USE OF FOOD GUIDE FOR MEAL PLANNING
Introduction

The **amount** and type of food that we eat on a daily basis is very important to both health and performance.

A good diet helps our bodies to stay **healthy** and gives us the **energy** that we need to exercise.

Like a car, our bodies rely on the **‘fuel’** that we put into our ‘tank’.

Using the wrong type or amount of fuel can seriously affect how our bodies **perform**.
What is food guide?

• It’s a practical tool in meal planning & evaluation

• It’s a guide that helps us to make healthy food choices

• It tells us all the food groups our bodies need & how many servings of each group we need
How to plan a meal?

• Include foods from each of the five broad food groups

• Choose minimum number of servings from each group

• Make choices within each group

• Include one food from the protein group in each meal

• Use seasonal foods
Why to use food guide?

- Used to plan a meals
- One can meet the dietary needs of different members of the family
- Evaluate the present dietary & modify it
- Check the diet plans of institutions
Planning budget

- Planning helps to make the best use of money to meet the needs of family members

- Make daily menus for a week & base the food purchase

- Steps help in best returns for the food money

- Buying the staple foods in bulk just after harvest

- Buying milk & milk products from government dairy outlets
• Buy fruits & vegetables from main market

• Buy sugar, jaggery, spices & oil in bulk from wholesaler

• Make butter & ghee at home

• Prepare spice mix at home

• Buy seasonal fruits & vegetables
Nutrition education

- Is a systematically planned set of activities

- Nutrition Education is an essential component to improve the nutritional status of a population and is crucial for the well being of people in general
• Influence public policies and promote access to a variety of nutritious food

• Develop personal skills and motivation to adopt healthy eating practices.

• Develop nutrition advisory services and nutrition education of the public.

• Participate in co-ordinated community nutrition programme.

• Improve nutritional status/ level in the community.
Nutrition education is so….
EXCITING & CHALLENGING

What the food system supplies:
- All the basic foods in abundance
- Fast foods high in fat, sugar and salt
- Sweetened beverages
- Large portions

What people want:
- Familiar
- Easy (to buy, prepare & eat)
- Tasty food
- Good value
- For money (cheap)
- healthy

What nutritional educator recommends:
- More fruits and vegetables
- More whole & less processed grains
- Variety
- Less fat
- Sugar & sodium
- Balanced food & physical activity
Fallacies

• False or wrong idea
• Food quacks exploit the ignorance to sell their product
• Ignorance of basic scientific information about the subject
• Nutrition related myths, fads, and quackery promoting unscientific concepts that can cause public confusion and lead consumers to make unwise purchases, or jeopardize health. Exploits fears and false hopes
Examples

Cooking or processing vegetables results in loss of nutrients

Whereas it improves texture & flavour of vegetables

Water is FATTENING

It has no energy value
It cannot be converted into fat
Misconceptions

- Potatoes are fattening
- Jaggery contributes more nutrients than white sugar in the diet
- Sucrose is injurious to health
Selection of food

- **Natural foods**: Purest form, grown without chemical fertilizers, pesticides or herbicide
- **Organic foods**: No added chemicals, preservatives, emulsifiers or antioxidants
- **Health foods**: Food provides nutrients needed