



The Association
of UK Dietitians

Food poverty and the impact of a nutritionally poor diet on our health and wellbeing

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What is a registered dietitian?

- **Qualified and regulated health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public-health level**
- **They use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.**

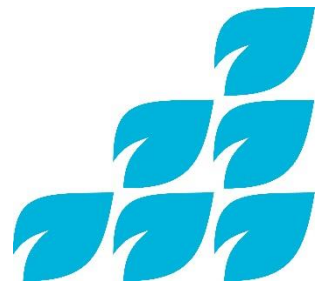


Where do dietitians encounter those living with food insecurity?

 Clinical Setting

 Community Setting

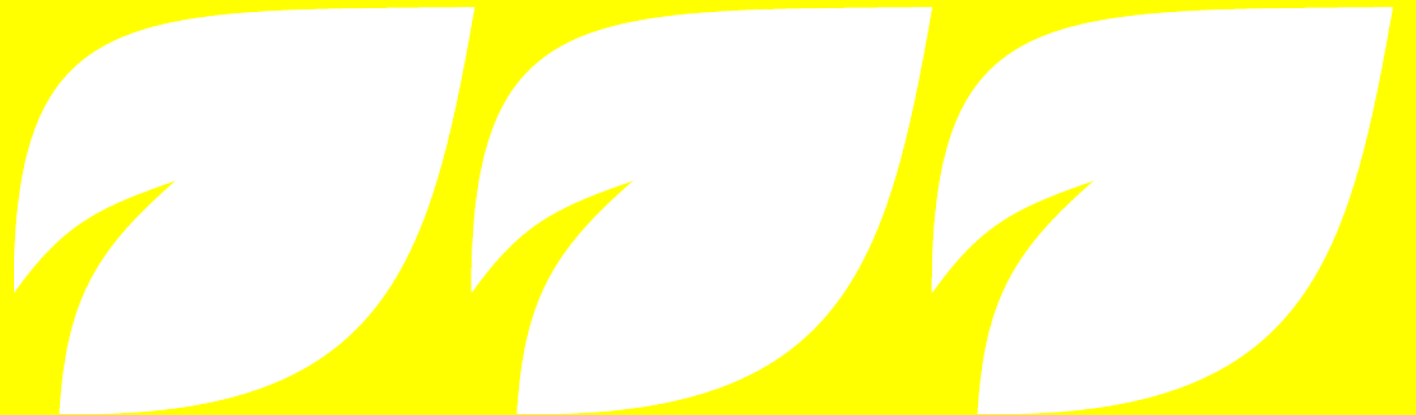
 Public Health Setting





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How does food poverty impact our diet?



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

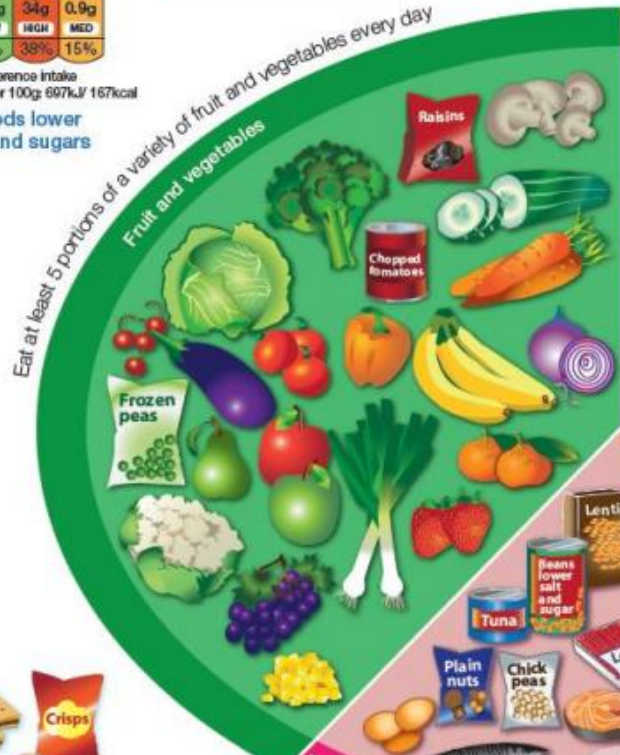
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat at least 5 portions of a variety of fruit and vegetables every day



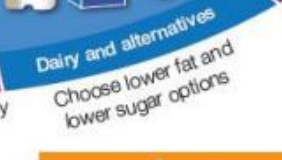
Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Eat less often and in small amounts



Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Choose lower fat and lower sugar options



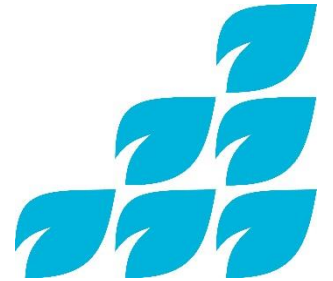
Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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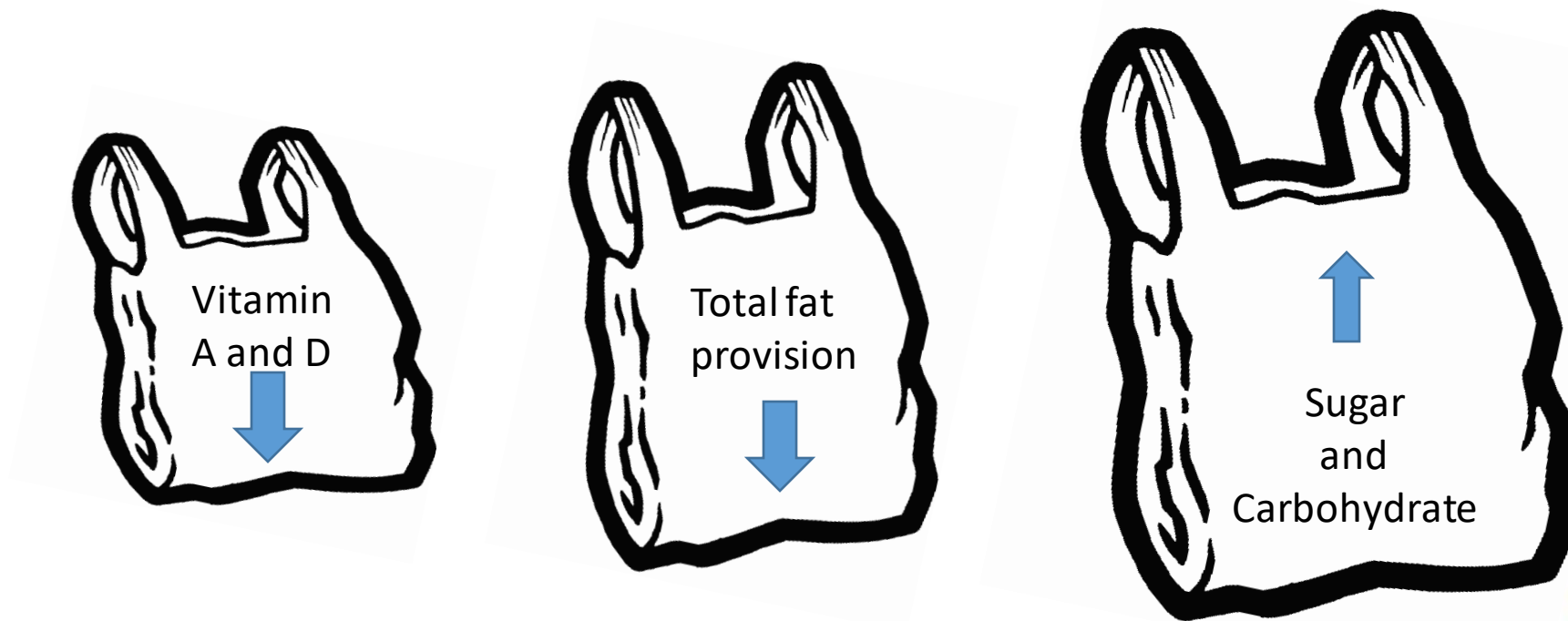


Food bank parcels

- Typically consist of tinned long shelf life products e.g. soups, pulses/beans, tomatoes, vegetables, meats, fish, fruit and rice pudding, cereals/ porridge, sugar and jam
- Volunteers dependent on stock availability
- Lack of guidance on contents
- Difficulty in adding perishable items due to storage and transport



Nutritional content of food parcels

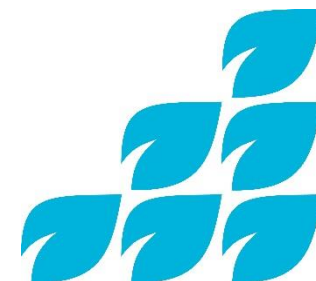


Tend not to align with UK dietary recommendations

People seek calorie dense foods to maximise food budget

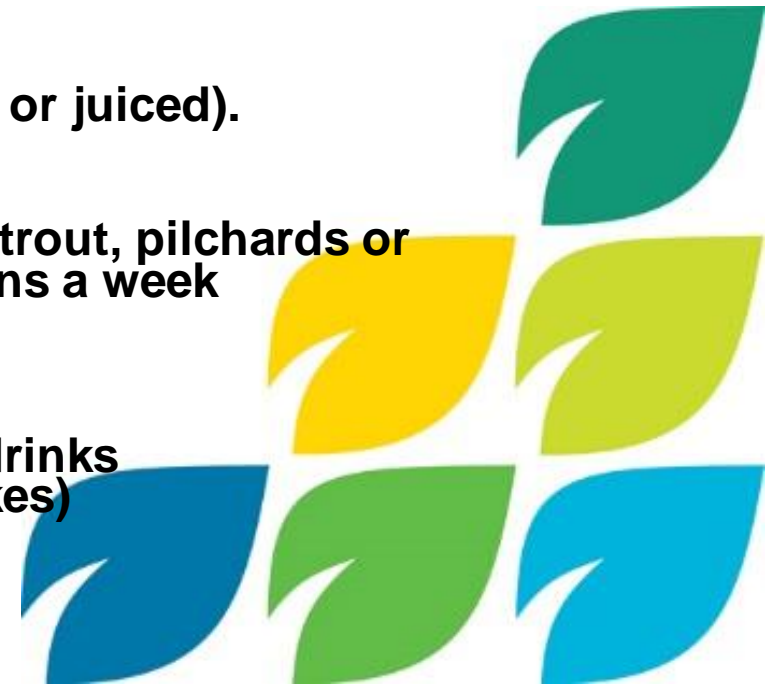
Gucardi et al, 2014; Fallaize et al., 2020

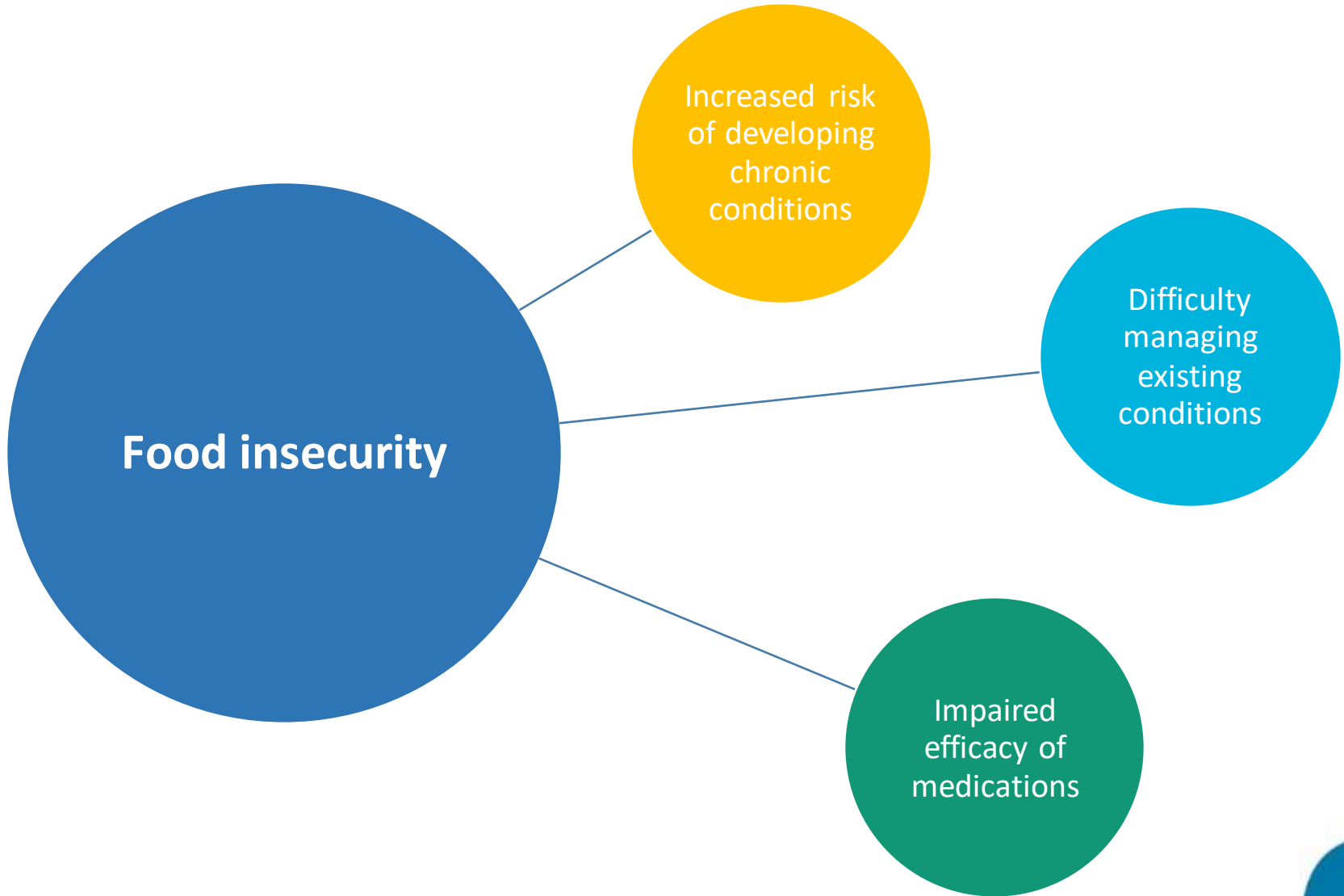




Eating well..

- **Eat two to three portions of high protein foods every day such as meat, fish, eggs, nuts, beans, pulses, soya, tofu and other meat-free protein foods.**
- **Eat/drink two to three portions of dairy foods every day such as cheese, milk and yoghurt or non-dairy alternatives like soya, almond or coconut milk.**
- **Eat a serving of starchy food at each meal (e.g. bread, cereals, potatoes, pasta or rice).**
- **Eat some fruit and vegetables every day (fresh, frozen, tinned, dried or juiced).**
- **If you enjoy fish, go for oily fish such as mackerel, salmon, herring, trout, pilchards or sardines as these are rich in omega-3 fatty acids. Aim for two portions a week**
- **Have at least six to eight glasses/mugs of fluid every day, choosing drinks which contain some nutrition where possible such as milky drinks (malted drinks, hot chocolate, milky coffee, smoothies and milkshakes)**

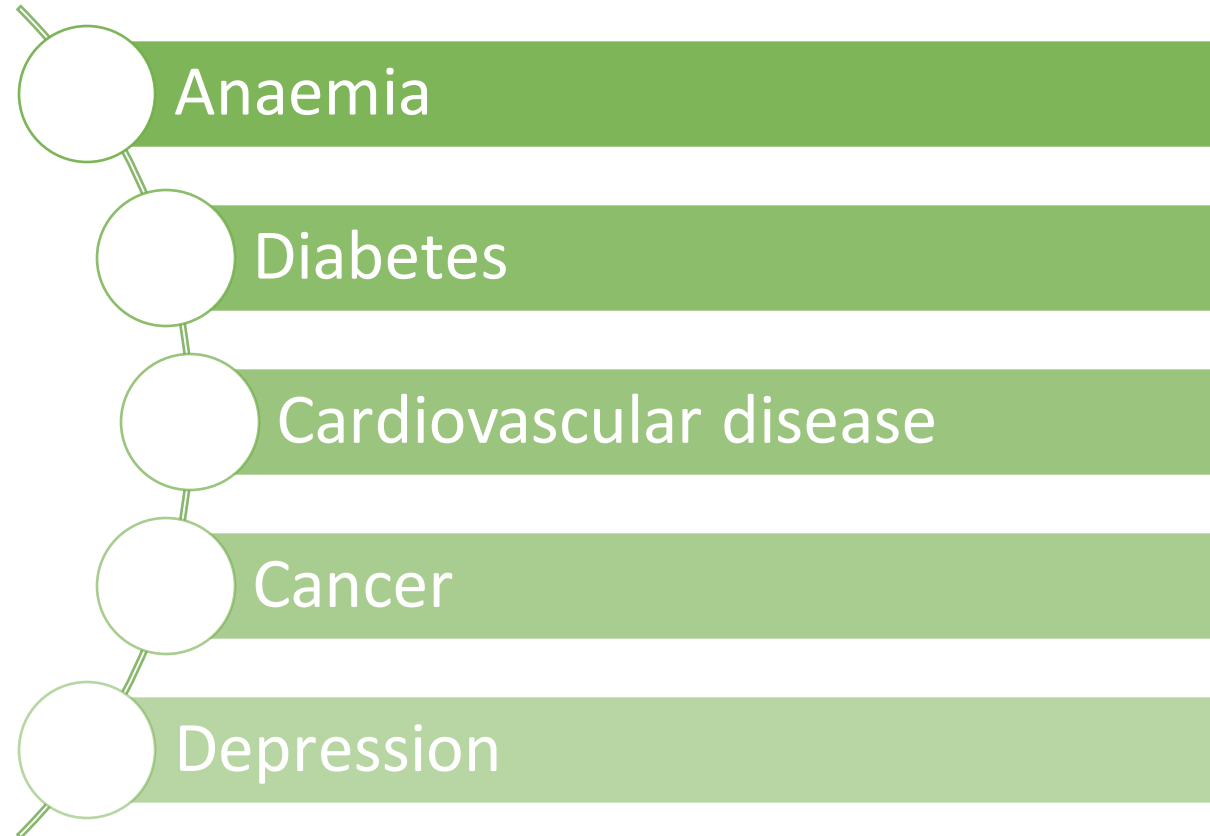
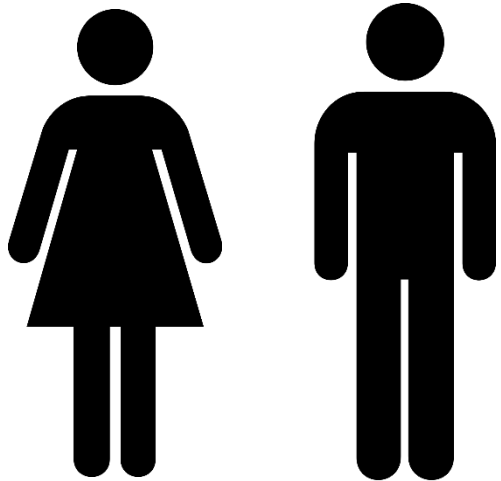




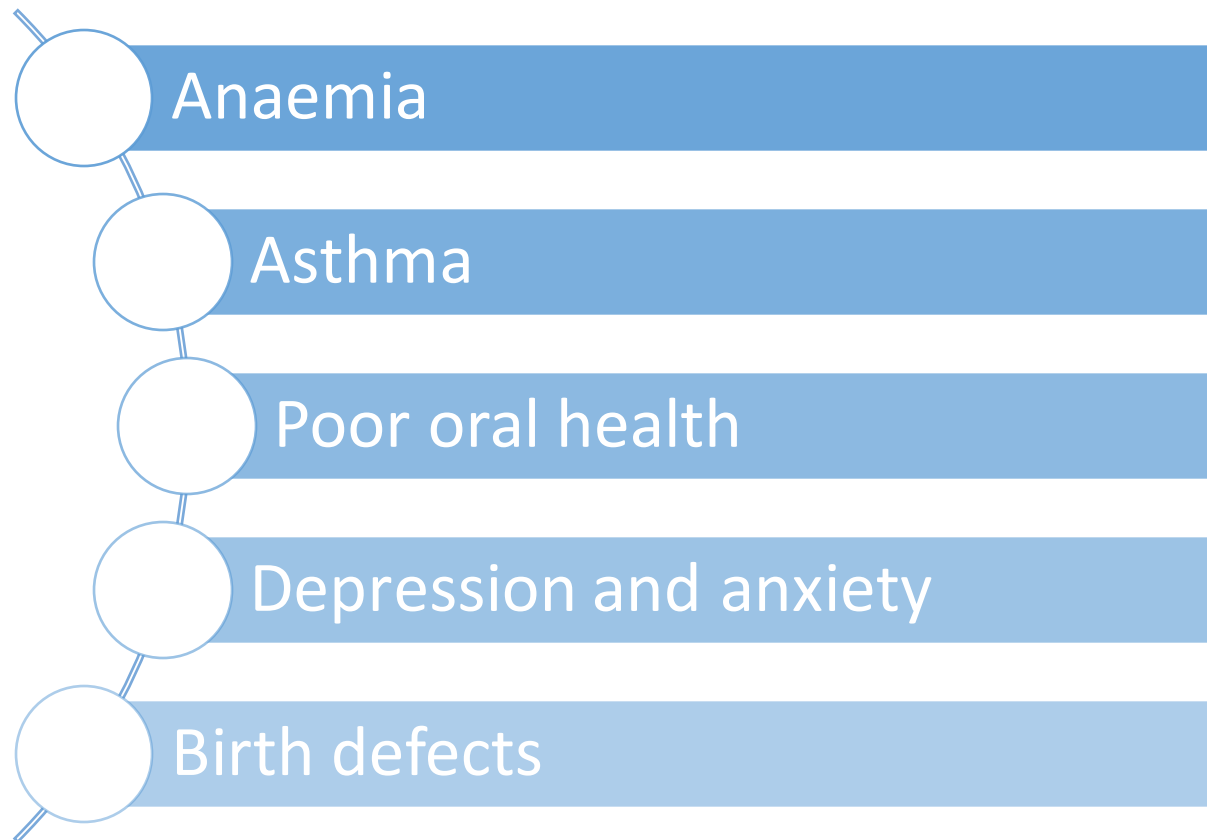
Increased risk of developing chronic conditions



Adults



Children

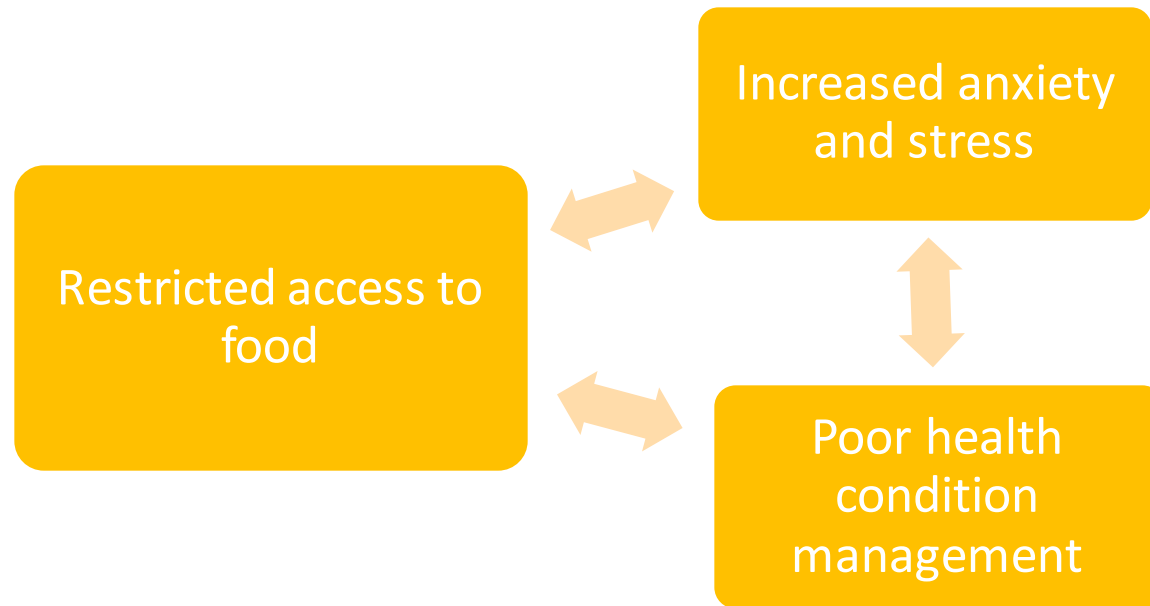


Gunderson and Ziliak, 2015



Difficulty managing existing health conditions

- Those with health conditions have increased risk of food insecurity and known to be highest users of foodbanks in UK
- Foodbanks unable to provide type, quantity or quality of food required to manage diet related chronic conditions



Chronic Obstructive Pulmonary Disease

High metabolic demands → High calorie requirements

Physical weakness and loss of appetite can result in difficulty preparing meals

Expense of dietary requirements too high for some facing food insecurity

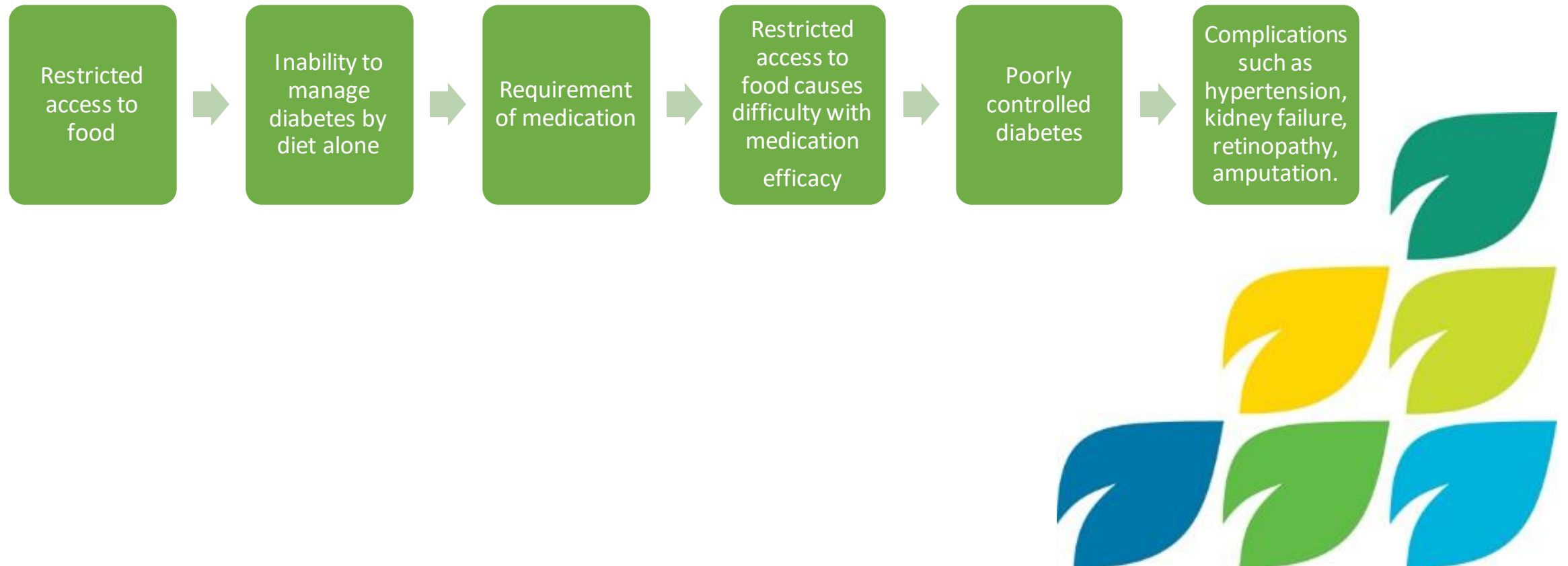


Diabetes

- Often can be managed by diet alone
- Diabetics facing food insecurity typically eat less fruit, vegetables and protein, and eat more energy dense foods than those who are not
- Long periods of high blood sugar makes it more difficult to manage blood sugar levels and result in complications




Diabetes



Impaired efficacy and safety of medications



- Many medications to be taken with, before or after food
- Promotes effectiveness and avoids unwanted gastric side effects



Restricted or unstable access to food

- Taking medication without food and enduring unpleasant side effects and reduced efficacy
- Skipping medication doses
- Not taking medication at all
- Poor condition management



Coping Strategies

The lived experience



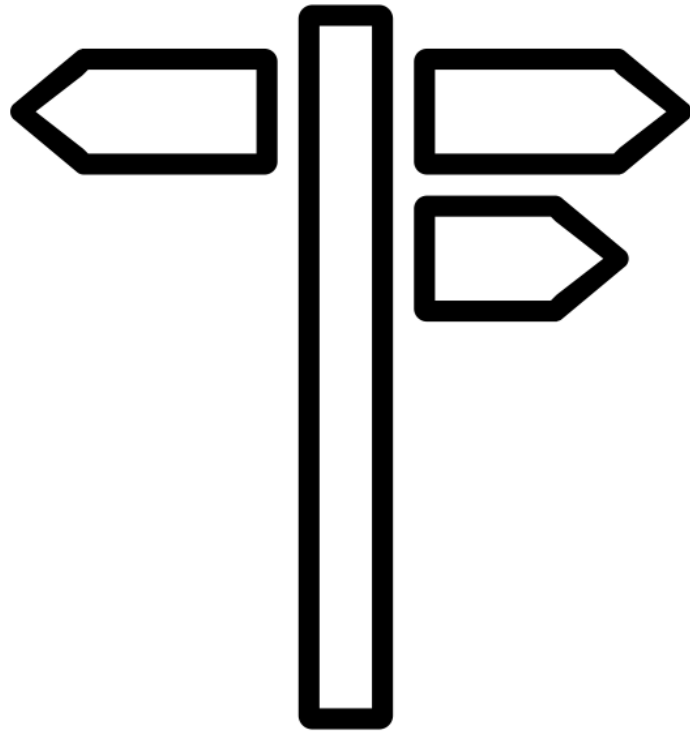


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What are dietitians doing to reduce the impact of food poverty?



Signposting to other services..



Food banks

Charities

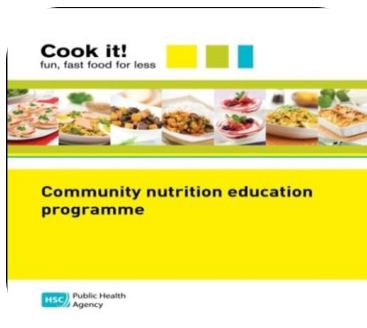
Community groups and organisations

Connected Community Care

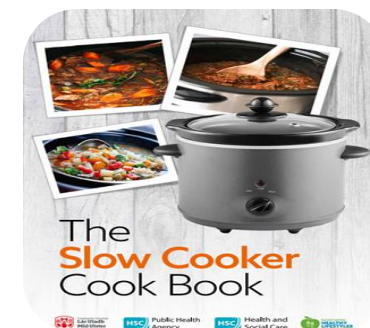
Welfare support



Nutrition Education Programmes



Food preparation and cooking



Food storage



Budgeting and shopping lists



Meal plans



A Brief Guide on Food Choices for Religious Faiths

This brief guide may be used when preparing emergency food parcels. Always ask the individual what, if any, dietary restrictions they are following. This can vary widely between different denominations, families and individuals.

<p>Buddhist</p> <p>Many are vegetarian, and some may be vegan, therefore check whether individual eats meat, poultry, fish, dairy foods and eggs.</p>	<p>Sikh</p> <p>Beef, and beef products, halal and Kosher meats are typically avoided.</p> <p>Many are vegetarian therefore check whether meat, poultry, fish and eggs are eaten.</p>
<p>Jewish</p> <p>Typically, beef, lamb, poultry and fish must be kosher. Kosher refers to foods that have been selected and prepared according to particular rules of the Jewish religion.</p> <p>Pork and pork products, shellfish and seafood without fins and scales are typically avoided.</p> <p>Many also exclude gelatine and other ingredients that have come from animals that are not Kosher.</p>	<p>Muslim</p> <p>Many practising Muslims will only eat halal beef, lamb, poultry and fish. Halal meat is from animals that have been killed according to Muslim law.</p> <p>Pork and pork products, shellfish and seafood without fins and scales are typically avoided.</p> <p>Some individuals may also avoid eating gelatine and other ingredients from animals that are not halal.</p>
<p>Hindu</p> <p>Beef and beef products are typically avoided.</p> <p>Many are vegetarian therefore check whether individual eats meat, poultry, fish and eggs.</p> <p>Strict Hindus also avoid eating fat that has come from an animal source e.g. butter. They also avoid onions, garlic, mushrooms, tea and coffee.</p>	<p>Rastafarian</p> <p>Pork and pork products are typically avoided.</p> <p>Many are vegetarian or vegan therefore check whether individual eats meat, poultry, fish, dairy and eggs.</p> <p>Many prefer to eat a pure and natural diet so may exclude coffee, tea, processed or canned and non-organic foods.</p>
<p>Seventh Day Adventist</p> <p>Many are vegetarian, and some may be vegan, therefore check whether they eat meat, poultry, fish and eggs.</p>	<p>Individuals may also exclude tea and coffee.</p>

Information adapted from 'Guidance on food for religious faiths, Public Health Agency, 2009.
Community Dietetic Health and Wellbeing Team April 2020
CDHWTeam@belfasttrust.hscni.net



Suggested Items to Include in Emergency Food Parcels

Starchy Foods

Porridge Crackers
Cereal Longer life bread
Rice Instant Mashed potato
Noodles Tinned potatoes
Pasta/ Spaghetti/ Lasagne Sheets

Fruit and Vegetables

Tinned fruit e.g. pears/ apples/ pineapple
Tinned vegetables e.g. carrots/ sweetcorn/peas
Tinned or cartons of chopped tomatoes

Protein Rich Foods

Tinned or dried beans e.g. kidney beans/ chickpeas/ mixed beans/ cannellini beans/ butter beans/ black beans.
Baked beans/ spaghetti in tomato sauce
Tinned or dried lentils
Tinned fish e.g. tuna, mackerel, sardines, salmon
Tinned meat/ chicken

Dairy

UHT long life milk
Tinned custard
Tinned rice pudding
Custard powder

Soups and Sauces

Tinned soup Jars of pasta sauces e.g. tomato/ pesto and eggs.
Jars/ packets of curry/ chilli sauce etc.

Drinks

UHT fruit juice
Diluting juice
Instant coffee
Tea bags
Hot chocolate powder

Fresh Items (When possible to include)

Milk Potatoes
Eggs Yoghurt
Poultry/ Meat Cheese
Fresh fruit and vegetables Butter/ Low fat spread
Bread/ Pitta/ Wraps/ Bagels/ Pancakes

Community Dietetic Health and Wellbeing Team- Updated Jan 2021
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A Brief Guide to Vegetarian and Vegan Diets

This brief guide may be used when preparing emergency food parcels. Where possible, it is always best to ask the individual what dietary restrictions they follow.

Vegetarian and vegan diets, now commonly known as 'plant-based diets', are those diets which are based on foods which come from plants, including vegetables, wholegrains, legumes, nuts, seeds and fruits, with few or no animal products.

Types of plant-based diets include:

Lacto-Ovo vegetarians
Eat dairy foods and eggs but not meat, poultry or seafood.

Ovo vegetarians
Include eggs but avoid all other animal foods, including dairy.

Lacto-vegetarians
Eat dairy foods but exclude eggs, meat, poultry and seafood.

Vegans
Don't eat any animal products at all, including honey, dairy and eggs. Many shop bought ready-made products may contain animal ingredients.

Other variations of plant-based diets include:

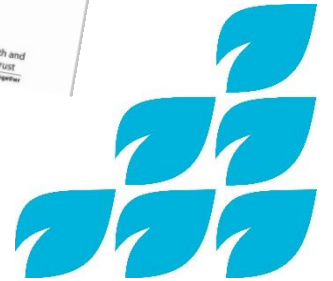
Pescetarians: Eat fish and/or shellfish.

Semi-vegetarians/ Flexitarians: Occasionally eat meat or poultry.

Information adapted from 'Plant-based diet: Food Fact Sheet', British Dietetic Association, 2017.
Community Dietetic Health and Wellbeing Team April 2020
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Providing guidance on preparing food parcels



Providing online advice, cookery demos and webinars..



Food Values Tomato and Lentil Sauce with Pasta

1 year ago | More

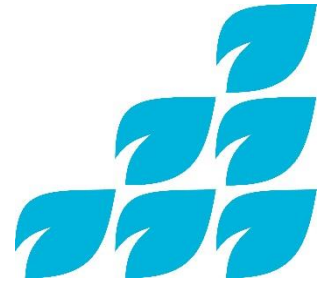
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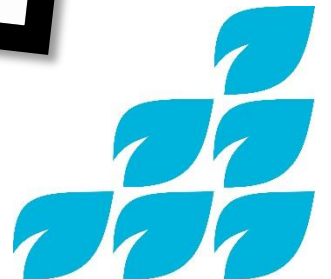


Recommendations

A Food Strategy for Northern Ireland;

- Recognition of good nutrition and hydration as fundamental
- Clear commitment to Food Sovereignty
- Involvement of BDA and dietetic expertise

Right to Food in Northern Ireland





Thank you for listening



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