood cancer)
- Meningioma (a type of brain tumour)
- Thyroid

This doesn't mean that everybody who is overweight will develop cancer. But the risk is higher for people who are overweight or obese.

TOOTH DECAY

Diet can have a significant impact on tooth decay.

Simple changes that have meaningful impact:

- Reducing the number of times sugary drinks (limit of no more than one per day) and food are consumed, especially not within 1 hour of bedtime
- Limiting sugary foods to main meals
- Drink only plain milk and/or water

It is important that children and young people are taught about making healthier choices and also have healthy options available at school.

An acidic diet (and certain medicines) can cause tooth erosion from extrinsic acids (acid from the outside environment).

Vomiting and reflux can cause tooth erosion from intrinsic acids (acid from inside) – this is particularly important to consider when facilitating sessions around eating disorders and potential consequences on the body.

The government recommends that sugar (that is added to food) should not make up more than 5% of calories from food and drink per day.

- Children aged 4-6 years – 19g (5 sugar cubes)
- Children aged 7-10 – 24g (6 sugar cubes)
- Adults – 30g (approx. 7 sugar cubes)

Young children are exceeding the recommended level of sugar consumption:

The National Diet and Nutrition Survey (2016) highlighted:

- Children aged 4-10 years drank on average 100ml of sugary drink a day
- Sugar made up 13% of children's total daily calorie intake
- Teenagers consume three times the official recommendation (15%)

Tooth decay is the most common oral disease affecting children and young people in England, yet is largely preventable.

The causes of tooth decay:

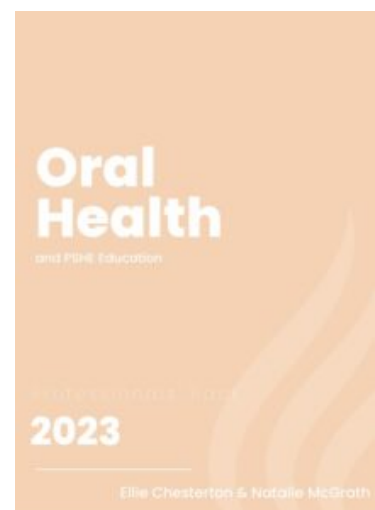
1. Frequent consumption of sugary foods and drinks. Bacteria in the mouth breaks it down.
2. The bacteria produces acid
3. This acid softens the tooth surface (each acid attack lasts anything from 20 minutes up to 2 hours)
4. Over time, this causes a hole in the tooth, known as tooth decay.

Tooth decay and poor oral health in childhood can lead to:

- Pain
- Infection
- Time off school (work for parents/carers)
- Altered sleep and eating patterns
- Need for teeth to be removed
- Commitment to long-term dentistry
- Low self-esteem and bullying

Tooth erosion is caused by acid wearing the teeth away and can result in teeth becoming sensitive and looking different.

For more information about Oral Health please see the PSHE Education Service Oral Health & PSHE Professionals' Guide.

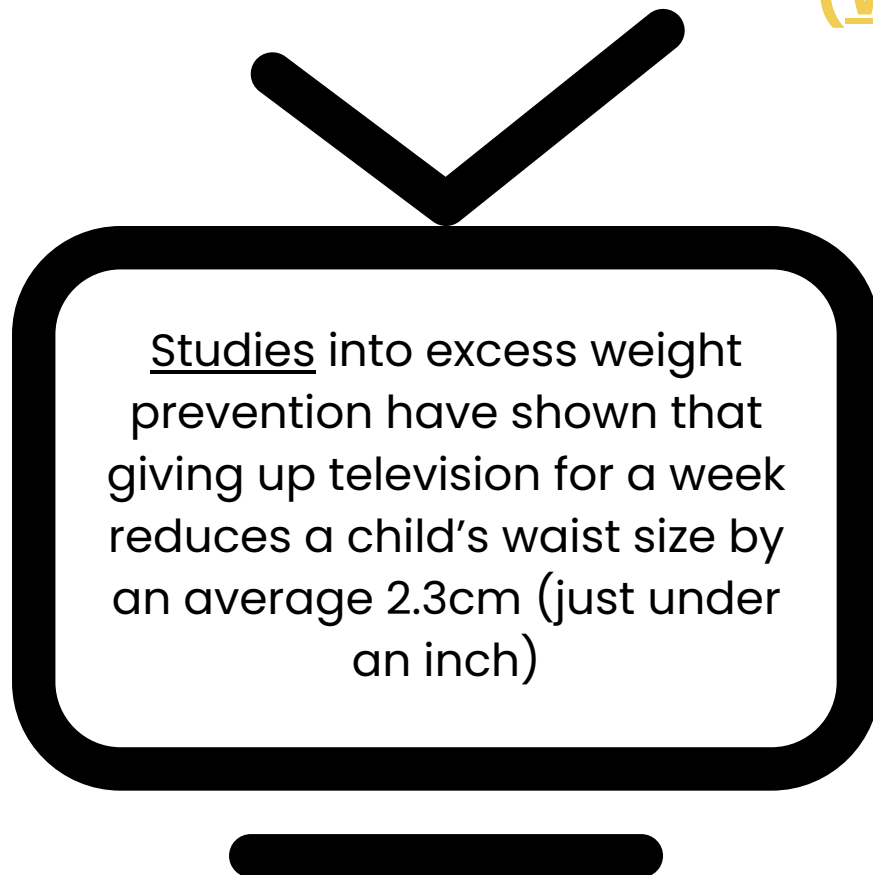


NATIONAL STATISTICS

1 in 20

cancers are caused by someone having excess weight. The second highest cause of cancer.

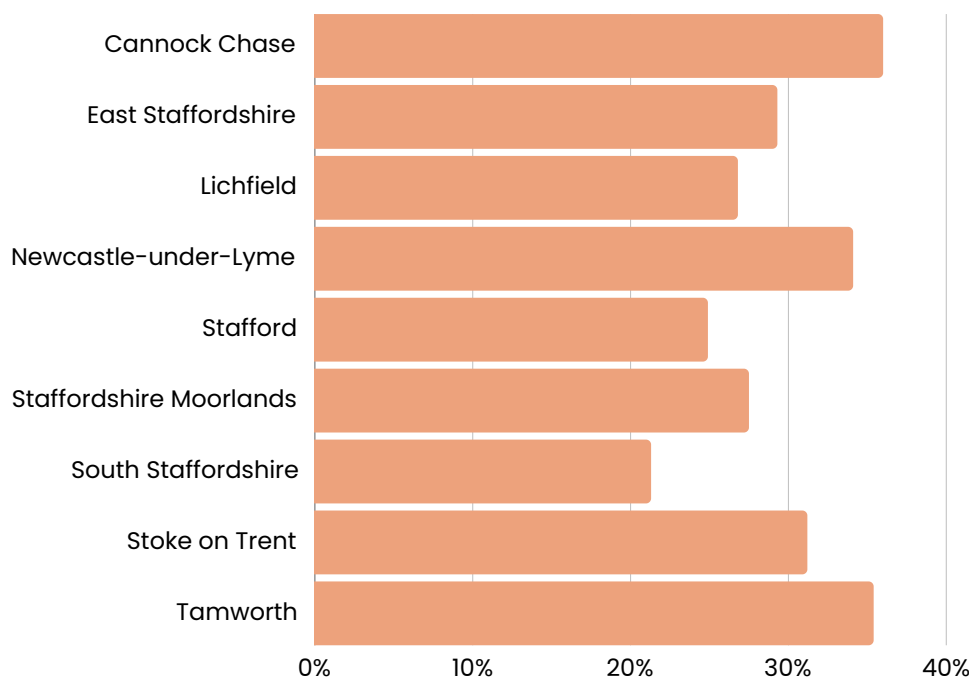
At least 2.8 million people die each year as a result of having excess weight
(WHO)



Around two-thirds (63%) of adults are above a healthy weight, half of these are living with excess weight.

1 in 3 children leaving primary school are overweight.

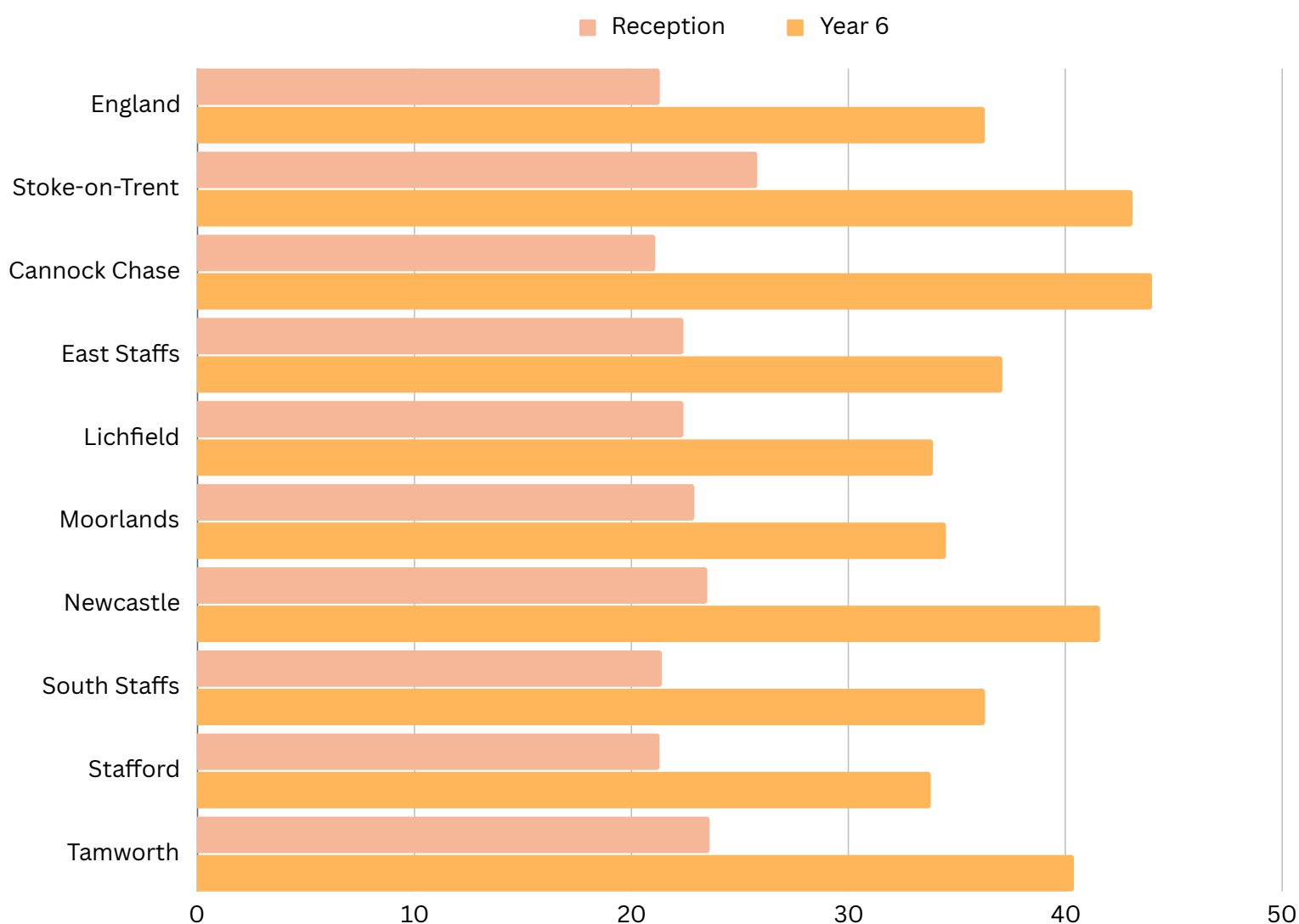
People in parts of Staffordshire are among the most likely in the country to be seriously overweight – with more than one in three adults classed as obese. Cannock Chase was has the 5th highest in more than 300 areas across England , Tamworth in 7th place and Newcastle-under-Lyme at joint 17th.



Office for Health Improvement and Disparities (OHID), 2022

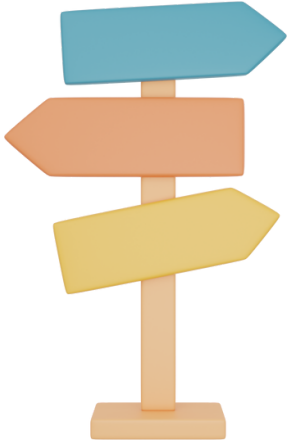
Indicator	Period	Staffs and Stoke-on-Trent ICB - QNC		NHS regions (since ICB setup)	England	England		
		Recent Trend	Count			Value	Value	Worst/ Lowest
Single year prevalence data for children in reception, age 4 to 5 years								
Reception prevalence of underweight (4-5 yrs) New data	2022/23	→	85	0.8%	1.3%	1.2%	2.5%	0.4%
Reception prevalence of healthy weight (4-5 yrs) New data	2022/23	→	8,605	76.1%	77.0%	77.5%	73.9%	81.8%
Reception prevalence of overweight (4-5 yrs) New data	2022/23	→	1,445	12.8%	12.1%	12.2%	10.1%	14.1%
Reception prevalence of overweight (including obesity) (4-5 yrs) New data	2022/23	→	2,620	23.2%	21.7%	21.3%	25.1%	17.2%
Reception prevalence of obesity (including severe obesity) (4-5 yrs) New data	2022/23	→	1,175	10.4%	9.6%	9.2%	11.8%	6.2%
Reception prevalence of severe obesity (4-5 yrs) New data	2022/23	→	290	2.6%	2.7%	2.5%	3.8%	1.4%
Single year prevalence data for children in year 6, age 10 to 11 years								
Year 6 prevalence of underweight (10-11 yrs) New data	2022/23	→	165	1.4%	1.6%	1.6%	2.5%	1.0%
Year 6 prevalence of healthy weight (10-11 yrs) New data	2022/23	↓	7,225	59.7%	60.3%	61.9%	54.8%	73.2%
Year 6 prevalence of overweight (10-11 yrs) New data	2022/23	→	1,660	13.7%	14.0%	13.9%	12.5%	14.7%
Year 6 prevalence of overweight (including obesity) (10-11 yrs) New data	2022/23	↑	4,720	39.0%	38.0%	36.6%	43.4%	25.2%
Year 6 prevalence of obesity (including severe obesity) (10-11 yrs) New data	2022/23	↑	3,060	25.3%	24.0%	22.7%	28.8%	12.8%
Year 6 prevalence of severe obesity (10-11 yrs) New data	2022/23	↑	800	6.6%	6.3%	5.7%	8.4%	2.0%

The table above shows the data for weight across Stoke-on-Trent and Staffordshire and how it compares nationally.



This table shows the results from the National Child Measurement Programme (2022-2023) and the percentage of overweight and obese children in Reception (top line) and Year 6 (bottom line) and how it compares across the City and Borough and Districts of the County to England.

Signposting Information:



It is important to signpost children and young people to relevant local and national organisations who can provide further advice and support.

Local Services

- Own GP
- School Nursing
- Youth Activities - (Staffordshire only)
- Time 4 Sport - (Staffordshire only)

National Services

- Childline
- Change4Life
- NHS
- Tom Kerridge Full Time Meals

If appropriate, for instance if an 11-18 years old raises the issue of disordered eating in discussions, professionals may wish to signpost to BEAT

Useful Contacts:



If you would like more information or support about Diet and Nutrition please contact:

Families Health and Wellbeing Service (0-19).

Staffordshire - 0808 178 0611

Stoke - 0300 404 2993

If a referral to Children's Social Care is required, please contact:

Staffordshire:

Staffordshire Children's Advice Service - 0300 111 8007

Monday - Thursday 8.30am - 5pm and Friday 8.30-4.30pm

Out of Hours - 0345 604 2886 / 07815 492613

Stoke:

CHAD - 01782 235 100

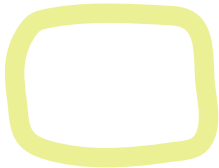
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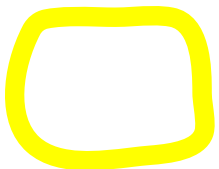
Further Reading:



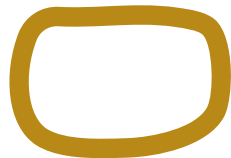
Food teaching in Primary Schools: a framework of knowledge and skills



Food teaching in Secondary Schools: a framework of knowledge and skills



Eatwell Guide



Causes of Cancer and reducing your risk



British Heart Foundation - Healthy Eating

SASCAL
STRONGER TOGETHER

Ellie Chesterton

PSHE Coordinator

Stoke on Trent

echesterton@ormistonhorizonacademy.co.uk

SCVYS

STAFFORDSHIRE COUNCIL OF VOLUNTARY YOUTH SERVICES

Natalie McGrath

PSHE Coordinator

Staffordshire

natalie@staffscvys.org.uk