

Beslenme Diyetetikte Güncel Konular

Beslenme Rehberi- 3

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Sebze ve Meyveler

Porsiyon örnekleri var



- Tabağın yaklaşık 1/3'ü meyve ve sebzelerden oluşmalı.
- Günde en az 5 porsiyon meyve ve sebze tüketilmeli
- Meyve suyu 150mL ile sınırlandırılmalı

Patates, ekme k, piri ng, makarna ve di er ni astalı karbonhidratlar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Starchy food is a really important part of a healthy diet and should make up just over a third of the food we eat. Choose higher fibre, wholegrain varieties when you can by purchasing wholemeal pasta, brown rice, or simply leaving the skins on potatoes.

Base your meals around starchy carbohydrate foods. So, you could:

- start the day with a wholegrain breakfast cereal, choose one lower in salt and sugars
- have a sandwich for lunch
- enjoy the day with potatoes, pasta or rice as a base for your evening meal

Some people think starchy food is fattening, but grain for grain it contains less than half the calories of fat. You just need to watch the fats you add when you're cooking and serving this sort of food, because that's what increases the calorie content.

Wholegrain food contains more fibre than white or refined starchy food, and often more of other nutrients. The old saying 'wholegrain food moves slowly' so it can help us feel full for longer. Wholegrain food includes wholemeal and wholegrain bread, pasta and cereals, wholemeal pasta, brown rice, wholegrain breakfast cereals and wholemeal crisps. Remember, you can purchase high fibre varieties, unbranched versions of bread and pasta which will help to increase your fibre intake as a free for substitute of your family favourites.



• Tabađın 1/3'ünü oluŐturmalı

• Tam tahıllı  r n t ketime vurgu

➢ Neden tam tahıllı

➢ Diyetle tam tahıllı yiyecek t ketim  nerileri.


S t ve s t  r nleri

Dairy and alternatives

Try to have some milk and dairy food (or dairy alternatives) – such as cheese, yoghurt and fromage frais.

These are good sources of protein and vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Some dairy food can be high in fat and saturated fat, but there are plenty of lower-fat options to choose from.

Go for lower fat and lower sugar products where possible. For example, why not try 1% fat milk which contains about half the fat of semi-skimmed milk without a noticeable change in taste or texture? Or reduced fat cheese which is also widely available. Or you could have just a smaller amount of the full fat varieties less often. When buying dairy alternatives, go for unsweetened, calcium-fortified versions.



• D Ő k yađlı, Őekersiz yada az Őekerli  r nlerin t ketime vurgu

• Porsiyon?

Beans, pulses, fish, eggs, meat and other proteins

These foods are sources of protein, vitamins and minerals, so it's important to eat some foods from this group.

Beans, peas and lentils (which are all types of pulses) are good alternatives to meat because they're naturally very low in fat, and they're high in fibre, protein, vitamins and minerals. Pulses, if prepared the way you sometimes see, are often eaten with grains or cereals and include foods like soups, chickpeas, bean and onion. Other vegetarian/vegan sources of protein include tofu, lentil, nut and soy products. All of which are widely available in most shops.

Aim for at least two portions (2 x 140g) of fat-a-week, including a portion of oily fish. Most people should be eating more fish, but there are recommended limits for oily fish, cods and some types of shell fish. For more information on fish, please see www.nhs.uk/health/020605/020605pages/fish-health.html. Also www.nhs.uk for more guidance on sustainably sourced fish.

Some types of meat are high in fat, particularly saturated fat. So when you're buying meat, remember that the type of cut of meat product you choose, and how you cook it, can make a big difference. To cut down on fat, choose lean cuts of meat and go for leaner meats, cut the fat off of meat and the skin off of chicken, try to grill meat and fat instead of frying and bake a烤ed or roasted leg instead of roast. If you eat more than 30g of red or processed meat per day, try to cut down to no more than 10g per day. The term 'processed meat' includes sausages, bacon, cured meats and reformed meat products.



- Kırmızı et
- Tavuk, hindi-k mes hayvanları
- Balık
- Yumurta
- Baklagiller
- Yađlı tohumlar

Et ve iŐlenmiŐ et  r nleri t ketime g nde 70 gram ile sınırlanmalıdır.

Haftada 2 kere balık (2x140 gram) ve 1 y yađlı balık olmalı

Besin grubundaki besinler sınırlanmıŐ ancak her biri i in porsiyon  l Ő  verilmemiŐ

Yađlar


Oils and spreads

Although some fat in the diet is essential, generally we are eating too much saturated fat and need to reduce our consumption.

Unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil, for example vegetable oil, rapeseed oil and olive oil. Sleeping to unsaturated fats will help to reduce cholesterol in the blood, therefore it is important to get most of our fat from unsaturated oils.

Choosing lower fat spreads, as opposed to butter, is a good way to reduce your saturated fat intake.

Remember that all types of fat are high in energy and should be limited in the diet.



• DoymuŐ yađ alımı azaltılmalı

➢ Nasıl azaltılır

➢ Azaltılmasının sađlık  zerine etkileri



Miktar?

Cutting down on saturated fat

Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease. Most people in the UK eat too much saturated fat. The average man should have no more than 30g saturated fat a day. The average woman should have no more than 20g saturated fat a day. Children should have less saturated fat than adults. But remember that a low-fat diet isn't suitable for children under five.

One of the easiest ways to cut down on saturated fat is to compare the labels on similar products and choose the one lower in saturated fat. Watch out for foods that are high in saturated fat, including fatty cuts of meat, sausages, butter, cream, cheese, chocolate, pastries, cakes and biscuits. You don't need to stop eating these foods altogether, but eating too much of these can make it easy to have more than the recommended maximum amount of saturated fat. To find out more, see www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx.

Erkeklerde 30g, kadınlarda 20 gramdan **doymuş** yağ alınmamalı

Yağ, tuz ve şekerde zengin yiyecekler

Foods high in fat, salt and sugars

This includes products such as chocolate, cakes, biscuits, full-sugar soft drinks, butter and ice-cream. These foods are not needed in the diet and so, if included, should only be done infrequently and in small amounts. If you consume these foods and drinks often, try to limit their consumption so you have them less often and in smaller amounts. Food and drinks high in fat and sugar contain lots of energy, particularly when you have large servings. Check the label and avoid foods which are high in fat, salt and sugar!



Tabakta yer almıyor ancak tüketilecekse çok nadiren ve küçük bir porsiyon olmalı

Şeker için günlük tüketim sınırı

Cutting down on sugar

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Ideally, no more than 5% of the energy we consume should come from free sugars*. Currently, children and adults across the UK are consuming 2-3 times that amount.

Age	Recommended maximum free sugars intake	Sugar cubes
4-6 years	No more than 19g/day	5 cubes
7-10 years	No more than 24g/day	6 cubes
From 11 years, including adults	No more than 30g/day	7 cubes

Many packaged foods and drinks contain surprisingly high amounts of free sugars* including some breakfast cereals, yoghurts and fruit juice drinks. Use the food label to help you choose foods lower in sugar. Swap sugary breakfast cereals for plain cereals such as plain porridge, wholewheat biscuit cereals, plain wheat or no added sugar muesli. Cereal bars often contain high levels of free sugars* too, so remember to check the label. Swap flavoured or cone-style yoghurts for low fat, lower sugar yoghurts, adding fresh fruit for variety.

Yetişkinler 30 gram ile sınırlanmıştır



- Tuz tüketimi günlük 6 gram ile sınırlanmıştır.

Besin değeri tablosu

ENERGY 924kJ 220kcal	FAT 13g	SATURATED 5.9g	SUGARS 0.8g	SALT 0.7g
15%	MED	HIGH	LOW	MED
	15%	5%	5%	12%

% of an adult reference intake.
Typical values per 100g Energy 924kJ/220kcal

Besin etiketi okuma =
Beslenme okur yazarlığı
?

NUTRITION	per 100g		per pack	
	per 100g	per pack	per 100g	per pack
Energy kJ	450	1345		
Energy kcal	105	315	2000	16%
Protein	7.9g	23.7g	45g	53%
Carbohydrate	8.8g	26.4g	230g	11%
of which sugars	1.2g	3.6g	90g	4%
Fat	4.2g	12.6g	70g	18%
of which saturates	2.7g	8.1g	20g	41%
Fibre	1.2g	3.6g	24g	15%
Sodium	0.24g	0.72g	2.4g	30%
Equivalent as salt	0.60g	1.80g	6g	30%

GDA = Guideline daily amount

Çizelge 1. Gıda ve beslenme okuryazarlığının temel amaçları
Table 1. The main purpose of food and nutrition literacy

1. Gıda ve beslenme okuryazarlık düzeyini artırmak
2. Sağlıklı beslenmeye ilişkin beklentileri oluşturmak ve sürdürmek
3. Gıda ve beslenme bilgilerine ulaşabilmek ve etkili biçimde kullanabilmek
4. Sağlıklı beslenmeyi ve tüketimini sürdürmek
5. Sağlıklı beslenmeyi sürdürülebilirlik için doğru davranışlarda bulunabilmek
6. Yiyecek ve içeceklerin hazırlanması, paketlenmesi ve saklanması ile ilgili beklentileri sahip olmak
7. Enerji ve besin alımı gereksinimleri doğru olarak belirleyebilmek
8. Gıda ve beslenme sorunlarına ilişkin farkındalık oluşturmak
9. Gıda ve beslenme sistemlerinin geliştirilmesini desteklemek
10. Beslenmenin geleneksel, kültürel ve ekolojik boyutlarının farkına varılmasını sağlamak
11. Medyada yer alan mesajları eleştirel bir şekilde değerlendirebilmek
12. Besin etiketlerindeki enerji değerleri ve besin içeriği gibi bilgileri kullanabilmek
13. Beslenme eğilimlerini kabızlaşma artırmak ve yaygınlaştırmak
14. Gıda ve beslenme etiketlerindeki yanlış ve yanlış mesajları yorumlayabilmek
15. Yayınlanmayan etiketleri ve kuramsal bilgiyi açıklayabilmek

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