



SUSHI **GOURMET**
fresh • different

NUTRITION GUIDE

SG NUTRITION GUIDE

The following information is based on Healthy Eating UK Guidelines from the British Nutrition Foundation and Gov.UK. In order for our bodies to function normally and perform everyday tasks, our cells need energy in the form of glucose. As humans, the food we eat provides us with this energy. Food is invaluable to our survival and the food we eat directly affects how we feel and go about our day. The current estimated average requirement for Energy according to SACN 2011 specifies 19-64-year olds are recommended to consume 10.5 MJ of energy from food/day (equivalent to 2500kcal/day) for males and 8.4MJ of energy /day (equivalent to 2000kcal)/day) for females. Kilocalories and Kilojoules are both units of energy. 100 kcal = 418 Kj. The three main macronutrients that we consume which provide us with energy are carbohydrates, fats and protein.



TOTAL CARBOHYDRATES

What is it?

Includes all starch, sugars and dietary fibre. It is the most important source of energy for the body.

Free sugars are sugars added to foods and drinks by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and fruit juice.

How much should I eat?

The daily recommended values for carbohydrate as a percentage of energy intake are:

Total carbohydrate: **50%**
Of which Free Sugars: No more than **5%**

(Based on SACN 2015 recommendations for population aged 2 years and above)

TOTAL CARBOHYDRATES

Includes all saturated and unsaturated fat (mono- and polyunsaturated). Several studies have shown a diet high in saturated fat is linked to high blood cholesterol which elevates risks of coronary heart disease. Replacing saturated fat with unsaturated fat in the diet can help to reduce blood cholesterol and lower the risk of heart disease and stroke.

The daily recommended values for fat as a percentage of energy intake are:

Total Fat: No more than **35%**
Of which saturated fat: No more than **11%**

(Based on COMA 1991 recommendations for population aged 5 years and above)

DIETARY FIBRES

Fibre consists of indigestible plant-based carbohydrates. Foods rich in fibre include wholegrain cereals, bread and oats, barley, rye and whole wheat pasta, fruits and vegetables, peas, beans and pulses, nuts and seeds. Fibre is essential for a healthy digestive system. By providing bulk it helps the movement of food through the gut and makes the passing of stool easier. As part of a healthy diet, high fibre intake prevents constipation and fibre in the form of beta glucans (found in oats and barley) help to reduce cholesterol levels (reducing the risk of heart disease and type 2 diabetes).

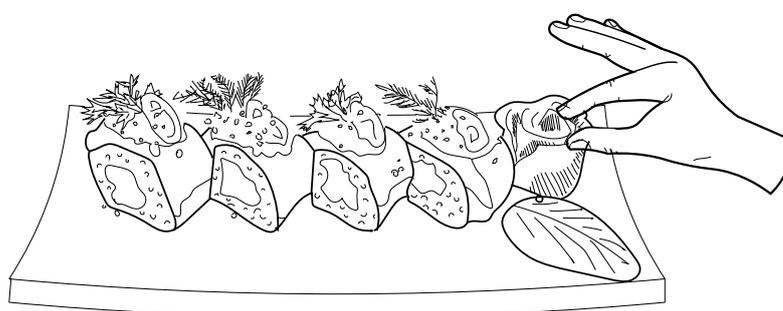
On average in the UK we currently eat too much saturated fat and added sugar, but not enough fibre.

New recommendations by SACN in 2015 outlined that individuals aged 17 years and over should consume a minimum of **30g** of fibre per day.

PROTEIN

Protein consists of amino acids, the building blocks of life. It is essential for growth and muscle repair.

The Reference Nutrient Intake (RNI) for protein is set at **0.75 g** of protein per kilogram body-weight per day in adults.



The Eatwell Guide is a model produced by Public Health England showing how much of what we eat should come from each food group. There are 8 tips for healthy eating which were developed alongside it. These include:

1 Basing your meals on starchy carbohydrates. This includes pasta, bread, potatoes, rice and where possible choose wholegrain with lower saturated fat contents, salt and sugar. Eating at least 5 portions of a variety of fruits and vegetables every day in order to provide our body with lots of vitamins and minerals as well as fibre.

2 Eating at least two portions of sustainably sourced fish per week, one being oily such as salmon, sardines, mackerel. These are rich in omega 3 and vitamin D which benefit heart, skin and bone health.

3 Reducing your intake of saturated fats (sources include butter, chocolate, processed foods, cheese, red meats) by swapping them with small amounts of unsaturated fats from vegetable oils, nuts, seeds and olive oil.

4 Reducing your intake of salt. Salt intake must be limited to 6g per day for individuals ages 11 and above. This limit is in place because of the known links between high salt intake and a high blood pressure which can lead to many other health complications (heart Attack, stroke, obesity...). Alternatively, you can season your dishes with spices, herbs, vinegar, lemon and lime.

5 Stay active! This helps to maintain a healthy weight and can also help improve mental wellbeing. Weekly government recommendations are to exercise 150 minutes at a moderate intensity or 75 minutes vigorously with muscle strength training on at least two days of the week.

6 Keep hydrated! Aim to drink 6-8 glasses of fluid a day, water is best. Unsweetened fruit juices and smoothies should be limited to 150ml a day. Alcohol does not count.

7 Not skipping breakfast! Breakfast provides energy, fibre, vitamins and minerals to fuel your day! Choose wholegrain cereals, bread or porridge instead of sugary cereals to keep you going for longer.



Factors including age, gender, growth, pregnancy and lactation affect our nutrient requirements as well as physical activity and illness. Consult your doctor or a registered dietitian to understand your needs and discuss your diet.
Reference website: British Nutrition Foundation:
<https://www.nutrition.org.uk/>
Also go check out the SACN Dietary Reference Values for Energy, and the Eatwell Guide!