



Healthy Diet and Lifestyle for ethnic minority older people



Providing information
Raising awareness

June 2015



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Introduction

The Older People Services Development project has produced this easily accessible, multilingual and clear advice on healthy eating, in response to an extensive consultation that shows BME (Black and Minority Ethnic) older people can face barriers to accessing information on diet and lifestyle.

In the first such consultation of its kind, the Lottery-funded Older People Services Development Project talked to more than 850 ethnic minority older people across Scotland on the subject.

In keeping with the momentum, the project is continuing its work to support ethnic minority older people in accessing information and in helping to shape how that information can more effectively be delivered.

The project has taken on the views of those consulted in producing this healthy diet and lifestyle information guide, which will help make it easier for BME older people to take control of their own lifestyle, by making changes to improve and maintain their health and wellbeing. The guide also provides advice on how to follow and adapt a range of minority ethnic diets.

Acknowledgements

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Background

Minority ethnic community groups (including Indian, Bangladeshi, Pakistani, African, Caribbean and Chinese) are more likely to experience poorer health than the mainstream white population. Long term conditions such as Type 2 diabetes, cardiovascular diseases and certain types of cancer are more prevalent in some BME groups. People from South Asian backgrounds, for example, are 6 times more likely to develop Type 2 Diabetes and people from African/African- Caribbean origin are 3 times more likely to develop the condition compared to people of White backgrounds¹. When looking at prevalence in multi-ethnic children, children of Asian origin were 8.7 times more likely to have Type 2 diabetes than their White counterparts and children of Black origin were 6.2 times more likely². Those who have diabetes are 3 times more likely to have heart disease – just one of the devastating complications of diabetes. As people get older, diet and lifestyle changes may lead to increased risks of further complications.

A healthy lifestyle helps regulate blood sugar and cholesterol levels, blood pressure and aids weight control. It is therefore important for everyone to follow a healthy lifestyle to prevent the development of long term conditions or delay further complications associated with any diagnosed conditions. These can include issues such as kidney problems, loss of eye sight, infections, skin and feet problems etc.

For a healthy lifestyle there are four simple things that you need to consider:

- Your Food and Diet
- Your Fitness and Exercise
- Your Happiness and Emotional Wellbeing
- Your Medication.

With age, a number of social problems may prevent us from living a healthy lifestyle.

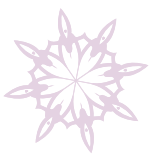
These can include:

- Increasing living costs
- Mobility Issues
- Living alone
- Time and effort required to shop and prepare meals
- Cooking skills
- Myths and beliefs.

This document aims to help people from minority ethnic backgrounds with their diet and lifestyle as they grow older. Although it can be applied widely, it has been designed for people over 60 years old.

¹ Nazroo, JY (1997). The health of Britain's ethnic minorities: findings from a national survey. London. Policy Studies Institute

² HQIP: National Paediatric Diabetes Audit 2011/12 Report



Your food and diet

Everyone should try to keep up their levels of physical activity for as long as possible. However, as we become older and / or less physically active we tend to feel less hungry. This is very natural as it is our body telling us that we require fewer calories³.

Problems that can arise:

If meals are not planned carefully, people can become unhealthy due to lack of vitamins and minerals.

Decrease in physical activity and decrease in food intake can lead to:

- Muscle weakening
- Increased bone loss

The process of ageing and some medications that you take can cause:

- Loss of appetite
- Changes in your sense of taste
- Problems with chewing and swallowing

How many calories do adults over 50 need?

Between the ages of 50 and 65, women with normal levels of physical activity will need around 2000 kcals per day and men around 2500 kcals.

However, as we become older and /or less physically active, we need to eat fewer calories.

Older inactive women may only need around 1600 kcals and older inactive men just 2000 kcals.

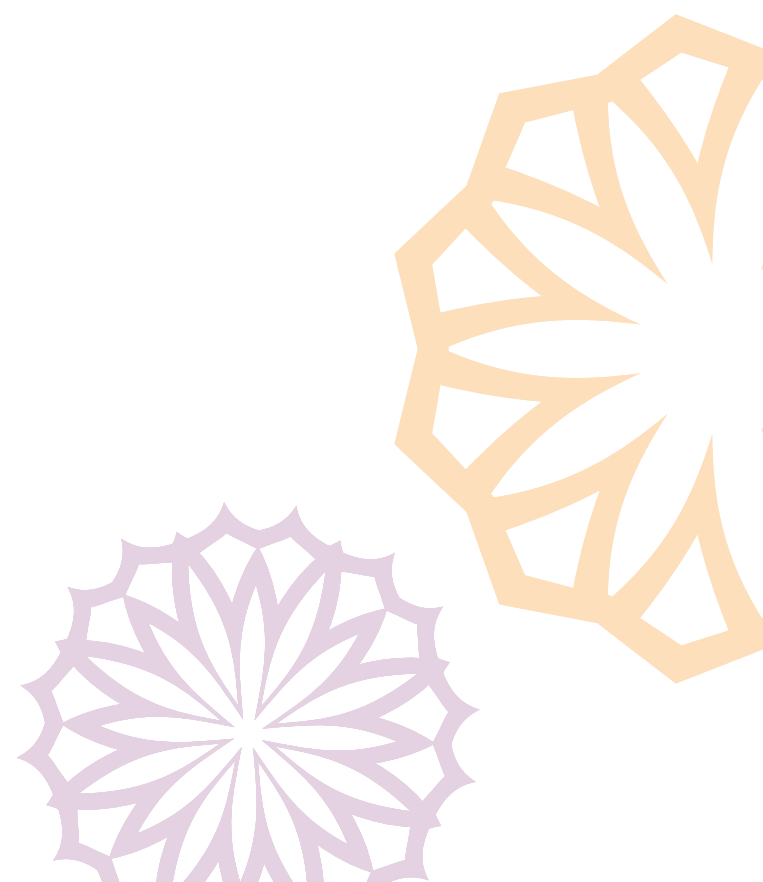
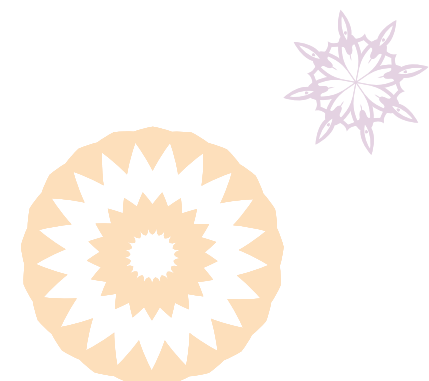
In some cases, people do not notice the change taking place in their bodies and although there is a gradual decrease in physical activity over time, there is no change or an increase in food intake. This is where it can lead to:

- Weight gain and obesity
- Increase in cholesterol levels and blood pressure leading to stroke and heart disease
- Increase in blood sugar levels and diabetes
- Increased risks to other medical conditions.

Note: If you have been advised to lose weight then you will need to decrease the number of calories. Equally if you have been advised to gain weight then you will need to eat more calories.

³ Dietary Reference Values for Energy, SACN (2011) TSO

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/339317/SACN_Dietary_Reference_Values_for_Energy.pdf



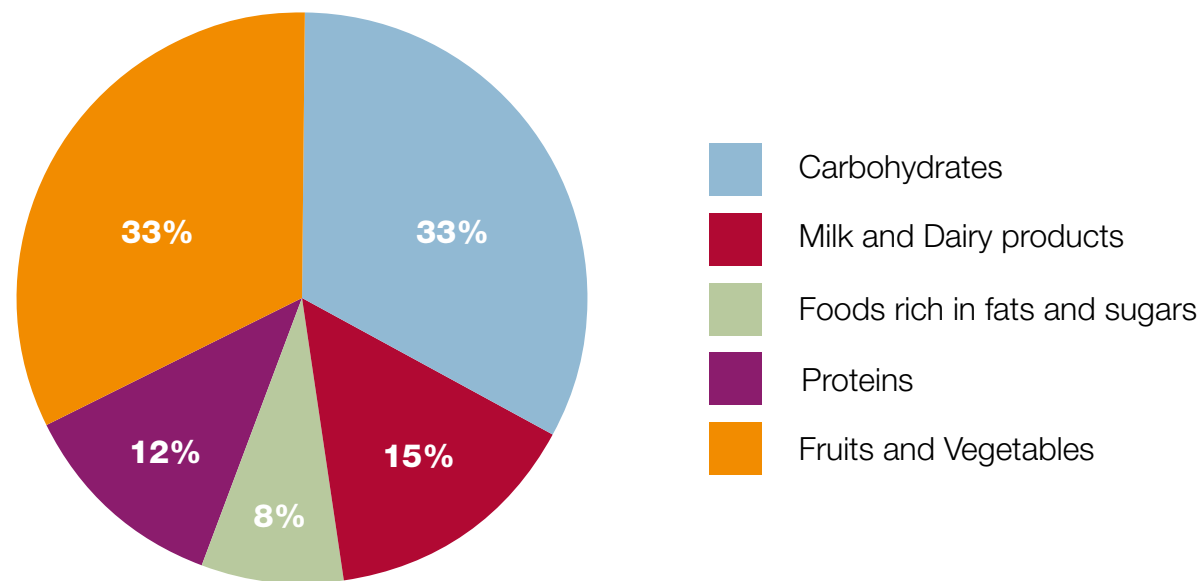
Healthy eating

Eat a balanced meal

In the UK, a healthy diet is based on the Eat Well Plate which **shows the proportions of foods, from the five major food groups, for healthy eating.**

Eating these types of foods in the proportions shown will make sure you get the right balance of vitamins and minerals. So, you should have plenty of fruits and vegetables and very little of foods and drinks that are high in fats and sugars. It is a good idea to try to get this balance right every day, but you don't need to do it at every meal. And you might find it easier to get the balance right over a longer period, say a week. Try to choose options that are lower in salt when you can.

Food plate for Minority Ethnic Groups



Picture denoting Major food groups

Some multi-ethnic foods are represented on this plate. However, with the help of your dietician you can categorise the types of food you take onto the subsections of the plate.



Eat smaller meals more frequently

It is important to have regular balanced meals throughout the day. As people grow older it is harder to eat large meals. **You can therefore aim to have smaller meals more frequently throughout the day.**



Small, Medium and Large Chapati portion sizes

Breakfast is one of the most important meals of the day. Some medications require to be taken with food so this should be considered when planning your meals.

Portion sizes are important but can sometimes be unclear. Guides on portion sizes are available below and at <http://www.nhs.uk/Livewell/5ADAY/Pages/Portionsizes.aspx>. If you need to lose weight or eat less of a particular food group, then the best way to reduce portion sizes is to use smaller plates and bowls.

Drink plenty of water

Water is well known for its revitalising properties. Yet even though it is vital to health, it frequently gets overlooked as an essential nutrient. As people grow older it is essential they keep hydrated. Most people tend to drink 3-4 glasses of water a day, but older people should have twice this amount **(at least 1.6 litres of water per day⁴).**

You can drink diluted juice but use the ones with no added sugar.

⁴ Hodgkinson B, Evans D, and Wood J. Maintaining oral hydration in older adults: a systematic review. International Journal of Nursing Practice 2003;9:S19-28

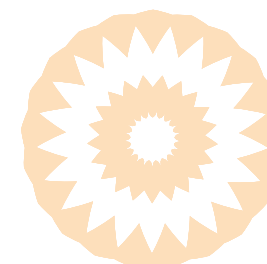
Eat less salt (or sodium)

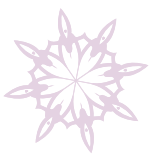
Too much salt can cause raised blood pressure, which increases the risk of heart disease and stroke. Adults should **eat no more than 6g of salt a day** – that's around one full teaspoon. Most of the foods we eat such as breads, cereals, croissants, cheese, ham, salt fish, smoked fish and meat, soy sauce, pickles, sauces, ready-made foods including soups, pizzas etc., already contain enough (and sometimes too much) salt for our body. If you can add less salt to the food you cook then it will benefit you. When you buy food, check the labels to choose those with less salt.

Note: Some food labels refer to Sodium content rather than salt. For reference, 1g of Sodium = 2.4g of salt

- Swap snacks such as crisps, chewras, Bombay mix, prawn crackers, chin chin for salt-free alternatives such as crackers, baked crisps and baked biscuits with low fat spreads.
- Swap salt-roasted nuts for dry roasted ones. You can sprinkle spices for taste.
- Choose reduced or no-added-salt products if possible.
- Reduce the amount of soy sauce, pickles, mayonnaise and mustard that you use.
- Cut down on the amount of smoked foods that you eat.
- Do not automatically add salt to foods during preparation or at the table.
- Flavour foods with herbs, spices and marinades rather than salt when cooking

Be aware: Soluble tablets such as painkillers and vitamins (effervescent) may contain salt. Therefore ask your pharmacist for advice.





Eat plenty of fruits and vegetables

Research shows that people from minority ethnic backgrounds in Scotland are generally better at eating fruits and vegetables, compared to the mainstream population⁵. But as people adapt to UK life this can change.

Adults should ideally have at least **5 portions of fruits and vegetables every day (5 a day)**. This can be fresh, frozen, cans or in juice form. As vegetarians do not eat fish, eating dark green leafy vegetables, some nuts (almonds, walnuts, pecan nuts, peanuts) or soya beans can help supplement their Omega 3 fatty acids which helps improve immunity and memory.

- 1 portion of fruit = 80g of fruits = 1 apple or 1 banana or 1 orange or 1 slice of melon or 1 slice of mango.
- A portion of dried fruit such as raisins and dates is around 30g.
- 1 small glass (150ml) of pure (100%) fruit or vegetable juice counts as 1 portion of your 5 a day.
- A portion of vegetables = 80g of vegetables = 2 broccoli spears or 4 heaped tablespoons of cooked spinach / greens or 3 heaped tablespoons of cooked vegetables such as carrots, peas, sweetcorn, okra, butternut squash, karela, or 8 cauliflower florets⁶.
- Where possible eat fruits and vegetables with their skin on as these are rich in fibre which is essential in our bodies.

Note:

- Potatoes, sweet potatoes, cassava, yam, arbi (taro roots) are NOT vegetables. They do not form part of your 5 a day allowance. They are rich in carbohydrates or sugars and should be counted towards your carbohydrate allowance.
- A small glass of fruit juice can contain huge amounts of hidden sugars as you need more than 1 fruit to make the juice and some juices have added sugars.

⁵ NHS Health Scotland (2009) Health in Our Multi-Ethnic Scotland: Future Research Priorities. The Scottish Government: Edinburgh.
⁶ NHS Choices <http://www.nhs.uk/Livewell/5ADAY/Pages/Portionsizes.aspx>

Limit food rich in sugar

As we grow older, we should limit the amount of sugar we consume. Consuming lots of sugary foods can lead to weight gain/obesity as well as other medical complications including diabetes. However, people (including those with diabetes) do not have to give up sweet dishes completely; they should **not have them frequently**. Foods rich in sugar such as sweets including mithai (indian sweets such as laddoos, gulab jamuns, etc.), kheer (rice puddings), semolina/sooji, cakes, biscuits, chocolates, food sauces, jams, sugary fizzy drinks and some juices are high in sugar and/or fats and therefore should be taken occasionally.

If you want to still enjoy sweet dishes, try to find healthier alternatives such as:

- Use sweeteners instead of sugar. Some varieties such as Splenda© can be used in cooking and baking.
- Sugar free jellies (including vegetarian jellies) can be mixed with fruits, yoghurts and low fat crème fraiche as a healthy dessert.
- **Choose sugar free or no added sugar foods and drinks**
 - Avoid foods with labels suggesting they are 'good for diabetics', such as certain chocolates as they may still affect your blood glucose levels due to high sugar content. Furthermore, they are expensive and can have a laxative effect. Check the sugar and fat contents in food labels instead.
 - Note that some low fat foods such as yoghurts can be rich in sugar so check the labels.
- Choose fruits for snacks
 - Remember some fruits such as bananas, mangoes and litchis are rich in sugar so you should make sure to check your portion sizes.
 - Choose fresh fruits compared to dried ones which are higher in sugar content.
 - You can add a small amount of Chaat Massala to spice up the fruit salad.
- Some cereals can also be high in sugar. When buying cereals try to choose those with no added sugars such as plain porridge or wheat based cereals (e.g. Weetabix).
- With festivals, celebrations or religious ceremonies it is hard to avoid sweets such as semolina (halwa) which are used as religious offerings. Similarly, Chinese sweets such as moon cake, candied fruits etc. are used in celebrations. Encourage the use of fresh fruits instead.

Carbohydrates – Use slow sugar releasing foods

Carbohydrates or starches are very important in your diet, as these release sugar in your body to make sure you have energy to do the things you need to do. These are contained in foods such as rice, flour and products made of these such as pasta, bread, chapatis/rotis, noodles etc. Some of the root vegetables such as potatoes, yam, and cassava are rich in carbohydrates too and therefore do not count as vegetables. Some of these foods release sugars very quickly so you feel energised quickly then feel tired after. To make sure you keep a balanced sugar level in your body it is better to **use slow sugar releasing foods** such as

- Brown rice
- Brown pasta
- Grainy bread such as granary bread or seeded batch bread
- Wholemeal flour for chapatis, fufu etc.
- Sugar free cereals such as porridge.

These foods also keep you full for longer and help you stop snacking in between meals.

Limit fatty foods

Some fat is important in the diet but as people grow older, being overweight can affect their mobility. Unsaturated fats can be beneficial to your heart, whereas **saturated fats could be detrimental to your cholesterol and your heart**. Saturated fats are found in animal products and processed foods, such as cream, cheese, butter, ghee, suet, lard, pastries and fatty meats. Foods like avocado, nuts, and vegetable oils and olive oils are also rich in fat but these are mostly unsaturated. You can have limited amounts of these.

The multi-ethnic diets can be rich in fatty foods such as fried plantains, springrolls, pakoras, samosas, varas, momos, puris, akara, mandazi etc.

- As far as possible, find alternatives to frying.
- Look for recipes which involve grilling, steaming, boiling, microwaving and baking instead.
- If you need to use oil, use small amounts or oil sprays.
- Use only tiny amounts of ghee (clarified butter) in your food,
- Use olive oil and rapeseed oils as they are low in saturated fats.
- Choose lean meat and fish.
- Use skimmed or semi skimmed milk.
- Avoid cream and full fat cheese, choose low fat yoghurts and low fat cheese.
- Swap creamy sauces and curries for tomato based ones.
- Check the food labels to buy low fat alternatives.

Proteins are important in your diet

Proteins help to build your body and muscle tissues. Meat, fish, eggs and pulses are good sources of proteins. They also provide other essential nutrients. Pulses can count as 1 of your 5 a day.

If you eat fish it is recommended to eat 2 portions a week with one being oily (such as salmon or mackerel <http://www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx#oily>). Oily fish are rich in Omega 3 fatty acids and Vitamin D which help older people fight infections and help with memory.

Although some red meat helps to build iron levels and is also a good source of Vitamin B12 (which helps in making red blood cells and keeps your energy levels up), you should **limit how much of red meat and processed meat you eat** as they have been linked with the development of Bowel Cancer. Processed foods such as bacon, sausages, pies etc. have some proteins but are very rich in saturated fats and should therefore be limited. Just 2 sausages can provide 10g saturated fat – half a woman's maximum daily saturated fat allowance.

The Department of Health suggests that people who eat more than 90g (cooked weight) of red and processed meat a day should cut down to 70g. You can eat white meat (e.g. Chicken) instead. Choose lean meat over fatty ones. Bulk up your meat portions with vegetables.

For Vegetarians

Many minority ethnic community members migrating from the Indian subcontinent tend to be vegetarian and therefore do not eat any food containing eggs, meat or fish. In this case it is important for them to supplement the protein content with pulses. These include any forms of dhals, lentils, tofu, soya, nuts, beans, barley, baked beans, black-eyed peas, garden peas, runner beans, chickpeas (chole), broad beans, kidney beans (rajma), and butter beans. Pulses are also a good source of iron.



Note: Quorn products are also rich protein sources and can be considered to be a good meat substitute. However, Quorn is not suitable for those who do not eat eggs as albumen is used in the binding process.

For those who are not vegetarian, pulses can be an additional source of protein to meat. You can add pulses to soups, casseroles and meat sauces to add extra texture and flavour. Adding pulses means you can reduce on adding meat and therefore your meals can be less fatty.

One portion is:

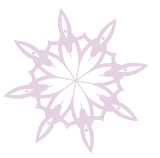
Fish: 140g

Meat: 70g of red or processed meat

Beans/pulses/ vegetables: 2-3 heaped tablespoons



Portion sizes for meat, and vegetables



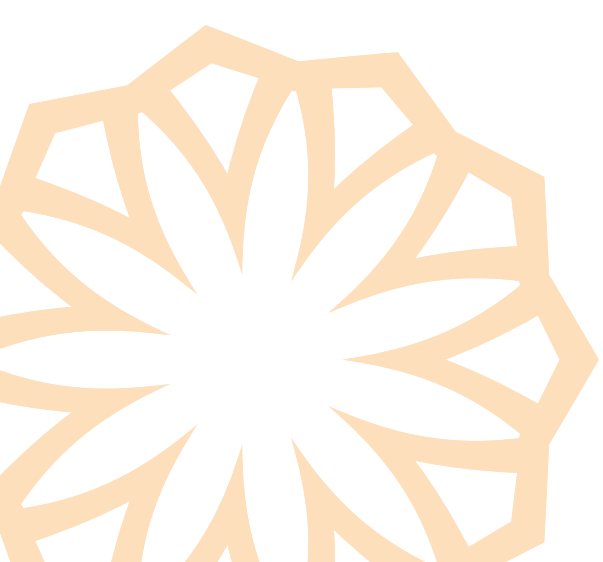
Milk and Dairy Products are important

Milk and dairy products are an essential source of protein and calcium in your diet and therefore very important for the ageing population. However, they can also be high in fat content. Therefore care should be taken to avoid the fatty alternatives. Skimmed or semi-skimmed milk contain as much nutrient as full fat milk, but less fat. They may taste different but with time people get used to the taste and consistency.

Cheese and cheese products can be high in salt content (e.g. Haloumi cheese or some paneers), therefore when using in food try to limit these and avoid adding more salt (more than 1.5g salt per 100g is considered high). Most cheeses contain between 20g and 40g of fat per 100g. Foods that contain more than 17.5g of fat per 100g are considered high in fat. Reduced-fat hard cheeses usually contain between 10g and 16g of fat per 100g. Cheeses such as reduced fat cottage cheese or quark are even lower in fat (3g of fat per 100g or less). Quark can be a great alternative for cream cheese or double cream.

Butter and creams are very rich in fat. Use low fat spreads and plain yoghurt instead.

Note: Some low fat products such as yoghurts can contain gelatine which is not suitable for vegetarians



Drink alcohol moderately only

Although some minority ethnic community members do not take alcohol, others do. Alcohol can affect not only the way we think but also our medical conditions and efficiency of the medications we take. **It is advisable not to drink every day.**

The NHS recommends that:

- Men should not regularly drink more than 3-4 units of alcohol a day.
- Women should not regularly drink more than 2-3 units a day.
- If you've had a heavy drinking session, avoid alcohol for 48 hours.

One unit of alcohol is 10 ml (8g) of alcohol and one bottle of wine contains about 10 units. A large (35ml) whisky is 1.4 units.

Snacking

When we are not busy we tend to want to snack more often. If we want to maintain good health we should try to stop snacking between meals. It is better to have smaller meals more often to keep our energy levels constant and hunger pangs at bay. If we want a snack, we should avoid easy foods such as crisps, chewra, peanuts, samosas, mandazi, plantain chips, biscuits, cakes etc. which are rich in fat, starches and sugars. Instead we can opt for healthier snacks such as:

- fruits
- salads
- vegetables cut into chip shapes with a low fat dip
- salt-free baked vegetable/fruit crisps e.g. parsnips crisps
- Steamed dumplings
- Baked samosas or spring rolls
- Steamed low fat Khaman Dhokla (gram flour snack)

Many healthy snacking alternatives are available online

Tips:

Plan ahead to make sure you have healthy options in your cupboard and fridge

- Prepare snacks or small meals in bulk and refrigerate or freeze in small portions
- Cut fruits such as bananas, pineapples, mangoes etc. into small portions and freeze in small containers. Eat frozen fruits if you can so you can enjoy them slowly for longer.
- Frozen berries make a good healthy snack.

Food labels

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (343g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 310 | Calories from Fat 60 |
| % Daily Value* | |
| Total Fat 6g | 9% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 63g | 21% |
| Dietary Fiber 7g | 28% |
| Sugars 23g | |
| Protein 5g | |
| Vitamin A 15% | Vitamin C 6% |
| Calcium 30% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |

| Each 1/2 pack serving contains | | | | |
|--|-------------|--------------|--------------|-------------|
| MED | LOW | MED | HIGH | MED |
| Calories | Sugar | Fat | Sat Fat | Salt |
| 353 | 0.9g | 20.3g | 10.8g | 1.1g |
| 18% | 1% | 29% | 54% | 18% |
| of your guideline daily amount | | | | |
| <small>Source: Food Standards Agency</small> | | | | |

Example of a food label

Most pre-packed foods have a label on the back or side of the packaging to inform us about the nutrient content.

These labels include information on how much energy (in kilojoules (kJ) and kilocalories (kcal) usually referred to as calories) contained in the food. They also give information on fat, saturated fat, carbohydrate, sugars, fibre, salt content, vitamin content etc.

Most nutrition information is provided per 100 grams and sometimes per portion of the food

Information on how much the daily recommended intake for adults or children for each of these components is also included on some products. On average an adult needs 2000 calories of energy. This information can help you to decide if you can take the food or whether taking this food will exceed your daily allowance. You can therefore use nutrition labels to help you choose a more balanced diet.

The big supermarkets and many food manufacturers display colour-coded nutrition information on the front of most pre-packaged food and drink. This is very useful when you want to compare different food products at a glance. You will often find a mixture of red, amber and green colours; if you want to make a healthier choice try to go for more greens and ambers, and fewer reds.

The components that you particularly need to note include saturated fats, sugar and salt contents. If you are trying to maintain a healthy diet, you need to opt for foods with low saturated fats and sugar contents as well as low salt options.

- Red means high, these are the foods and drinks we should cut down on. Try to have these less often and in small amounts.
- Amber means medium, so you can have foods and drinks with mostly ambers on the label most of the time.
- Green means low, the more greens on the label, the healthier the choice.

For more information on food labelling please visit <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx><http://www.foodstandards.gov.scot/food-safety-standards/labelling/understanding-food-labels>

Cooking for one

If you live alone, cooking a full meal may feel challenging or uninspiring. This does not mean that you have to have boring suppers. You can treat yourself to extra special healthy recipes by turning cooking into a hobby. You can cook smaller portions of the same meals that you would cook for a family. The majority of BME older people have very good cooking skills and can easily cook small portions.

Alternatively, you can cook extra and freeze foods to use on a day that you do not feel like cooking. Soups, curries and casseroles freeze well. When freezing food you should do so on the same day that you have prepared the food. Try to freeze the food as soon as the prepared food has cooled down to help prolong its freshness. The longer you wait to freeze cooked food, the more chances of contamination. Freeze foods in single portions as you should not re-freeze defrosted foods. It is very important to make sure that you reheat the food well when you defrost it to make sure that it is heated evenly and any microbes are eliminated.

Multi-Ethnic diets

Food from around the world offers us diversity in our meals. It can be very beneficial to our health if we understand what we are eating. As people migrate to the UK they adapt to the UK lifestyle. Studies show that minority ethnic people tend to have Westernised breakfasts (cereals, English breakfasts, toasts etc.) and lunches (Sandwiches, Burgers, Pastas etc.) but traditional dinners (Indian, Chinese, African, Caribbean etc.). However, as people grow older and have more time to prepare food, they tend to have ethnic diets for lunch and dinner, with lunches being heavier meals than dinners. If this diet is high in salt, carbohydrates and fats, combined with decreased physical activity, this can lead to an unhealthy lifestyle.

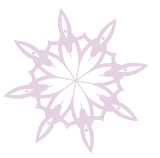
The South Asian Diet

Type 2 diabetes is up to 6 times more common in people of South Asian origin. South Asians with Type 2 diabetes are at increased risk of cardiovascular problems and associated conditions, such as high blood pressure, heart attacks and high cholesterol and have higher mortality rates⁷.

South Asian food is very varied depending on the cultural practices of the area it originates from. However, there are many similarities across the areas.

| South Asian Diet | |
|---|---|
| Advantages | Disadvantages |
| It is rich in grains – high in fibre and less animal protein. | Much of the food is prepared with ghee (clarified butter) or is fried or sautéed. |
| Diet is rich in Fruits and Vegetables | Coconut oil and milk, which are high in saturated fat, are also used often. |
| Spices add flavour reducing the need for salt. | Sugar (jiggery) often used in cooking. |

⁷ Gholap N et al. (2011) Type 2 diabetes and cardiovascular disease in South Asians. Primary care diabetes 5(1):45-56



Things you can do to improve your diet

Many people argue that low fat Asian food does not taste good. The trick is to use fresh ingredients, as much dried spices as you want and cook your food just before you need to eat.

- Start with salads or yogurt with chopped or shredded vegetables.
- Choose chicken or seafood rather than beef or lamb.
- Choose dishes prepared without ghee.
- In a restaurant, order one protein and one vegetable dish to cut down the saturated fat and calories.
- Make your own sauces as shops bought sauces are very oily.

| Alternatives | |
|--|---|
| Things to limit | Swap for |
| Samosas, Pakoras | Popodoms/Papars/Dhokla |
| Korma or Passanda | Tikka Masala (roasted in an oven with mild spices) or Tandoori Masala (marinated in spices and baked in a tandoor, or clay oven). |
| Sauced or fried rice dishes or Mattar pulao (rice pilaf with peas) | Steamed Fragrant rice |
| Parathas or pooris (fried breads) | Thin, small chapatis and small naan breads |
| Aloo Paratha | Gobhi Paratha |
| Dhal with ghee | Dhal without ghee |
| Traditional Kitchdi | Khitchdi made with Moong dhal without using ghee |
| Medu Wada | Idli Wada |
| Tinned Mango Pulp | Fresh Mango slices or fruit salad |
| Rasmalai/Kheer | Shrikhand made with low fat yoghurt or fruit salad |

Chinese and East Asian diet

The traditional (and healthy) Chinese diet is mainly vegetarian, with meat products making up only 20% of it. This diet consists of stir-fried vegetables, steamed rice, soy products, fresh ginger, garlic and bean curd. Traditional Chinese dishes are also steamed, lightly stir-fried in peanut oil or braised. However, it has evolved with time and Chinese food in the UK is often associated with deep fried dishes such as prawn toast, spring rolls and meats cooked in batter. Some sauces such as Soy sauce and Fish Sauce can be rich in salt.

Chinese food can be very healthy.

1. Stir frying is good as it retains the nutrients of the ingredients due to the quick cooking method. Use a small amount of oil, lean meat or fish and lots of seasonal veggies for a delicious supper.
2. Use plenty of garlic, ginger and chillies as - garlic is good for the heart, ginger aids digestion and chillies are full of vitamins.
3. Dim-sums are not only delicious and simple to make using bought wonton skins or using simple dumpling dough, but they are healthy.
4. Soups are rich in nutrients and keep you feeling full longer. If you make your soups with bones and/or combinations of vegetables, then even small portions will be rich in vitamins and minerals. The warm temperature of soup (like tea) can improve the entire digestive process.
5. Make your sauce from scratch as it is healthier than the shop bought ones and you can control the amount of sodium (salt) and sugar that you put into it.
6. To deepen flavours and enrich stews and stocks, use dried ingredients, such as mushrooms, shrimps, clams, herbs and spices. These are great natural flavour enhancers, avoiding the need for MSG.
7. Be aware of what you're eating, and keep it balanced. Sugar, salt and fats are OK in small, balanced amounts - but don't overdo it. Get your sugar hit from fresh fruit.



8. Buy lean poultry and sustainable fish and shellfish. Watch the amount of red meat you consume and always buy organic meats if possible.
9. Choose rice noodles or mung bean noodles if you want to watch the amount of carbohydrates you consume and opt for fibre-rich brown rice over white refined rice.
10. Drink green tea. Green tea eliminates toxins, aids digestion and allays hunger. Scientists have found that it also fights free radicals, which causes cancer and heart disease.



| Things to Limit | Swap for |
|---|---|
| Spring rolls, prawn toasts | Grilled chicken, steamed dumplings or light soups |
| Sweet and Sour fish | Steamed ginger fish with vegetables |
| Fried Rice | Steamed rice with stir fried vegetables using minimal oil |
| Fried Chilli Chicken | Boiled Shrimp |
| Fried Noodles | Boiled noodles in soups or with stir-fries |
| Deep fried chilli sauces | Home made fresh chilli sauces (with less salt, sugar and oil) |
| High salt soy sauce | Low salt soy sauce |
| Noodles with white flour | Noodles with whole meal flour |
| White rice | Brown rice |
| Fatty protein sources such as red meat/pork belly | Low fat alternatives such as Quorn, soy or tofu |

African and Caribbean diet

People from the African and Caribbean Community are 3 times more likely to develop type 2 diabetes, 3 times more likely to develop heart disease and 2.4 times more likely to have a stroke.

African and Caribbean diet tends to be rich in meat and starchy foods like yams, sweet potatoes, plantain, cassava, beans etc. but it can be healthy as it uses a lot of grilling and barbequing techniques. One of the main issues with the diet is that portion sizes can be traditionally generous; these have to be controlled for a healthy diet. The use of fatty meat and products can also help build up cholesterol leading to heart problems.

| Limit | Swap for |
|--|---|
| Fatty foods such as butter, coconut oil, coconut milk, coconut cream, palm oil or lard | Use rapeseed, olive, corn or sunflower oil in limited amounts |
| Salt fish | Use fresh and preferably oily fish |
| Fried foods such as fried chicken, fried beef or offal, beef jerky, pineapple fritters etc. | Grill, bake or barbeque the same food using low calorie oil sprays if necessary |
| Meat with high fat content such as chicken with skin on, chicken/cow/pig feet, cow tongue, pig/ox tail, spare ribs | Use the leanest cuts of meat possible and trim any visible fat/skin before cooking. For example if cooking goat meat, remove any visible fat and cut into bite sized chunks |
| Red meat | Use fish, white meat, Quorn or soya |
| Processed meats e.g. sausages which are very high in saturated fats | Use small portions of fresh meat |
| Full cream milk, condensed or evaporated milk | Choose lower fat dairy products such as skimmed, 1% or semi-skimmed milk |
| Pastries such as puff pastry, samosas, fried spring onions | Use fajita wraps to wrap meats instead. |
| Creams or coconut milk in foods | Low fat yoghurts or crème fraiche |
| Fried snack foods such as plantain chips, madazi, and dumplings. | Use grilled plantains, baked mandazi, make fresh fruit salads. Sprinkle with spices to make more interesting |

http://www.eatingwell.com/recipes_menus/collections/healthy_african_recipes

Your fitness and exercise

In addition to having a good diet, having a good exercise routine is very important for a healthy lifestyle. People should aim to stay active for 30 minutes, 5 days a week. There are 2 types of exercise: aerobic exercise and muscle building exercise. With Aerobic exercise you will be out of breath and your heart rate will go up quite a bit. You won't be able to say more than a few words without pausing for a breath. Muscle-strengthening exercises are counted in repetitions and sets such as squats, press-ups etc.

Traditionally people from minority ethnic backgrounds do not tend to exercise regularly. This combined with moving to colder climates makes exercising not a favourable option. Many adults in the UK spend more than seven hours a day sitting or lying down, and this usually increases with age to 10 hours or more. **However, research has suggested that remaining seated for too long is bad for your health, regardless of how much exercise you do.** People who have a tendency to sit for long periods can not only become overweight and obese but can also develop type 2 diabetes, some types of cancer, and premature death. This is because your metabolism is reduced and this affects the body's ability to regulate blood sugar, blood pressure and break down body fat.

To lose 100 calories you can:

- Clean the house for 25 minutes*
- Decorate the house for 33 minutes*
- Garden (dig) for 12 minutes*
- Garden (weeding) for 28 minutes*
- Iron for 50 minutes*
- Jog (slowly) for 12 minutes*
- Shop for 25 minutes*
- Climb stairs for 9 minutes*
- Swim (slowly) for 12 minutes*
- Vacuum for 22 minutes*
- Walk (slowly) for 25 minutes*
- Wash dishes for 50 minutes*

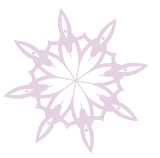
Exercise can help in weight-loss but is also very important in making you feel fit. You don't have to join the gym to exercise. There are many types of exercises you can do at home, or as part of your daily routine.

Walking is one of the best exercises one can do. If you are able to walk, walking for 20 to 30 minutes at a pace where you are slightly out of breath helps you pump up your lungs and increase your body's metabolism. You don't have to go outside to walk. You can even walk continuously within your house and use the stairs or steps as often as possible to establish a routine.

If you are unable to walk, simple Yoga or Taichi exercises can also help with increasing fitness levels. Squats are very good to help tone muscles. Learning how to control your breathing can help aerobic activity and boost metabolic rates. Another effective exercise is swimming. If you have access to your local swimming pool, aqua aerobic exercise sessions can help, particularly if you have joint problems. Water supports your body so that your joints are protected when moving. Of course if you can join a club to practise sports or other active classes (e.g. badminton, boules, walking, running etc), then this will help tremendously. If you feel there is an activity that you would like to take on which does not exist in your area e.g Kabadi, African Dancing, Dandia or Bhangra sessions, speak to your local council, there may be help available to set up such sessions.

Other simple home tasks can also help you get fit and lose weight. You should try to:

- **avoid sitting for long periods in front of a TV or computer**
- stand up and move during TV advert breaks
- stand or walk while on the phone
- use the stairs as much as possible
- take up active hobbies such as gardening and DIY
- take up active play with the grandchildren
- do most types of housework.



NHS Guidelines⁸

Older adults aged 65 or older, who are generally fit and have no health conditions that limit their mobility, should try to be active daily and should do:

At least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity such as cycling or fast walking every week, and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

OR

75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic activity such as running or a game of singles tennis every week, and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

OR

An equivalent mix of moderate and vigorous-intensity aerobic activity every week (for example two 30-minute runs plus 30 minutes of fast walking), and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

Weight management

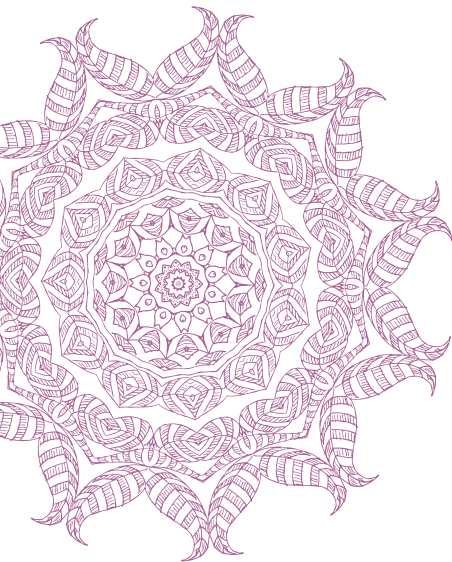
If you want to lose weight, you have to use up more calories than you take in. This means that you have to do more exercise depending on how much you eat. You need to speak to your doctor and your nutritionist to discuss this. You may be able to be referred to exercise groups and weight loss clubs suitable for you.

However, as a guide,

- A man over 50 who is not physically active needs about 2000 calories a day.
- If you walk slowly for 25 minutes a day this helps you to lose 100 calories.
- A 25g packet of crisps on average contains 130 calories, while a pack of baked crisps can be 102 calories almost the same as a bar of Kit Kat (107 calories),
- An average serving (60g) of carrots contains only 25 calories.

Note: If you have been advised to gain weight, then please speak to your GP or Dietician. As well as increasing your food intake there are also a range of fortified food and drinks which are sometime available on prescription. When trying to gain weight, the goal is to increase your calories whilst **continuing to exercise and being as active as you can be.**

⁸ <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-older-adults.aspx>



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