



Building Resilience

Healthy eating



Mental Health
Foundation

CITY
BRIDGE
TRUST

Using your knowledge and understanding of healthy eating, decide which of these foods are healthy and unhealthy.

Use a tick for healthy and a cross for unhealthy.

A ☐



B ☐



C ☐



D ☐



E ☐



F ☐



G ☐



H ☐



Chocolate

White and milk chocolate both contain a unique combination of 16 nutrients; Vitamin A, B6, Niacin, Vitamin D, Calcium & Magnesium to name a few. These are all important for teeth, bones and tissue/skin development.

Fish and chips

Fish is very nutritious and contains Vitamins C, B6 and B12 as well as Iron, Zinc and Omega 3 which is good for our brains, liver and skin. If you go easy on the chips and have some peas or salad, fish and chips can be eaten in moderation as part of a balanced diet according to the British Nutrition Foundation.

Coca-Cola

Coca-Cola is completely packed with sugar. One can of coke contains 100% of our daily sugar allowance. It has the potential to rot your teeth and give you diabetes.

Fresh fruit

Fruit is relatively high in natural sugars, but as part of a varied diet it will provide you with vitamins and minerals.

Soup

Fresh soup is one of the best ways to maintain your diet and ensure your intake of fresh vegetables. Tomato and vegetable soups contain antioxidants which destroy harmful chemicals in the body and also protect the skin from the damaging effects of sunlight. But, heat sensitive vitamins like Vitamin C, B1 and Thiamine can be depleted if the soup is simmered for too long.

Crisps

In 2006, the British Heart Foundation warned that eating a packet of crisps a day was the equivalent of drinking five litres of cooking oil a year. There has been an effort to make crisps healthier and they now contain 80% less saturated fat and 55% less salt. It's still best to keep them as a treat.

Cheese on toast

Cheese on toast is high in fat, particularly saturated fat. But some cheeses such as cheddar are high in Calcium, Zinc, Vitamin B12 and A, and Riboflavin. These are all important for teeth and bone formation as well as energy metabolism and skin/tissue development.

BLT Sandwich

Bacon is high in protein, and lettuce, tomato and whole wheat bread add fibre, vitamins and minerals to a BLT. However, this sandwich contains a lot of fat, including saturated fat.



As you can see, healthy eating isn't quite as straightforward as we think. Most food provides us with nutrients but can also contain fats, sugars and salt which aren't good for us if we eat too much. Too much saturated fat, sugar and salt can affect our health in many ways.

Let's test your knowledge of what conditions and illness can be caused by consuming too much of them.



What can cause tooth decay and type 2 diabetes?

Write your answer below.

What can cause high blood pressure and weight gain?

Write your answer below.

What can cause heart disease and stroke?

Write your answer below.

Tooth decay



Sugar is added to many foods, such as cakes, biscuits, sauces, flavoured milks. It also occurs naturally in fruit. Sugar reacts with the bacteria in our mouths producing acid that dissolves and damages our teeth.

Type 2 diabetes



Saturated fats increase our *cholesterol levels and the amount of sugar in our bloodstream. Saturated and trans fats can be found in meat, butter, cheese, milk and fried foods.

High blood pressure



Salt raises the amount of sodium in your bloodstream and reduces the ability of your kidneys to remove the water. The extra water puts a strain on the veins and delicate blood vessels leading to the kidneys, which raises blood pressure and puts stress on the heart.

Heart disease



Saturated fats, salt and sugar can all contribute to damaging the heart and valves that pump the blood around our body. Saturated fats cause fatty deposits to build up in our arteries, restricting the flow of blood to the heart. High blood pressure can cause fatty deposits to break off and block the flow of blood. This can cause a heart attack or stroke.



***Cholesterol is a fatty substance known as a lipid and is vital for the normal functioning of the body. It's mainly made by the liver, but can also be found in some foods. Too much cholesterol causes a build up of fatty deposits.**



The five-a-day



Fruit and vegetables are part of a healthy, balanced diet and can help us stay healthy. It's important that we eat enough of them. Evidence shows there are significant health benefits to getting at least five 80g portions of fruit and vegetables every day.

**This seems pretty straightforward doesn't it?
But there are a few rules, and portion size is
important.**



**What is your understanding of what foods count as one of
the five-a-day?**

Write your answers below.

Examples of the five-a-day

1



1 apple

2



$\frac{1}{2}$ a grapefruit

3



Tablespoon of raisins

4



2 broccoli spears

5



1 medium tomato

6



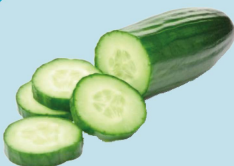
80 grams of baked beans

7



1 banana

8



5cm piece of cucumber

9



3 sticks of celery

10



3 tablespoons of tinned, frozen or fresh vegetables, pulses and beans is counted as one portion.



Eating five apples doesn't mean you have had the recommended five portions. It would only count as one. A variety of fruits and vegetables are needed to get the full range of nutrients, vitamins and minerals. Lastly, potatoes don't count. They are classed as starchy food and a carbohydrate.

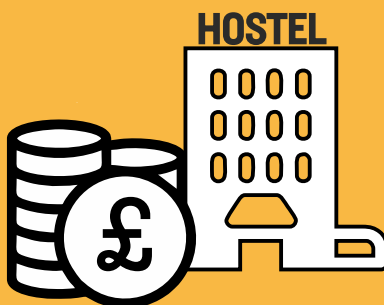
What does your diet consist of on an average day?

Write your answer below.

Is there anything that you're eating or drinking a lot of?

Write your answer below

Our lives and social circumstances can have a massive impact on our ability to eat a balanced and healthy diet, such as if you're temporarily housed or on a low income.



What else can affect our ability to eat well?

Write your answers below.



Inequalities

When we talk about healthy eating, it can be seen as an easily solved problem: buy fresh food, cook balanced healthy meals and hey presto—we're all healthy and happy.

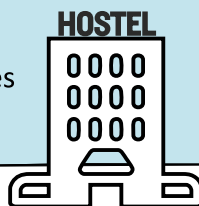
But it's not as simple as that.



What happens if you've never been taught to cook? Or don't know how to prepare food? Or understand what ingredients to use?

If you're living in a hostel or on the streets, you might not have access to a kitchen, storage or even a fridge. In some cases you might have a kitchen but no pots, pans or a sharp knife.

What about a plate, knife and fork, and the facilities to wash up?



You can learn about what food you should eat, but without cooking skills and the right equipment to prepare food, you won't be able to change your diet.



Thinking about the barriers to eating well that we've mentioned, which ones affect you the most?

Write your answers below.



Group exercise



Everyone will have different reasons for why they aren't able to eat as healthily as they would like to.

As a group, let's discuss some of these challenges and see what solutions and ideas we can come up with.

Can we help each other?



In some cases our social situation may make it feel almost impossible to eat a healthy diet. This is where learning and knowledge can really help. Knowing what is good for us and what we should reduce our consumption of is the first step to taking control of our diets.

Ayurvedic Dosha



Around the world, there are many different approaches to diet and eating. **One of these approaches is called Ayurveda.**

Focusing on maintaining a physically and emotionally balanced state, Ayurveda began about 5-6,000 years ago when Indian monks were looking for new ways to be healthy. Revering their bodies like temples, the monks believed that preserving their health would help them meditate and develop spiritually.

Thousands of years of their observations, conclusions and advice were preserved for future generations. This collection of knowledge became known as the "science or knowledge of life".

In Ayurveda, every individual is unique and there is no diet or lifestyle that works for everyone. Food and lifestyle routines are considered the most important medicine.

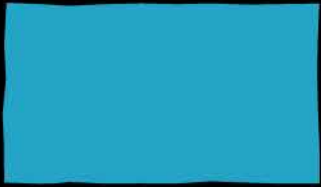
If you visit an Ayurvedic doctor, you are more likely to leave with a recipe than a prescription.



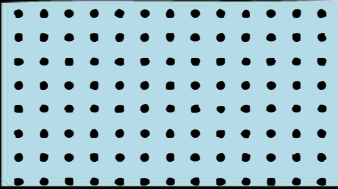
For more information and to take an online quiz to find out your constitution, visit: ayurveda.com/resource/general-information



Homeless Health Peer Advocates will help you get your health problems sorted by:

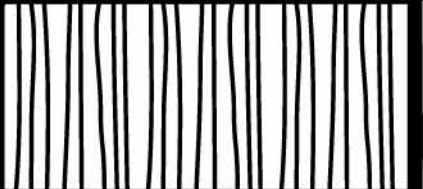


1 Helping you make health appointments



2 Going with you to health appointments

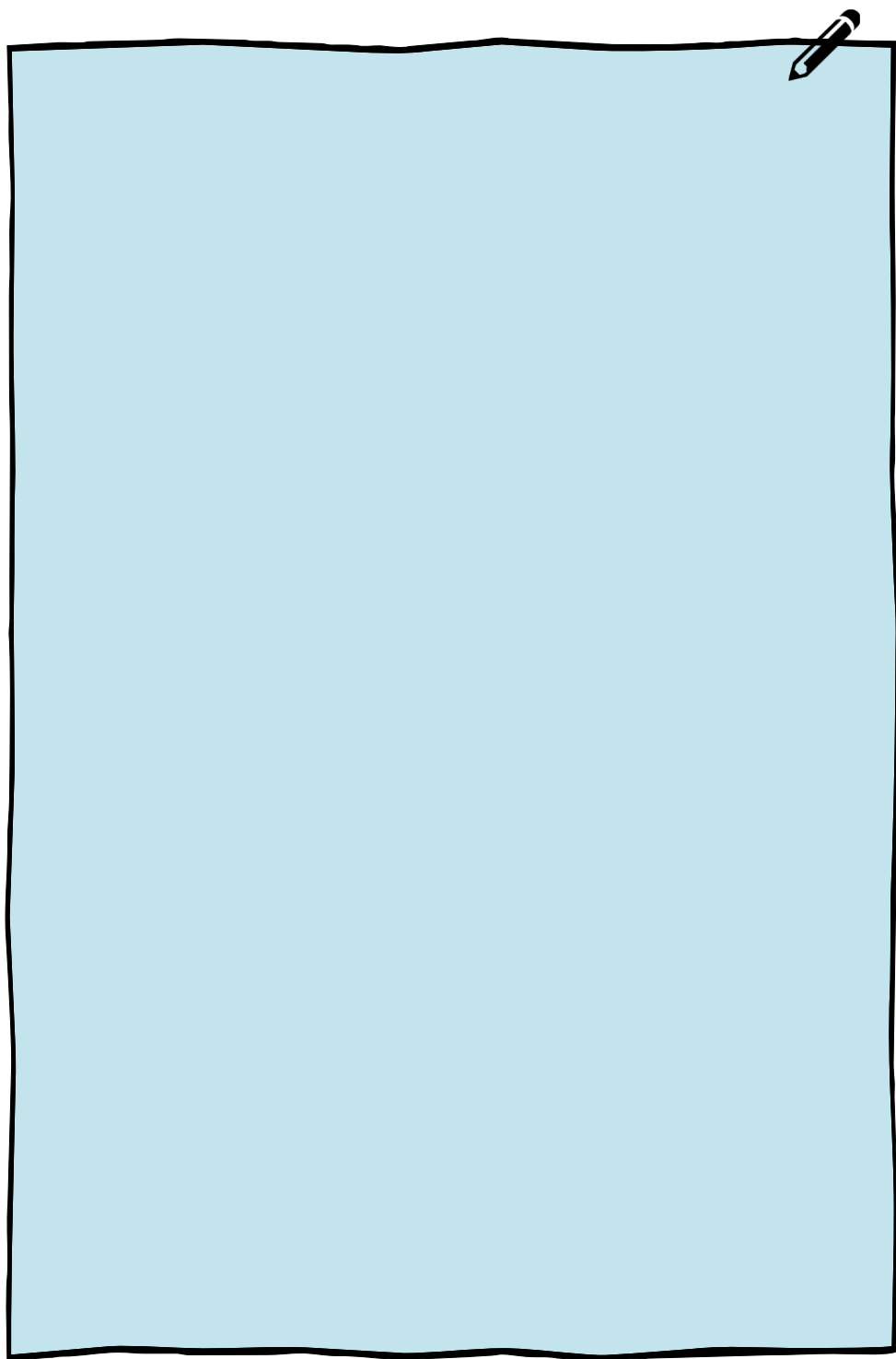
3 Supporting you to have your say about the type of health care you get



4 Paying for your travel fares if needed

5 Supporting you to make sense of health jargon and treatment options

Homeless Health Peer Advocates all have personal experience of homelessness and have been trained by Groundswell. They are available in many London boroughs and some other areas of the country. Ask a support worker whether they are available in your area. More information including how to refer: groundswell.org.uk/what-we-do/homeless-health-peer-advocacy/





Groundswell
Out of homelessness



020 7725 2851



www.groundswell.org.uk