**Functions of Food**

- **Fats**: Provides energy. Source: Avocados, eggs, fish.
- **Carbohydrates**: Provides energy. Source: Bread, potatoes.
- **Proteins**: Builds and repairs the body. Source: Meat, nuts.
- **Minerals**: Help the body grow, develop and stay healthy. Source: Variety of foods: nuts, vegetables.
- **Vitamins**: Note: *Micro-Nutrients are needed in smaller amounts in the body.* *Macro-Nutrients are needed in large amounts by the body.*

**Nutrients**

<table>
<thead>
<tr>
<th>Macro/Micro</th>
<th>Nutrient</th>
<th>Function</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macro-Nutrient</td>
<td>Fats</td>
<td>Provides energy.</td>
<td>Avocados, eggs, fish</td>
</tr>
<tr>
<td>Macro-Nutrient</td>
<td>Carbohydrates</td>
<td>Provides energy.</td>
<td>Bread, potatoes.</td>
</tr>
<tr>
<td>Macro-Nutrient</td>
<td>Proteins</td>
<td>Builds and repairs the body.</td>
<td>Meat, nuts.</td>
</tr>
<tr>
<td>Micro-Nutrient</td>
<td>Vitamins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Food Groups

1. Vegetables
2. Cereals, Cereal Products (preferably wholegrain) and potatoes
3. Fruits
4. Milk and Milk Products
5. Lean Meat, Fish, Poultry, Eggs, Legumes, Nuts and Seeds
6. Fats and Oils

Vegetables

- Pumpkin
- Spinach
- Cabbages
- Onions
- Lettuce
- Carrots
- Broccoli
- Marrows
- Mushrooms
- Cauliflower (and more)

At least 3-5 servings daily
2. Cereals, Cereal Products (preferably wholegrain) and Potatoes

- Bread
- Pasta
- Cereal
- Potatoes
- Oats (and more)

At least 3-4 servings daily

3. Fruits

- Strawberries
- Banana
- Cherries
- Grapes
- Apples
- Peaches
- Watermelon
- Oranges
- Pears (and more)

At least 2-3 servings daily
4. Milk and Milk Products

- Cheese
- Milk
- Yoghurt
- Ricotta
- Mozzarella
- Cheeselets (and more)

At least 2 servings daily

5. Lean meat, fish, poultry, eggs, legumes, nuts and seeds.

- Lean meat – meat that contains no visible fat
- Poultry – ‘birds’ e.g. chicken, turkey and duck
- Legumes – dried, beans, peas

Fish: 2 or more servings a week,
Red Meat: less than twice a week,
Eggs: 2–4 servings a week
Fats and Oils

- Olive Oil
- Sunflower Oil
- Canola oil (and more)

AVOID
The Healthy Plate
A guide for eating throughout life

Select a variety of nutritious foods from each food group every day.
Drink plenty of water. Keep active. Reduce sitting time. Enjoy your meals with family and friends.

Cereals, cereal products (preferably wholegrain) and potatoes

Milk and milk products

Vegetables

Water

Fruit

Lean meat, fish, poultry, eggs, legumes, nuts and seeds

Fats and oils

Herbs and Spices

Limit your intake

Limit your intake

Children should not be allowed to drink alcohol
Guidlines accompanying the Healthy Plate:

1. The importance of drinking water daily (about 1.5 – 2.0 litres) and intake should increase in hot weather and with increased activity. Also try to avoid flavoured water or sweetened drinks.

2. Do physical activity daily. Engage in at least 30 minutes of moderate intensity physical activity, such as brisk walking, swimming and cycling, on most days of the week.

3. Adults should limit alcohol intake while children below the age of 17 should not be allowed to drink alcohol.

4. Limit or avoid intake of high fatty, sugary, salty foods.

5. Make use of herbs and spices to flavour dishes and refrain from using salt, saturated fats and free sugars.

The Maltese Dietary Guidelines

1. Choose a variety of fresh, local and seasonal foods instead of processed foods.

2. Eat vegetables and fruits of different colours every day.

3. Eat more high-fibre foods by making regular use of legumes, wholegrain cereals, nuts and seeds.

4. Eat small amounts of meat, preferably white and lean. Eat fish and seafood more often.

5. Limit your intake of saturated and trans fats and make use of olive oil in moderate amounts.
Home Economics Form 1

6. Make moderate use of eggs. Choose milk and dairy products that are low in fat with no added sugar.

7. Flavour food with spices and herbs (preferably fresh) instead of salt.

8. Limit your intake of sugary foods, energy drinks and other beverages with added sugar.

9. Prepare homemade foods using healthy methods of cooking such as steaming, baking and grilling. Enjoy your meals with your family and friends.

10. Be physically active every day and drink at least 2 liters of water daily.

11. Avoid smoking and limit alcohol consumption. Alcohol is not allowed for children or pregnant women.

12. Babies should be breastfed for at least the first six months of their life, if possible.

The CINDI Dietary Guidelines

1. Eat a nutritious diet based on a variety of foods originating mainly from plants, rather than animals.

2. Eat bread, grains, pasta, rice or potatoes several times per day.

3. Eat a variety of vegetables and fruits, preferably fresh and local, several times per day (at least 400 g per day).

4. Maintain body weight between the recommended limits (a BMI of 20–25) by taking moderate levels of physical activity, preferably daily.

5. Control fat intake (not more than 30% of daily energy) and replace most saturated fats with unsaturated vegetable oils or soft margarines.

6. Replace fatty meat and meat products with beans, legumes, lentils, fish, poultry or lean meat.
7. Use milk and dairy products (kefir, sour milk, yoghurt and cheese) that are low in both fat and salt.

8. Select foods that are low in sugar, and eat refined sugar sparingly, limiting the frequency of sugary drinks and sweets.

9. Choose a low-salt diet. Total salt intake should not be more than one teaspoon (6 g) per day, including the salt in bread and processed, cured and preserved foods. (Salt iodization should be universal where iodine deficiency is endemic.)

10. If alcohol is consumed, limit intake to no more than 2 drinks (each containing 10 g of alcohol) per day.

11. Prepare food in a safe and hygienic way. Steam, bake, boil or microwave to help reduce the amount of added fat.

12. Promote exclusive breastfeeding and the introduction of safe and adequate complementary foods from the age of about 6 months, but not before 4 months, while breastfeeding continues during the first years of life.

Six Quick Guidelines

<table>
<thead>
<tr>
<th>Guideline</th>
<th>Helps to Prevent</th>
<th>But What Is It?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat Less Sugar</td>
<td>Diabetes</td>
<td>High levels of sugars in the blood because of body’s inability to break it down.</td>
</tr>
<tr>
<td>Eat Less Salt</td>
<td>Hypertension (High Blood Pressure)</td>
<td>The force of your blood pushing against the walls of your blood vessels, is too high.</td>
</tr>
<tr>
<td>Eat Less Fat</td>
<td>Obesity and Overweight</td>
<td>Excess body fat accumulated to the extent that it may have a negative effect on health.</td>
</tr>
</tbody>
</table>
Eat More Fibre | Constipation | The difficulty in emptying the bowels, usually associated with hardened faeces.
---|---|---
Drink Less Alcohol | Liver Problems | Liver problems vary such as having fat or inflammation around the liver.
Drink More Water | Dehydration | A harmful reduction in the amount of water in the body.

**Six Quick Guidelines: Put into Practice**

<table>
<thead>
<tr>
<th>Less Salt</th>
<th>Less Fat</th>
<th>Less Sugar</th>
</tr>
</thead>
</table>
| • Avoid adding salt to dishes.  
• Use herbs and spices to give flavour.  
• Opt for fresh foods rather than using foods with preservatives.  
• Snack on fruits and vegetables instead of salted snacks such as salted nuts and crisps.  
• Avoid using the flavouring cubes since salt is a large component. | • Trim visible from meats.  
• Choose white meats instead of red ones.  
• Avoid consuming fast foods.  
• Avoid consuming items with invisible fat such as cakes and biscuits.  
• Opt from grilling and baking rather than frying.  
• Choose low fat food items such as skimmed milk instead of full fat milk. | • Eat more fruits especially for desserts rather than choosing high sugar foods.  
• Reduce the amounts of sugary drinks consumed.  
• Choose fresh fruits instead of canned ones.  
• Reduce the sugar in cakes and biscuits and use dried fruits instead.  
• Avoid adding sugar with teas and coffees. |

<table>
<thead>
<tr>
<th>More Fibre</th>
<th>More Water</th>
<th>Less Alcohol</th>
</tr>
</thead>
</table>
| • Add bran to soups and other dishes.  
• Eat fruits and vegetables with skin on where possible.  
• Opt for wholemeal breads and cereals. | • Opt for 2 litres per day.  
• Distribute the amount to 8 glasses throughout the day.  
• Infuse water with natural sources such as strawberries and cucumbers. | • Limit the intake of alcohol. |