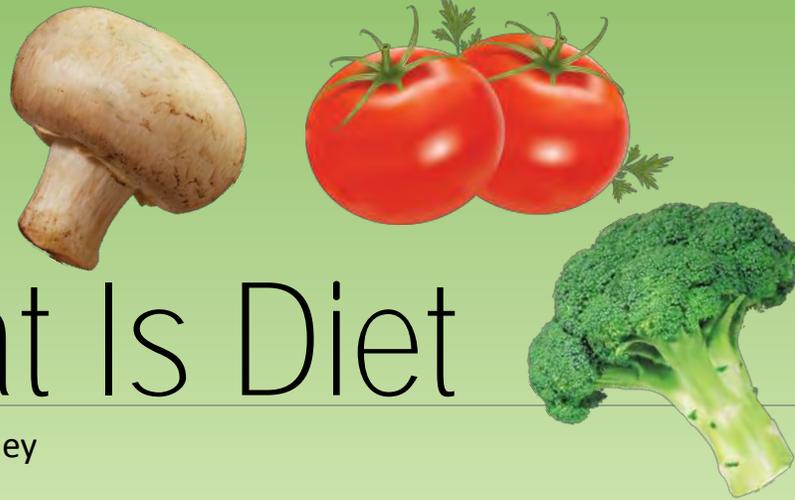


What Is Diet

By Talya Maraney



Diet defined

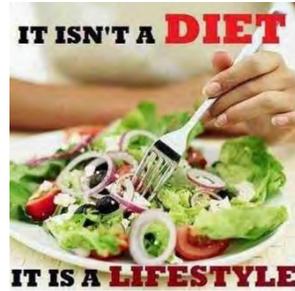
There are many definitions of the word diet:

“**The** kinds of food that a person, animal, or community habitually **eats**” is talking about the general term diet meaning what we would ordinarily eat.

We however have come to think of diet as “**a** special course of food to which a person restricts themselves, either to lose weight or for **medical reasons**” or “**restrict** oneself to small amounts or special kinds of food in order to lose **weight**” e.g. in going on a diet. This way of referring to food is often dangerous and causes more issues than it solves.

Ordinary people need to eat a healthy balanced meal in order to receive the nutrients that our body requires to function. An ideal diet would be a mixture of vegetables (both cooked and raw), grains and starchy foods (such as potatoes, rice or quinoa) providing complex carbohydrates, lean meats and oily fish for protein, fatty acids and some iron, some source of calcium (either from dairy products or alternative sources like green leafy vegetables, nuts and seeds) and some fat and sugar preferably from unrefined natural sources (avocados and olive oil are great monounsaturated fats that lower blood cholesterol levels). Although in the society we live in there are **a massive range of foods we include in our diet that we shouldn't eat that are hugely detrimental to our health, these should be consumed in small amounts if at all.**





Fad Diets

Definition of a **'fad diet'** : A fad diet is a weight loss plan or aid that promises dramatic results. These diets typically don't result in long-term weight loss and they are usually not very healthy. In fact, some of these diets can actually be dangerous to your health.

Body image is something that is strongly focused on in every day life, food is no longer about sustenance or even enjoyment, for many people it is the key to the perfect body. Although the information given to people is often twisted and misleading, attempting to sell people products. Now-a-days, there are so many fad diets, diet pills, drinks and meals that people believe will help them achieve perfection.

- Weight watchers – A group scheme with premade food available and motivational meetings
- Mediterranean diet - Diet rich in seafood, nuts and legumes, fruits and vegetables, whole grains, and olive oil.
- Raw food diet – Eating only raw fruits vegetables, nuts and seeds.
- Military diet – A set low calorie meal plan were only certain and few foods are allowed such as apples, eggs and peanut butter

Above are some of the most popular fad diets, some require drastic and unsustainable changes to your everyday eating routine and mostly result in endless yoyo dieting. While others provide balanced nutrients that may work in favour of your health. The Mediterranean diet is in my opinion the healthiest and least likely to cause you damage as it is balanced and full of healthy fats and carbohydrates which **are often cut out when a person is 'dieting'**. **Weight watchers is also balanced and has a good network of support however they** are asking you to pay for the privilege of eating healthily and this can be avoided.

Thaminah Bhatt

INTRODUCING MYSELF

ERASMUS 2015-2017



What is diet?

According to the OCR home economics text book diet is defined as '*the usual food and drink of an individual.*'

Every individual has a different diet however there are dietary guidelines which we should follow; these include the eight practical tips for a healthy eating issue by the Food Standards Agency.

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt- no more than
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast

The eatwell plate

The eat-well plate is the healthy eating model for the united kingdom. It is made up of five different groups and shows the balance and variety of foods we should include in our diet. The two keys to a healthy diet are:

- ▶ Eating the right amount of food for how active we are.
- ▶ Eating a range of foods to make sure you are getting a balanced diet.



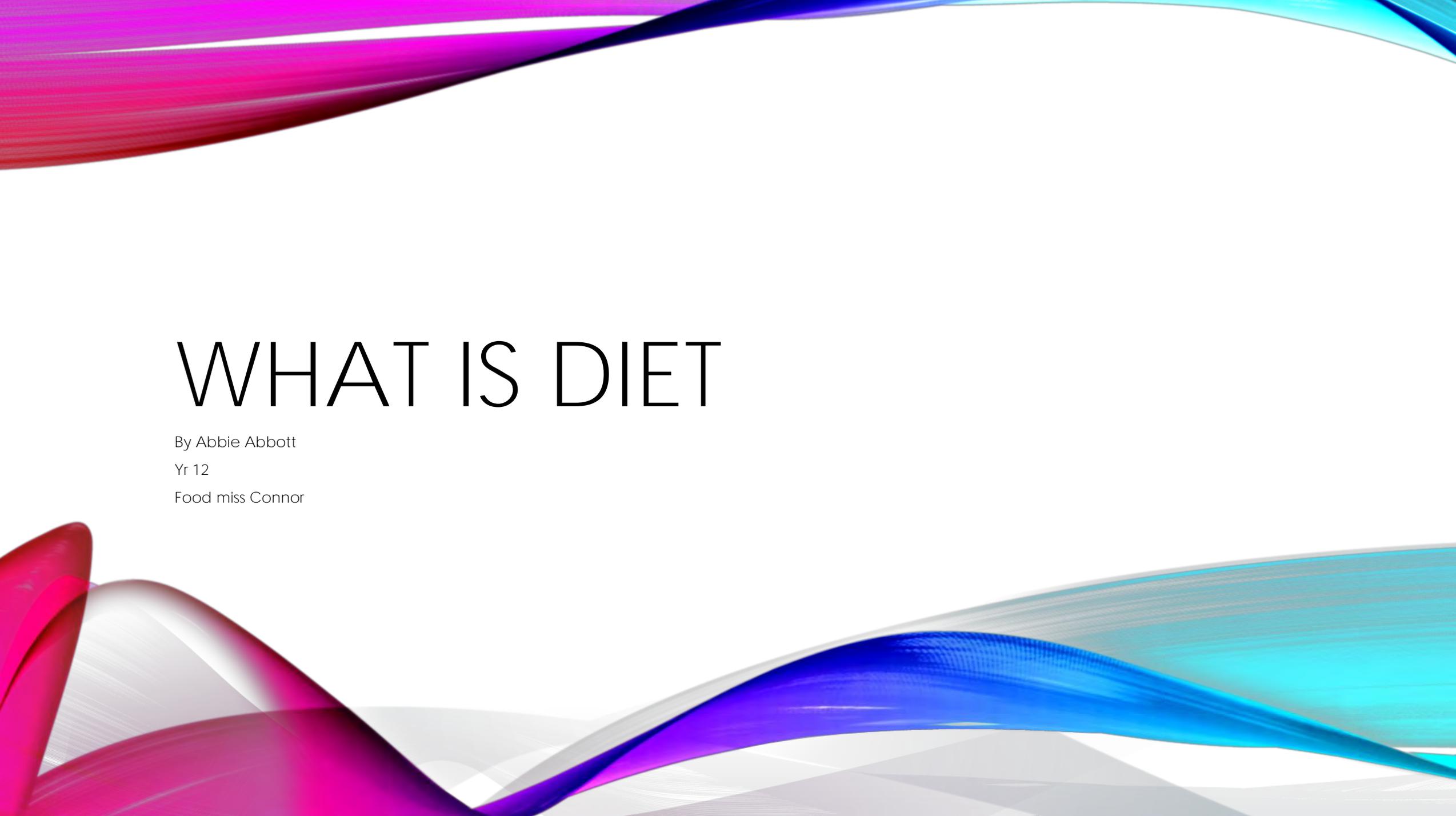
Traditional British food

British food has traditionally been based on beef, lamb, pork, chicken and fish and generally served with potatoes and one other vegetable. The most common and typical foods eaten in Britain include the

- ▶ Fish and chips
- ▶ Pies (like the cornish pasty)
- ▶ Roast
- ▶ Toad in the hole
- ▶ Trifle

The staple foods of Britain are meat, fish, potatoes, flour, butter and eggs.





WHAT IS DIET

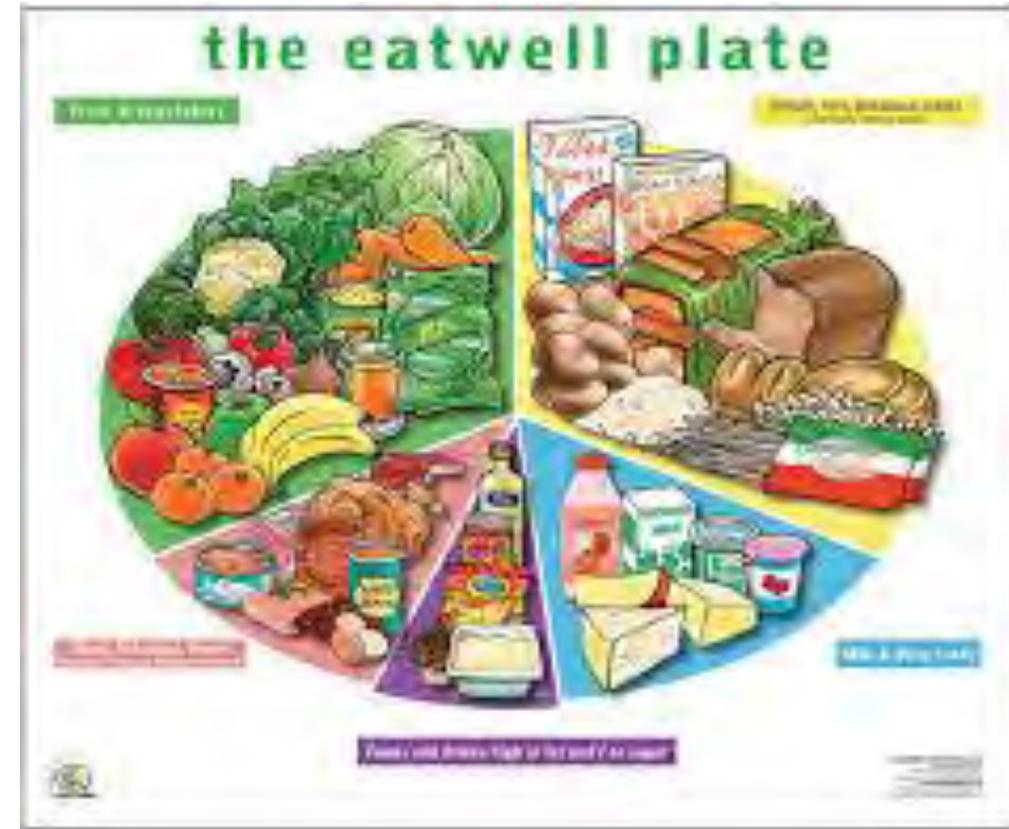
By Abbie Abbott

Yr 12

Food miss Connor

BALANCED DIET

- a balanced diet consists of protein which helps to keep your teeth and bones strong
- Carbohydrates which give you energy
- Fats which help to insulate your body
- And vitamins and minerals of which help strengthen up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.
- Liquid as we are 90% water we need to keep our liquid levels up.
- Macro and micro nutrients
- Macro nutrients come from our sources of protein, carbohydrates and fats.
- Micro nutrients are vitamins and minerals that come from our vitamins and minerals.



FACTS OF DIET

The definition of a diet is a special course of food to which a person restricts themselves, either to lose weight or for medical reasons. I don't think that this is an overall definition of a diet as there are many different diets and each diet affects a person differently and in different ways for example <http://www.medicalnewstoday.com/articles/5847.php>

I don't agree with the notion that diet is healthy as there are many different diets and one diet might not work for every one and therefore to truly have a healthy diet we would need to eat a balanced diet and exercise regularly this in my opinion will make you healthy.

There are many diets but there are some foods that can be stripped of its unhealthy food items for example to lose weight you should reduce the sugar from your diet and scientists do this by using chicory root fructose although chocolate is labelled as being bad for us there is research that states that there is a substance in chocolate of which is 100% cocoa solids can reduce the appetite and therefore reduce the chances of becoming obese which is becoming a problem within today's society.

There have been studies done to show the real effect of which diets work and what things affect diet for example Foods high in carbohydrates have had a rough time in the past few years thanks to the success of low-carb diets such as the Atkins diet. But there's actually no proof that healthy carb-rich foods are more likely to make us gain weight than any other food. In fact, more often than not, it's the fat we add to carbs that boosts the calorie content, such as butter on toast, creamy sauces with pasta and frying potatoes to make chips. Therefore it would mean that people should be eating less fat instead of less carbs.

A TRADITIONAL BRITISH DIET

The so called traditional English diet is full of rich and heavy food which consists mainly of carbohydrates, has changed over the years as the economic state has changed from the 1st and 2nd world war where rationing was very much in play and the British diet consisted of very basic food or food that could be grown yourself to food today that is high in sugar and fats but as we as a country are getting healthier our diets are getting better for example more vegetables and healthier options for meats.



MODERN BRITISH DIET

The modern British diet has adopted dishes and food from many other countries and now you can eat food from around the world without traveling. With the advances of travel and being able to export food products over to the UK and the opening of Chinese and Indian fast food restaurants being so easily assessable. People are finding it easier to try more exotic flavours and now some of the peoples favourite dishes come from abroad, beside the top quality produce that we have in this country.



WHAT IS DIET?

BY MICHAEL ELIAS



The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



ERASMUS+ 2015-17

WHAT IS A BALANCED DIET?

Food is vital to health. Having a variety of foods in our diet helps us to enjoy a healthy life. Food provides us with nutrients, which are essential to keep us fit and healthy. A balanced diet provides all the necessary nutrients in the appropriate proportions and quantities to meet the body's needs. To follow a balanced diet we must make sure we eat a variety of foods. The human body is like a complex piece of machinery in that it is prone to faults and weaknesses if it is not treated correctly. This can happen if too little or too much food is consumed, or if we eat an unbalanced diet. Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. A diet based on starchy foods such as potatoes, bread, rice and pasta; with plenty of fruit and vegetables; some protein-rich foods such as beans, pulses, fish, eggs, meat and other proteins; some milk and dairy foods or dairy alternatives; and not too much fat, salt or sugar, will give you all the nutrients you need. When it comes to a healthy diet, balance is the key to getting it right. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. Some people have many different eating habits sometimes that can be unhealthy and worrying that may lead to people having eating disorders, such as anorexia, bulimia and binge eating. This type of behaviour comes under self-esteem issues and depression, so it's essential that everyone has a well-balanced diet, eats the right amounts and does about 180 minutes of exercise a week.

TIPS FOR A HEALTHY DIET

GUIDELINES FOR A HEALTHY DIET

The eat well plate is based on the Government's '8 guidelines for a Healthy Diet', which are:

1. **Base your meals on starchy foods, e.g. Carbohydrates**
2. **Eat lots of fruit and vegetables**
3. **Eat more fish**
4. **Cut down on saturated fat and sugar**
5. **Try to eat less salt – no more than 6g a day**
6. **Get active and try to be a healthy weight**
7. **Drink plenty of water**
8. **Don't skip breakfast**



FIVE A DAY

An 'unhealthy diet' could be one which contains high quantities of fats, sugars, salt and low amounts of non starch polysaccharide (dietary fibre). Such a diet can lead to: obesity, strokes, high blood pressure, coronary heart disease, cancers, tooth decay and type 2 diabetes. Scientific studies have shown that people who eat a lot of fruit and vegetables may have a lower risk of ill health. For this reason, it is recommended that you eat at least five portions of fruit and vegetables every day, as well as doing 180 minutes a week of exercise.

TYPES OF DIETING

There are hundreds of thousands of diets. Some are for losing weight, others for gaining weight, lowering cholesterol, living a long and healthy life, etc. The Mediterranean Diet, for example, reflects the culinary habits of southern European people.

ATKINS DIET The Atkins Diet, or Atkins Nutritional Approach, focuses on controlling the levels of insulin in our bodies through diet. If we consume large amounts of refined carbohydrates our insulin levels will rise rapidly, and then fall rapidly. Rising insulin levels will trigger our bodies to store as much of the energy we eat as possible - it will also make it less likely that our bodies use stored fat as a source of energy. Most people on the Atkins Diet will consume a higher proportion of proteins than they normally do.

ZONE DIET The Zone Diet aims for a nutritional balance of 40% carbohydrates, 30% fats, and 30% protein each time we eat. The focus is also on controlling insulin levels, which result in more successful weight loss and body weight control. The Zone Diet encourages the consumption of good quality carbohydrates - unrefined carbohydrates, and fats, such as olive oil, avocado, and nuts.

WEIGHT WATCHERS DIET Weight Watchers focuses on losing weight through diet, exercise, and a support network. Weight Watchers Inc. was born in the 1960s when a homemaker (housewife) who had lost some weight and was concerned she might put it back on. So, she created a network of friends. Weight Watchers is a huge company, with branches all over the world. Dieters can join either physically, and attend regular meetings, or online. In both cases there is a great deal of support and education available for the dieter.

VEGAN DIET Veganism is more of a way of life and a philosophy than a diet. A vegan does not eat anything that is animal based, including eggs, dairy, and honey. Vegans do not generally adopt veganism just for health reasons, but also for environmental and ethical/compassionate reasons. Vegans believe that modern intensive farming methods are bad for our environment and unsustainable in the long term. If all our food were plant based our environment would benefit, animals would suffer less, more food would be produced, and people would generally enjoy better physical and mental health, vegans say.

VEGETARIAN DIET There are various types of vegetarian: Lacto vegetarian, Fruitarian vegetarian, Lacto-ovo-vegetarian, Living food diet vegetarian, Ovo-vegetarian, Pesco vegetarian, and Semi-vegetarian. The majority of vegetarians are lacto-ovov egetarians, in other words, they do not eat animal-based foods, except for eggs, dairy, and honey. Studies over the last few years have shown that vegetarians have a lower body weight, suffer less from diseases, and generally have a longer life expectancy than people who eat meat.



RAW FOOD DIET The Raw Food Diet, or Raw Foodism, involves consuming foods and drinks which are not processed, are completely plant-based, and ideally organic. Raw foodists generally say that at least three-quarters of your food intake should consist of uncooked food. A significant number of raw foodists are also vegans - they do not eat or drink anything which is animal based. There are four main types of raw foodists: raw vegetarians, raw vegans, raw omnivores, and raw carnivores.

WHAT IS DIET?

The UK's national food guide, the eatwell plate, defines the government's advice on a healthy balance diet. The eatwell plate is a visual representation of how different foods contribute towards a healthy balanced diet. The plate model has been tested extensively with consumers and health professionals.

The size of the segments for each of the food groups is consistent with government recommendations for a diet that would provide all the nutrients required for a healthy adult or child (over the age of 5).

The eatwell plate, based on the 5 food groups, makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods needed for a healthy balanced diet.

Choosing a variety of foods from within the 4 main food groups will add to the range of nutrients consumed. This includes:

- ❖ plenty of fruit and vegetables
- ❖ plenty of bread, rice, potatoes, pasta and other starchy foods
- ❖ some milk and dairy foods
- ❖ some meat, fish, eggs, beans and other non dairy sources of protein

Foods and drinks high in fat and/or sugar are not essential to a healthy diet, and should be consumed only in small amounts.

The eatwell plate is appropriate advice for most people including people of all ethnic origins and people who are of a healthy weight or overweight. It is also suitable for vegetarians.

However, it does not apply to children under 2 years of age because they have different needs. Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the eatwell plate.

People under medical supervision or with special dietary needs might need to check with their GP, or a registered dietitian, to be clear about whether or not the eatwell plate is suitable for them.



The eatwell plate is a visual representation of how different foods contribute towards a healthy balanced diet.



The eatwell plate is not meant to represent the balance required in any one specific meal or over a particular timescale, rather it represents the overall balance of a healthy diet.

Public Health England (PHE) encourages organizations and individuals to use the eatwell plate to make sure everyone receives consistent messages about the balance of foods in a healthy diet.

The eatwell plate should be used appropriately within the context of government healthy eating messaging as outlined in this guidance.



The key to a healthy, balanced diet is:

- ❖ eating the right amount of food to achieve and maintain a healthy body weight
- ❖ eating a wide variety of foods in the right proportions – this is what balanced means

The range of foods in your diet should include:

- ❖ plenty of fruit and vegetables
- ❖ plenty of bread, rice, potatoes, pasta and other starchy foods – choosing wholegrain varieties where possible
- ❖ some meat, fish, eggs, beans and other non-dairy sources of protein
- ❖ some milk and dairy foods – choosing lower-fat varieties where possible
- ❖ just a small amount of foods high in fat and sugar

Dictionary definition of DIET:

noun

1. food and drink considered in terms of its qualities, composition, and its effects on health:
Milk is a wholesome article of diet.
2. a particular selection of food, especially as designed or prescribed to improve a person's physical condition or to prevent or treat a disease:
a diet low in sugar.
3. such a selection or a limitation on the amount a person eats for reducing weight:
No pie for me, I'm on a diet.
4. the foods eaten, as by a particular person or group:
The native diet consists of fish and fruit.
5. food or feed habitually eaten or provided:
The rabbits were fed a diet of carrots and lettuce.
6. anything that is habitually provided or partaken of:
Television has given us a steady diet of game shows and soap operas.

The word **diet** comes from Old French *diète* and Medieval Latin *dieta* meaning "a daily food allowance". The Latin word *dieta* and Greek word *diata* mean "a way of life, a regimen".

TYPES OF DIET...

There are literally hundreds of thousands of diets. Some are for losing weight, others for gaining weight, lowering cholesterol, living a long and healthy life, etc. A diet can be described as a set course of eating and drinking in which the kind and amount of food one should eat is been planned out in order to achieve weight loss or follow a certain lifestyle.

This Medical News Today information article provides details on the most popular diets according to three criteria: how many articles there are around about these diets/lifestyles, how popular they seem to be generally, and how often we receive feedback on them.

TOP 8 DIETS:

1. [Atkins Diet](#)
2. [The Zone Diet](#)
3. [Vegetarian Diet](#)
4. [Vegan Diet](#)
5. [Weight Watchers Diet](#)
6. [South Beach Diet](#)
7. [Raw Food Diet](#)
8. [Mediterranean Diet](#)

Atkins diet:

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The weight watchers diet:

Weight Watchers focuses on losing weight through diet, exercise, and a support network. Weight Watchers Inc. was born in the 1960s when a homemaker (housewife) who had lost some weight and was concerned she might put it back on. So, she created a network of friends. Weight Watchers is a huge company, with branches all over the world. Dieters can join either physically, and attend regular meetings, or online. In both cases there is a great deal of support and education available for the dieter.

The Zone diet:

The zone diet aims for a nutritional balance of 40% carbohydrates, 30% fats, and 30% protein each time we eat. The focus is also on controlling insulin levels, which result in more successful weight loss and body weight control. The zone diet encourages the consumption of good quality carbohydrates – unrefined carbohydrates, and fats, such as olive oil, avocado and nuts.

Vegetarian diet:

There are various types of vegetarian: lacto vegetarian, fruitarian vegetarian, lacto-ovo-vegetarian, living food diet vegetarian, ovo-vegetarian, pescovegetarian and semi-vegetarian. The majority of vegetarians are lacto-ovo-vegetarians, in other words they do not eat animal based foods, except for eggs, dairy and honey. Studies over the last few years have shown that vegetarians have a lower body weight, suffer less from disease and generally have a longer life expectancy than people who eat meat.

South beach diet:

The South beach diet was started by a cardiologist, Dr. Agatston, and a nutritionist, Marie Almon.⁶ It focuses on the control of insulin levels, and the benefits of unrefined slow carbohydrates versus fast carbs. Dr. Agatston devised the South Beach Diet during the 1990s because he was disappointed with the low-fat, high-carb diet backed by the American Heart Association. He believed and found that low-fat regimes were not effective over the long term.



Raw food diet:

The Raw Food Diet, or Raw Foodism, involves consuming foods and drinks which are not processed, are completely plant-based, and ideally organic.⁷ Raw foodists generally say that at least three-quarters of your food intake should consist of uncooked food. A significant number of raw foodists are also vegans - they do not eat or drink anything which is animal based. There are four main types of raw foodists: raw vegetarians, raw vegans, raw omnivores, and raw carnivores.



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Mediterranean diet:

The Mediterranean Diet is Southern European, and more specifically focuses on the nutritional habits of the people of Crete, Greece, and southern Italy. Nowadays, Spain, southern France, and Portugal are also included; even though Portugal does not touch the Mediterranean Sea. The emphasis is on lots of plant foods, fresh fruits as dessert, beans, nuts, cereals, seeds, olive oil as the main source of dietary fats, cheese and yogurts are the main dairy foods, moderate amounts of fish and poultry, up to about four eggs per week, small amounts of red meat, and low/moderate amounts of wine. Up to one third of the Mediterranean diet consists of fat, with saturated fats not exceeding 8% of calorie intake.

