



You are what you eat

Your body is built from the foods you eat.

You need the right nutrients for healthy bones, muscles, digestion and brain.

What you eat can affect chances of developing several diseases.

And keep you feeling healthy and well into old age!

1. Mind Your Gut

Sarah Keogh Consultant
Dietitian

 @sarahkeoghrd





Fibre & Long-Term Health

79% of People in Ireland do not eat enough fibre.

Most people think that they eat enough.

Why is fibre important?

- Helps maintain a healthy weight.
- Helps prevent heart disease and cancer.
- Important for a healthy bowel.

Why do we miss out on fibre?



There is less fibre in food than most people think.

We need at least 25g of fibre a day for good health.

Fibre in common foods:

- Bowl high fibre cereal (3g)
- Piece of fruit (2g)
- Baked potato w/skin (2-3g)
- Slice brown bread (2g)

2. Build Your Bones

Sarah Keogh Consultant
Dietitian

 @sarahkeoghrd



Dairy Products

A source of calcium for strong bones and teeth.

Dairy products help to:

Protect against osteoporosis.

Lower blood pressure.

Maintain a healthy weight.



Dairy Products

Need 3 servings of dairy every day –
go for low fat options.

One serving is:

1 glass of milk

1 yogurt

1oz hard cheese



3. Balance Your Protein

Sarah Keogh Consultant
Dietitian

 @sarahkeoghrd



Meat, Fish & Alternatives

Includes

Meat
Fish
Chicken
Eggs
Beans
Nuts

Needed for:

Protein
Minerals
(Iron, Zinc,
Selenium)



Meat, Fish & Alternatives

Protein is
needed for:

Strong, healthy muscles and
bones
Energy
Healthy immune system
Growth and repair

Needed protein
foods twice a day.



4. Help Your Heart

Sarah Keogh Consultant
Dietitian

 @sarahkeoghrd



Keeping Cholesterol Healthy

What should your cholesterol be?

Total Cholesterol less than 5.0

LDL (**bad**) cholesterol less than 3.0

HDL (**good**) cholesterol more an 1.0-1.5

CHOLESTEROL

HDL



LDL



Types of Fat

Saturated Fat

Raises cholesterol & risk of heart disease.

Found in animal fats (cheese, cream, butter, biscuits, cakes, processed meats.)

Polyunsaturated & Monounsaturated Fat

Lower cholesterol & help protect against heart disease.

Vegetable oils (sunflower, olive & rapeseed, nuts and seeds.)



5. Limit Alcohol

Sarah Keogh Consultant
Dietitian

 @sarahkeoghrd



Alcohol

Good for your heart in small amounts.

Too much can cause; Liver damage, Stroke, Weight gain

Even small amounts of alcohol can disrupt sleep.



Alcohol – How much?

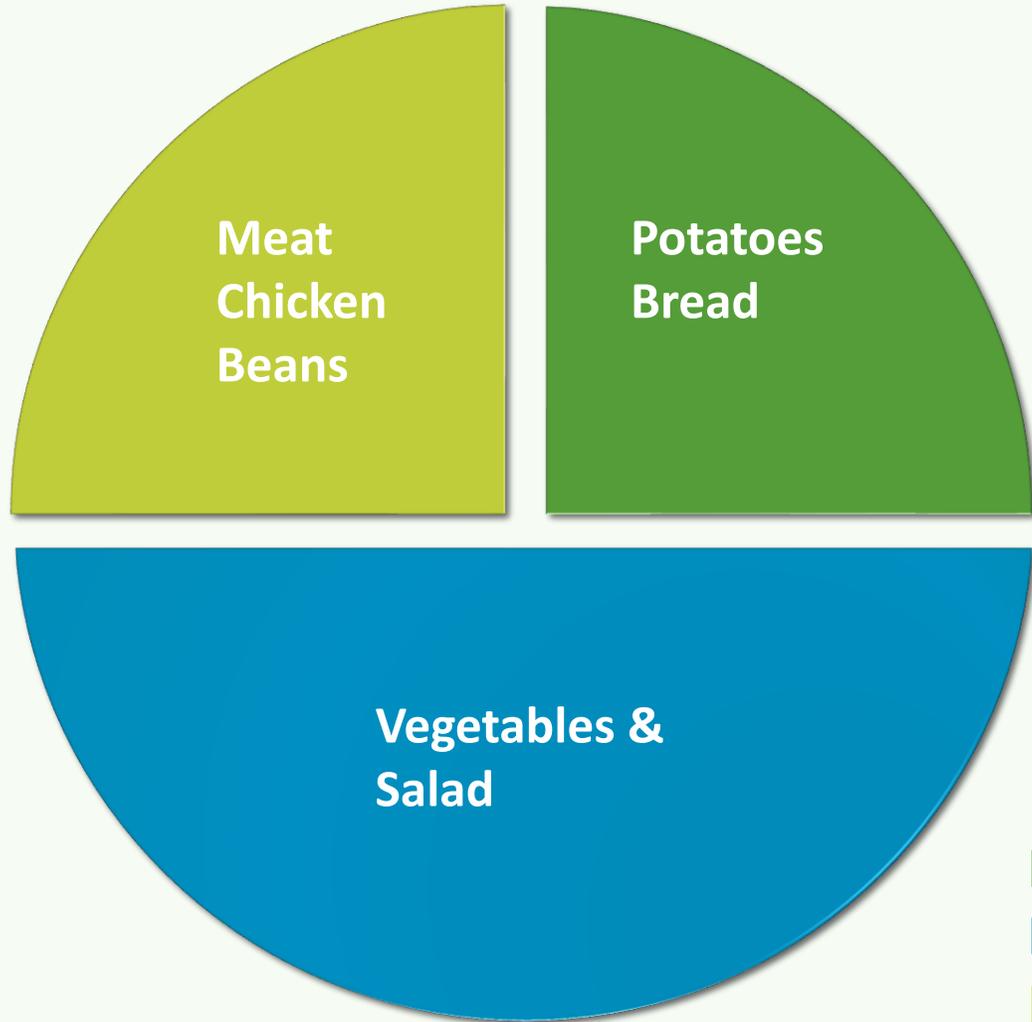
17 standard drinks per week (men).

11 standard drinks per week (women).

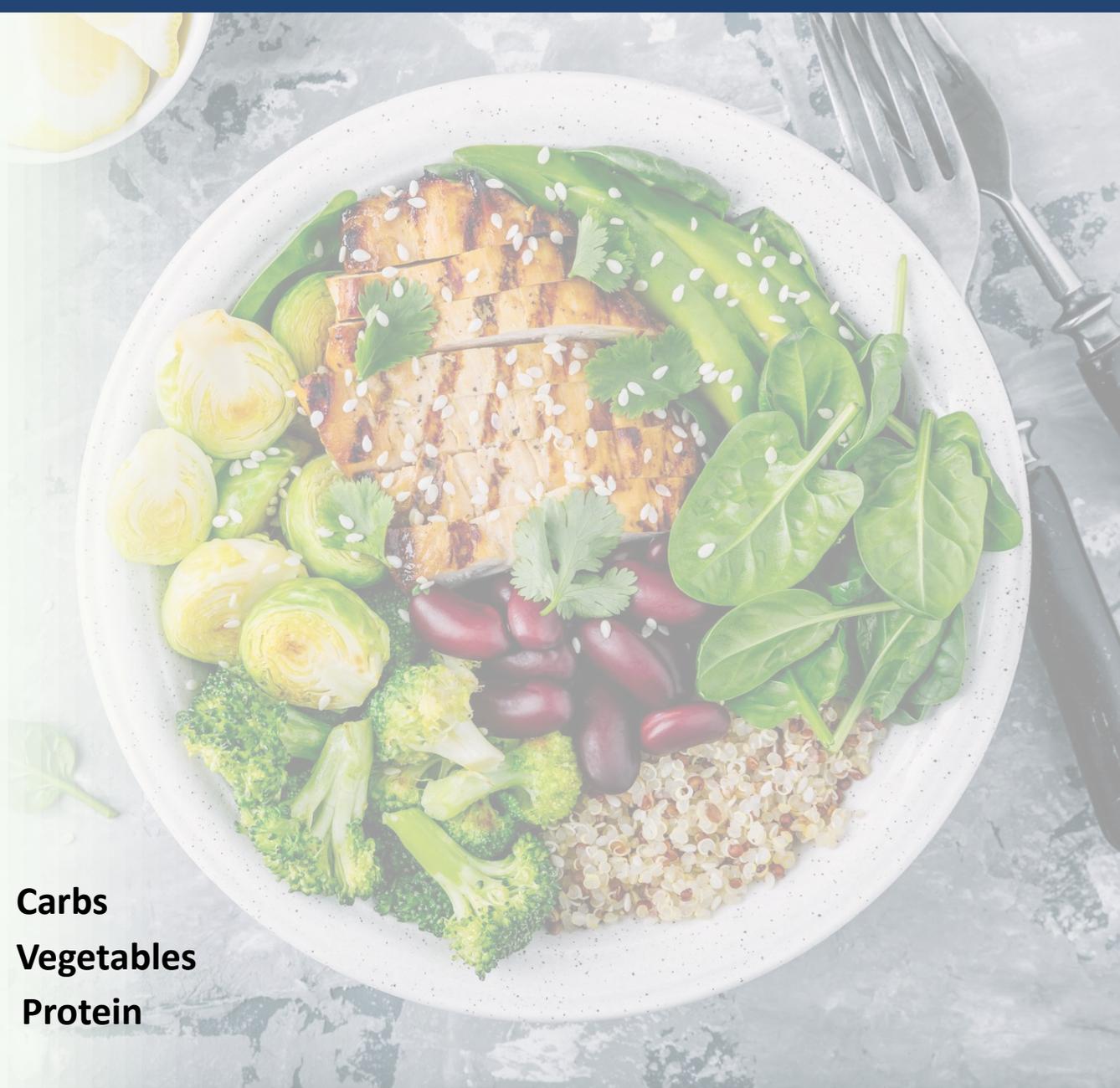
1 standard drink is:
½ pint beer / cider.
100mls wine (very small glass).
1 measure spirits.



Balance Your Plate



-  Carbs
-  Vegetables
-  Protein





Follow me on Instagram
@sarahkeoghrd

Thank You