

Do you know your GDA's?

We all know how confusing supermarket labels can be, so here we show you the four main things to look for to make your healthy shopping experience a breeze!

Saturates

Food that contains lots of saturates like pastries, butter and cream may taste fab but saturated fat, when eaten in excess, can raise blood cholesterol, which can increase the risk of heart disease. So you really should have no more than your Guideline Daily Amount.

The GDA for saturates for an average adult is 20g.

Sugars

Sugar gives the body energy and tastes, well, sweet. The sugars in your diet can come from lots of places: some of them obvious, like sprinkled on corn flakes or stirred into a cup of tea – others where you may not expect them to be, like the naturally occurring sugars found in things like fruit, fruit juice and milk. And while most of us like to have some sugar in our diet to help food taste nice, you should certainly aim to stay within your Guideline Daily Amount.

The GDA for sugars for an average adult is 90g.

LOW **FAT**
Try to avoid foods with more than 5g of fat per 100g serving

LOW **SATURATED FAT**
Try to avoid foods with more than 5g of fat per 100g serving

HIGH **SUGARS**
Try not to eat foods with more than 12.5g of sugar per 100g serving

MED **SALT**
Try not to eat foods with more than 1.5g per 100g serving

Fat

Animal? Vegetable? Saturated? Unsaturated? Time for some facts about fats. You often see two different types of fats on food labels: saturated fats which mainly come from animal sources, and unsaturated fats which usually come from fish or vegetable sources. A healthy diet should always include a certain amount of fat because, among other things, it provides energy and helps you absorb vital vitamins. Try to eat no more than your Guideline Daily Amount though, and go for unsaturated fats as much as possible – like the ones you find in oily fish, nuts and seeds, avocado and sunflower, rapeseed or olive oil and spreads made from these.

The GDA for fat for an average adult is 70g.

Salt

It's not just slugs who need to be wary of salt! Many of us are regularly eating around 9g of salt a day – which is 50% more than our GDA. Too much salt in our diet has been linked to problems like high blood pressure and heart disease, so a diet that stays under our Guideline Daily Amount is something we should all be aiming for.

The GDA for salt for an average adult is 6g.

10 ways to get more active!

1



Carry some shopping home. Pop up to the shops, get a few essentials and instead of driving, carry them home. Great for toning up your arms

2



Keep some free weights by the sofa. So even when you're watching TV you can work on toning some muscles.

Swap the lift or escalator for the stairs. Simple but effective.

5



Go for a walk. Walking is one of the best ways you can exercise and it's free. Just walking for 30 minutes a day, 5 days a week can make a big difference in your fitness levels.

3



4

Park further away from the supermarket. It might not seem like much but, every little helps



Do housework! You have to do it anyway so why not make sure you work up a sweat!



7



Take the kids, grand children or dog to the park or the garden for a little run-around.

6

8



Get off the bus one stop early, and de-stress as you walk the rest of the way home.

9

Dance around. Dancing is so much fun and you can do it anywhere at anytime!



10



Take up a sporting hobby. Check out your local newspaper or leisure centre to see what groups are in your area. Try as many as you like until you find one you like! You'll be having fun and making new friends. Winner!

Snack Attack!!

Curbing the cravings: it's very easy to spend half the day snacking away, here's **5 ways** you can curb those cravings!

If we buy snacks, we'll eat them – one of the best ways to cut back on snacking is **not buying them in the first place.**

If we can see food, it's human nature to want to eat it. **Keep snacks hidden** away so you're not tempted.

We're less likely to eat snacks if they're **harder to get to.** Keep the unhealthy snacks at the back or top of the cup board.

Don't eat straight out of a big packet of snacks (it could make us eat up to ¼ more without even realising it). Instead, put your snacks in a small bowl.

If you have a **healthy breakfast** in the morning you're less likely to want to snack before lunch. Eating distractedly e.g. in front of the TV, means we eat more without noticing or even enjoying it. **Swap the TV for the table.**

TOP TIP

Thirsty?

Our bodies can sometimes confuse thirst with hunger, so if you know that you have just had something to eat and are still feeling 'hungry' have a tall glass of water and see how you feel.



Healthy alternatives to crisps and chocolates.....

Baked Crisps



Nuts



Carrot sticks



Flat bread (pitta bread) with dips like humus



Breakfast like a king

Breakfast is the most important meal of the day, but eating cereal and toast can get a bit boring, so here are some quick and easy alternatives.

Breakfast Smoothie

Ingredients

- 1 small ripe banana
- about 140g blackberries, blueberries, raspberries or strawberries (or use a mix), plus extra to serve
- Apple juice or mineral water
- Runny honey to serve

Method

1. Slice the banana into your blender or food processor and add the berries of your choice. Whizz until smooth. With the blades whirring, pour in juice or water to make the consistency you like. Toss a few extra fruits top, drizzle with honey and serve.



For a creamier smoothie add a couple of spoonfuls of natural yoghurt.

Porridge Plus

Porridge is a great breakfast treat, it is quick and easy and can be eaten with numerous toppings, from fruit to chocolate chips.

Ingredients

- enough porridge oats for 1
- semi-skimmed milk
- fat-free Greek yogurt
- Banana, sliced
- Hazelnuts, roughly chopped
- Honey



Method

1. Make porridge with semi-skimmed milk according to the packet instructions.
2. Top with fat-free Greek yogurt, sliced banana and roughly chopped hazelnuts, and drizzle with honey.

Some alternatives: Instead of using a banana try blueberries, raspberries, apples or any other fruit you like.

Why not try using a natural fruit yoghurt instead of Greek yoghurt.

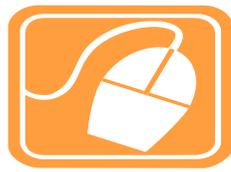
Fruit and Nut Granola

- 1 tbsp vegetable oil
- 100ml [clear honey](#)
- 50ml maple syrup
- 500g jumbo rolled oats
- 100g flaked almonds
- 2 tbsp sesame seeds
- 50g each sultanas and raisins
- 85g each dried cranberries, dried cherries, chopped dried [dates](#) and chopped dried apricots
- 50g dried coconuts shavings (find these at julian-graves.com and healthfood shops)
- Greek yogurt and raspberries, to serve

1. Heat oven to 160C/fan 140C/gas 3. Heat the oil, honey and maple syrup together in a pan. Mix the oats, almonds and sesame seeds in a large mixing bowl. Pour over the honey mix, stir well to coat, then tip onto a large baking tray. Bake for 15 mins until everything is golden and crisp.
2. Take the tray from the oven, leave to cool, then break up any big clumps. Mix together with the dried fruit and coconut shavings. Serve with Greek yogurt and fresh raspberries. The rest of the granola can be stored in a sealed jar and enjoyed over the next 2 weeks.



Need more help and advice?



The NHS has a number of resources that can help you live a healthier life.

www.nhs.uk/livewell

www.nhs.uk/change4life

If you need to discuss any health issues or starting a new diet and exercise program please visit your GP first.

Your Local Leisure Centres

Atherton Leisure Centre

189 Romford Road
Stratford
London
E15 4JF
Tel: 020 8536 5500

East Ham Leisure Centre

324 Barking Road
East Ham
London
E6 2RT
Tel: 020 8548 5850

Balaam Leisure Centre

Balaam Street
Plaistow
London

Newham Leisure Centre

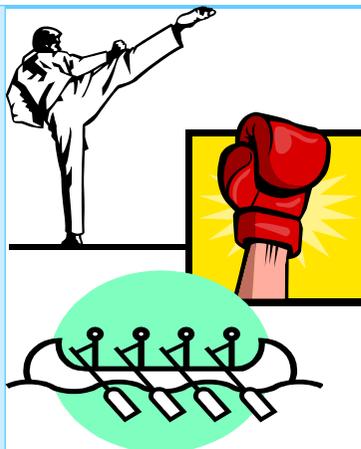
281 Prince Regent Lane
Plaistow
London

For information on timetables, classes and prices visit, www.newham.gov.uk or call the Leisure centre directly

The Newham Active Living Map!

Download this fantastic map which shows you where various sports clubs are located, walk routes, cycling paths and more!

Available in libraries, leisure centres, local service centres and online at www.newham.gov.uk/entertainmentandleisure/activelivingmap



Clubs and Groups



If the gym is not for you, check out your local newspaper. The Newham Recorder and council newsletter will have a list of clubs that run regularly in your local area. A great chance for you to get out and mingle with the neighbours.

IROKO

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