‘Intake’ – the magazine which tells you everything you need to know about food: what different foods do for you, why you should take it easy with fats and sugars and essential info about all those tasty snacks and fast food! We tell you how you can look good, feel healthy and eat well. Read on for the facts and have fun with our quiz and easy recipe.

You Are What You Eat

visit yheart.net
**Fantastic Food Facts**

**The Science of Scaff!**

Did you know?

That we Brits have one of the worst records in Europe for heart disease? In fact, our hearts are wearing out faster than most other countries in the world. We're improving, say the experts, but it's a slow process. One of the reasons for this is a lot to do with the kind of food we eat.

Scientists have been working out what kind of diet is best to keep our hearts healthy. Some of the best scientists have come up with some very useful tips. This is what they say:

- **Fats are fine in moderation.** Only 1/3 of the total energy (calories) you get from your food should come from fats. (Energy also comes from other sources such as carbohydrates and sugars.) Help to keep your arteries clear by eating on animal fats (also known as "saturated fatty acids") like butter, cheese, feta, and processed meats and meat products and pastries.

- **Fish is good news.** Not your chip shop sort though with a deep-fried chocolate bar for after - YUK. But the brush-the-with-oil kind, gently grilled a la Masterchef preferably.

- **Cakes and biscuits are delicious and fine to eat occasionally but watch out - they are loaded with hidden fats.** If you have a craving for something sweet have a banana or satsuma instead.

- **Salt - thrown onto everything and anything can cause problems - mainly high blood pressure.** This explains why parents get so het up about us eating packet of crisps? So a little less handy with that saltcellar, please!

- **It's all about balance.** Tied in with all is our body's need to be physically active. We've got to get our hearts firing - so what are you waiting for? Get moving... check out your local sports centre or find clubs for a sport that interests you.

**Food Portions**

Despite the odd take-away, follow Take Five (see Food Rules section) to keep your diet on track. By low, the manufacturers have to tell us what the ingredients are. They may do this in a way that may not be easy to read. When it comes to labelling, remember that the variety in your day to day diet is what sustains you.

- **Take-away food is yummy - there's no argument about that. But often it's not that good for you because it can be overloaded with fat, salt or sugar.** It's not all bad news though. There are some ideas of how you can enjoy take-away foods and stay healthy.

- **Choose a small hamburger, without butter or mayonnaise and a salad instead of a large burger with heaps of fries.**

- **In the local pizzeria, think about having a pizza with a vegetarian or seafood topping. Avoid fatty toppings like salami, bacon, and pepperoni.**

**Food Rules**

- Take away food is yummy - there's no argument about that. But often it's not that good for you because it can be overloaded with fat, salt or sugar. It's not all bad news though. There are some ideas of how you can enjoy take-away foods and stay healthy.

- Choose a small hamburger, without butter or mayonnaise and a salad instead of a large burger with heaps of fries.

- In the local pizzeria, think about having a pizza with a vegetarian or seafood topping. Avoid fatty toppings like salami, bacon, and pepperoni.

**Food Quiz**

- **Which do you think is best for you?**
  - a. a bowl of porridge or Weetabix
  - b. lots of plain digestive biscuits
  - c. a Danish pastry

- **Which way do you think it is most healthy?**
  - a. fried chicken
  - b. grilled chicken

- **Which is lowest in fat?**
  - a. full cream milk
  - b. semi-skimmed milk
  - c. skimmed milk

- **How often should you eat fruit and vegetables?**
  - a. about 5 times a month
  - b. at least 5 times a week

- **Tuna & salad sandwiches are better for you than a cheese and ham sandwich because**
  - a. they are a lower cholesterol
  - b. true
  - c. false

- **A diet high in saturated fats**
  - a. helps you keep warm
  - b. can raise blood cholesterol

- **Keep calm at the supermarket.**
  - a. true
  - b. false

- **Baked beans are a good source of fibre.**
  - a. true
  - b. false

- **High fibre foods are:**
  - a. good for you
  - b. bad for you

- **Eat it:**
  - a. good for your heart and makes food taste better
  - b. makes for fewer horses to be slaughtered, where possible

- **Which food group can eat you as much as you like as part of a healthy diet?**
  - a. veg, eggs, cheese, low fat, unsweetened yoghurt
  - b. fried food, biscuits & cakes
  - c. sweets, honey, and salted peanuts

**Food Facts**

- **Food Labels**
  - Lie coding all the information on packets of food can be fun & very informative. Most of us know about the sell-by and use-by dates which tell us how long the food will last. Write out for bread, cakes, milk though, which may carry a date of baking (packing) instead.

- **More complicated is the nutrition labelling.** The idea here is not just to hide it under some science, but to tell us how much protein, fat, carbohydrates, salt (sodium), sugar & fibre there are for example, because some of these are better for you than others.

- You can also work out the important balance of your diet. By low, the manufacturers have to tell us what all the ingredients are. They may do this in a way that may not be easy to read. When it comes to labelling, remember that the variety in your day to day diet is what sustains you.

- **6 Chocolate Biscuit Bars**
  - 100g contains:
    - 20g fat
    - 15g saturates
    - 9g sugar
    - 470 calories

- **Fish Fingers**
  - 3 fingers contain:
    - 10g fat
    - 17g saturates
    - 20g sugar
    - 170 calories

- **Fruit Portions**
  - 100g contains:
    - 10g fruit
    - 10g sugar
    - 100 calories

- **Vegetable Portions**
  - 100g contains:
    - 5g vegetables
    - 3g sugar
    - 30 calories

- **Dairy Portions**
  - 100g contains:
    - 3g milk
    - 5g sugar
    - 60 calories

- **Smoother Portions**
  - 100g contains:
    - 6g smoothies
    - 15g sugar
    - 100 calories