

# Eat a variety of nutritious foods

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# What does eating a variety of food mean to you?

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- Quick question to get you thinking
- How does each category of food differ in terms of food variety?
  1. Fresh peas, canned peas, frozen peas, dried peas
  2. Oats, chicken, kumara, yoghurt
  3. Pork, beef, duck





# Answers

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1. Different ways of **processing**
2. **Biologically** different
3. Different **species/varieties**



# What does variety mean to you?

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What would your  
ideal sandwich be  
made up of?

What kinds  
of food  
would you be  
putting in  
your  
shopping  
cart?

What would  
your  
plate/meal  
look like?



# What is Food Variety?

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- Food Variety means eating a mixture of foods across the whole range of food groups
- Also means eating a range of foods within each of the food groups
  - E.g. Cereals can be wheat, corn, oat, rye, rice or barley



# Why is variety so important?

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- Populations with the longest life expectancies have the greatest variety of foods
- Live longer
- Better health
- Fewer lifestyle diseases
  - Diabetes
  - Heart disease
  - Cancer

# What would eating a variety of foods look like?

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- Eating a variety of foods means that we will be eating different colours, textures and tastes.
- What gives foods different tastes, textures and colours are complex mixtures of naturally occurring chemicals



# Taste, Texture and Colour

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- Fibre
- Vitamins
- Minerals
- Phytochemicals  
(fight – o – chemicals)



- Phytochemicals are natural plant compounds, often responsible for the bright colours of foods

# Phytochemicals: over 1200 identified!

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- Questions remain about.....
  - How they function and interact with each other
  - Which chemicals provide the best benefits
- Supplements? : Lack the complexity of food and therefore the health benefits.





# Are we eating variety?

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- Variety = Adequate nutrition
- Food pyramid ( looks at what we are eating)
  - Eat most
  - Eat moderate amounts
  - Eat small amounts

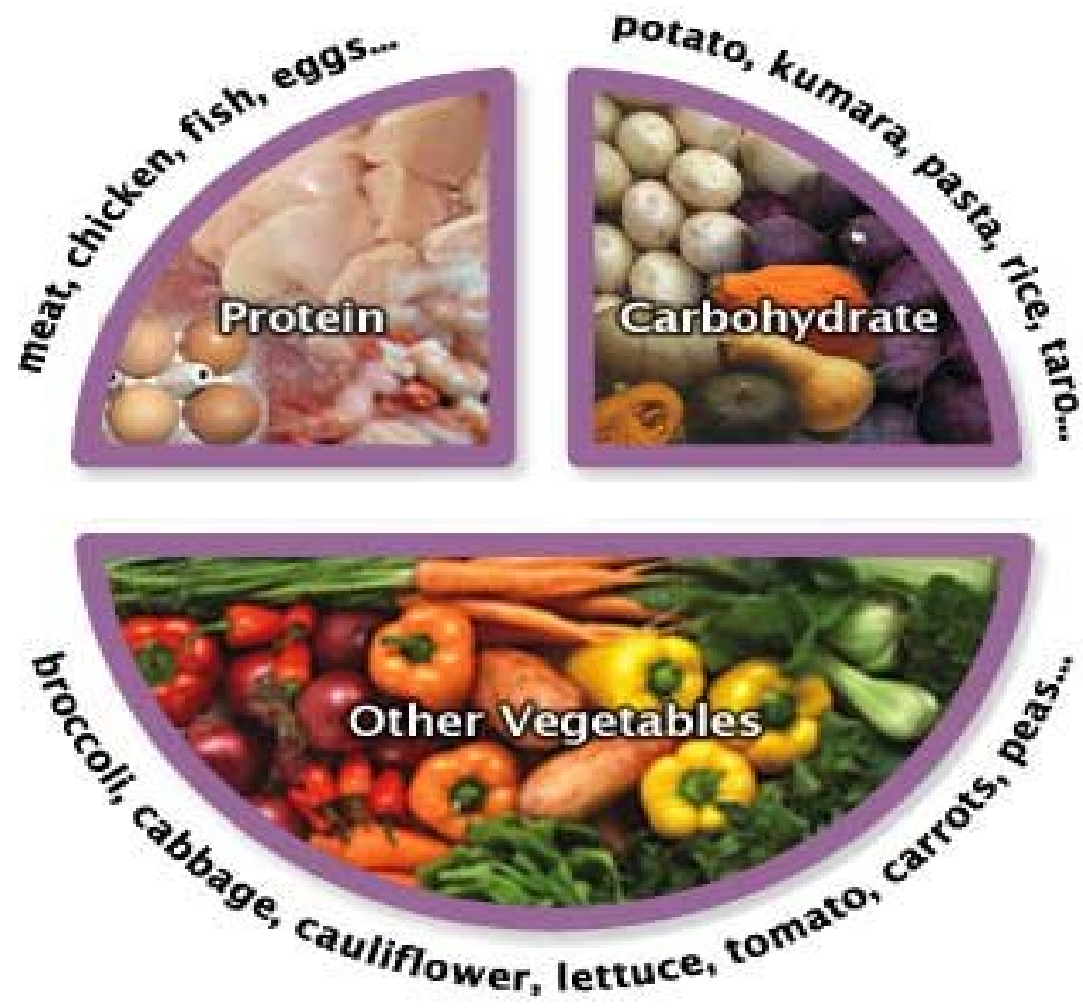
# Food pyramid

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# Plate model

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# So how are we doing?

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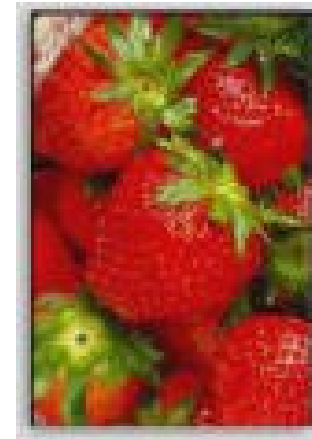
## Food and Drink Checklist

- Which groups of foods have the **greatest** number of **ticks**?
- Which groups of foods have the **least** number of **ticks**?
- How does this **compare** with the food pyramid
- What can you do to improve your diet?

# Another way of looking at variety

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- Enjoy 30 foods a day
- So what counts as a food?
  - Count whole foods
- Example
  - A meat and three vege meal provides only four foods, substitute that with a vegetable lasagne served with wholegrain bread and a side salad and you have increased to over ten.



## Not all foods are equal: Super foods

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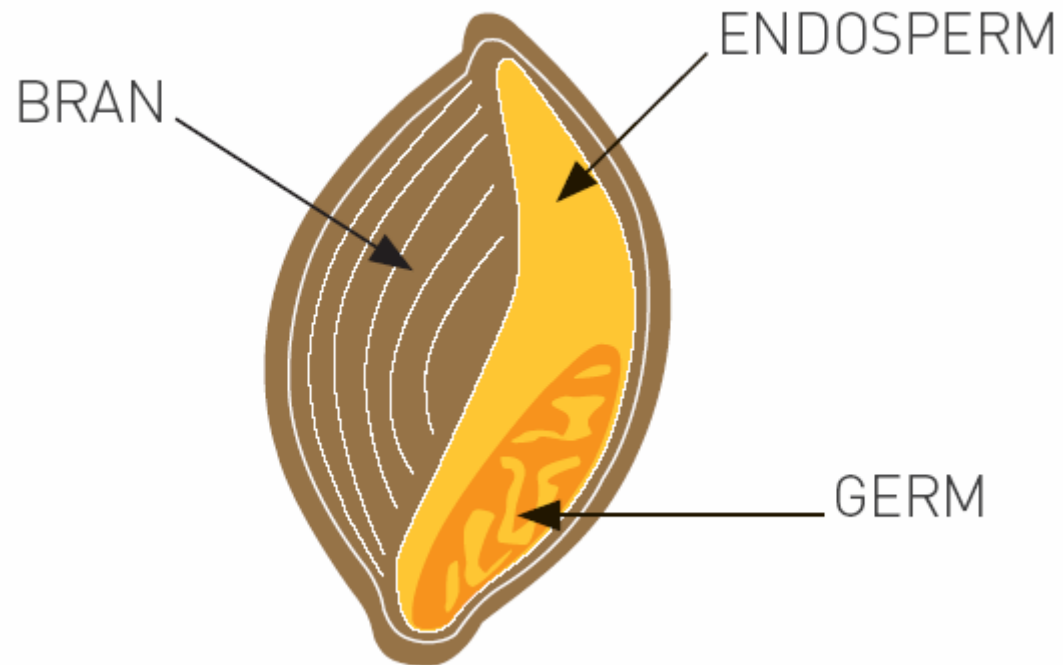
- Whole grains
- Fruit and vegetables



# Enjoy more Whole grains

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- What is a wholegrain





# So what is the big deal?

## Health benefits

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- Protection from heart disease, stroke
- Cancer (bowel, stomach)
- Type II diabetes
- Improved bowel health
- Lowered cholesterol
- Taste
- Texture

# How are we doing?

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- 90% of people don't eat enough whole grains
- Adults: 6 serves of breads and cereals a day.
  - Choose whole grain where possible



# Eat whole grains every day

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- Start with a wholegrain cereal, porridge, or natural muesli
- Choose whole grain or wholemeal breads and crackers
- Use brown rice instead of white
- Use wholemeal flour in baking where possible
- Use wholemeal spaghetti, macaroni and pasta
- Add unpearled barley to soups
- Add rolled oats to muffins, slices and cakes
- Make homemade popcorn
- Make tabbouli salad using bulgar wheat (using cracked whole wheat)
- Quinoa

