

# Healthy eating information and reducing food waste



# Healthy eating and reducing food waste



**How can we  
cut down on food  
waste?**



**Can the information  
on food labelling help  
you make healthier  
food choices?**

# The food pyramid



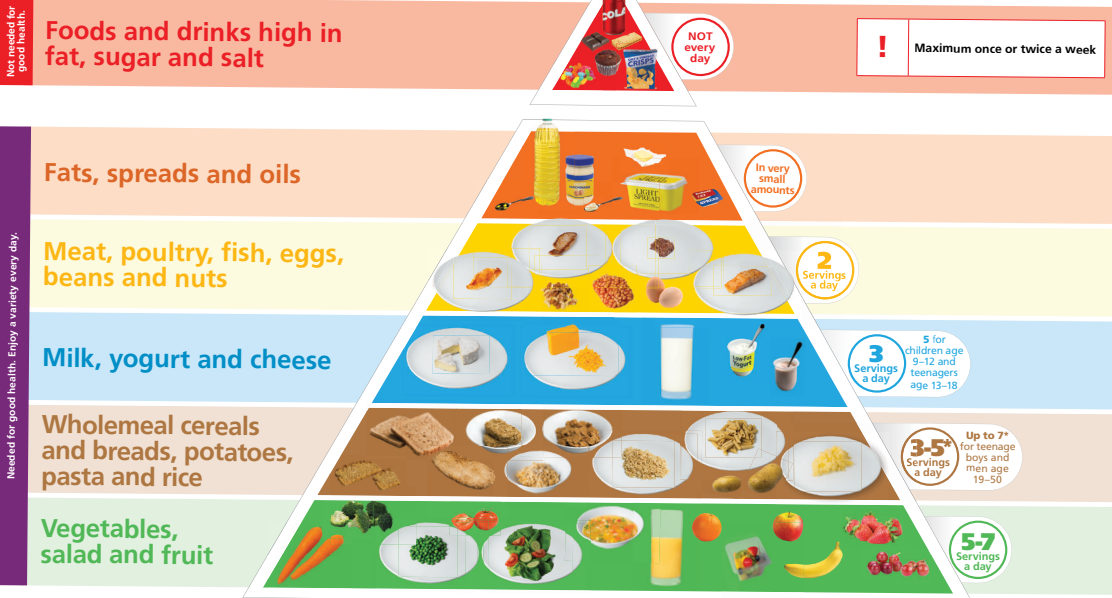
## Healthy Food for Life

www.healthyireland.ie



### The Food Pyramid

For adults, teenagers and children aged five and over



\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Source: Department of Health, December 2016.

Drink at least 8 cups of fluid a day – water is best

**Get Active!**  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

# Making healthy food choices – the label link



Food labels give information that allows the consumer to compare one food with another and make wise food choices within each food group.

**For example, the consumer can use labels to choose:**

- a ham sandwich with a higher fibre and lower salt content
- a pizza with lower salt content
- a cheddar cheese with lower fat content
- a breakfast cereal with a higher fibre and lower sugar content
- a drink with lower sugar content.



# Nutrition information on the Front of Pack labelling scheme

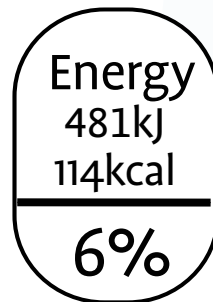


**Most of the big supermarkets and many food manufacturers display nutrition information on the front of pre-packed food – this is referred to as Front of Pack labelling (FoP)**

- FoP labelling is not mandatory (not required by law).
- It is very useful for comparing similar food products at a glance.
- The FoP label must show energy only or energy along with fat, saturates, sugars and salt.
- Percentage Reference Intake information can be given on a per 100g/ml only; per 100g/ml and per portion or on a per portion basis only. Energy value must be given per 100g/ml.

## Example of a FoP label

**Per portion (30g)**



**Or can include:**

**Fat, Saturates, Sugars & Salt along with Energy  
(must include them all)**

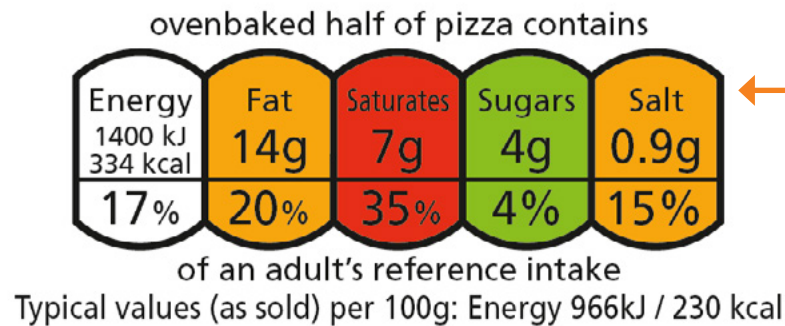
Per 100g: 1602kJ/379kcal  
Reference Intake of an average adult  
(8400kJ/2000kcal)

# Traffic light/colour coding on Front of Pack labelling



- > This is an additional voluntary scheme in the UK which uses colour coding.
- > The colour coding defines the green (low), amber (medium) and red (high) levels of four nutrients.
- > Many foods will have a mixture of red, amber and green. So, when choosing between similar products, choose foods with more greens and ambers, and fewer reds, to ensure healthier choices.
- > Percentage reference intake is given on a per 100g/ml and/or per portion basis.

**Red** on the front of pack means the food is high in something consumers should try to cut down on in their diet.



**Amber** means the food isn't high or low in the nutrient, so this is an acceptable choice most of the time.

**Green** means the food is low in that nutrient.  
The more green lights, the healthier the choice.



# Cut down on food waste – at home



**Every year avoidable food waste costs us a mint – follow these tips to cut down on throwing out food**

- Put fresh food away as soon as you get home.
- When you're putting it away check use by dates to see what you should use immediately and what you should freeze.
- If you've bought things like chicken breasts in bulk, put whatever you're not likely to eat straight into the freezer to use later.
- Always measure rice and spaghetti before cooking to make sure there's enough for everyone – but not too much!
- If food is close to its use by date and you're not ready to eat it immediately, cooking it can extend its life by a number of days. Just remember to cool and refrigerate it as quickly as you can.
- And remember – even limp looking veg can make a great tasting soup!



# Cut down on food waste – shop wisely



**30% of the food we buy is thrown away – check out these top shopping tips and start to save right now!**

## Before you go shopping

- Check your fridge, freezer and store cupboards and plan menus around what you find.
- Make a list of the other ingredients you'll need.
- Don't forget to eat before you go – you'll buy more than you need if you shop on an empty stomach!

## At the shops

- Stick to your list!
- Check use by dates to make sure you'll have enough time to use everything you buy.
- Try to buy loose fruit and vegetables, unless you're buying for a large number of people.
- Try shopping online for the basics – it means you won't get distracted by all the goods on shelves.





# How to make a complaint



**If you are concerned or dissatisfied with how a food is labelled you can contact:**

- > The shop where you bought it
- > The food business operator whose name and address details are on the label

**If you think a product is labelled with false or misleading information you can contact:**

- > The Food Safety Authority of Ireland who enforce labelling regulations at a national level.

**www.fsai.ie**

**info@fsai.ie**

**Tel: 1890 33 66 77**

- > Your local Environmental Health Officer within the Health Service Executive.



# Making healthy food choices



**How can we shop wisely to reduce food waste?**

**How can we cut down on food waste at home?**

**What information on food labelling helps you compare foods and make healthy food choices?**