



Activities to help Diabetes UK Groups use the Enjoy Food resources

What is Enjoy Food and how can my local group use it?

People with diabetes often tell us that 'simple' food decisions – like what to eat together as a family – can cause great anxiety and concern and that better knowledge of the healthier food choices available to them would have a hugely positive impact on their daily lives. Thanks to our National Charity Partnership with Tesco, Diabetes UK is developing a new programme called Enjoy Food to address these challenges and to make food enjoyable again for both families and individuals living with, or concerned about, diabetes.

Enjoy Food will include a new, interactive online resource centre plus printed materials that share useful information and advice, tips, stories and recipes from diabetes experts and people with diabetes. We will also run one-day events in Tesco stores between September and December 2014, and we will roll out an additional calendar of family events across the UK where families can learn from diabetes professionals and from one another.

Lots of the resources we are preparing for this project will also be of use to groups; so we'd thought we'd share them along with a few ideas for how you can use them at group meetings. Although the enjoy foods project is happening over a fixed period of time we're sure healthy food messages and activities in this resource will be useful for groups for years.

If you have any suggestions we can add that have gone down well in your group, please do email volunteering@diabetes.org.uk so we can add them to this resource.

Sessions to run at a group meeting

Please see below for a series of short sessions that you can use with your group to create discussion and share information around healthy eating. You can run through all of the sessions or pick and choose depending on the time you have in the meeting, the interests of your attendees and the resources you have available.

How to fit in your 5-a-day

Approximate time: 15- 30 mins

Resources needed: recipe idea print outs.

Start by explaining that everyone should aim for at least five different fruit and veg a day. A portion is roughly the amount you can fit into the palm of your hand. So, men should generally have a bigger portion size, and your children's tiny palms mean they will need less. Go for a rainbow of colours to get as wide a range of vitamins and minerals as possible.

Ask the group how many people can confidently say they eat their 5 portions of fruit and veg every day? Chances are that many people will say they find it a struggle.

Discuss ways you can make it easier to fit in 5 a day (if you're a large group – more than 10 – it may be easier to break up into smaller groups to discuss).

Ideas might include:

- Getting a fruit and vegetable box delivered to your home
- Having a meat free lunch or dinner at least twice a week
- Adding vegetables into things you cook regularly – for example mushrooms in scrambled eggs, or blueberries into porridge
- Keep frozen or canned fruit and vegetables such as sweetcorn at home so there's always something healthy in the store cupboard
- Keeping fruit you like on your desk at work to snack on
- Adding salad to sandwiches
- Have a glass of fruit juice with breakfast
- Have a handful of berries, or fresh dates, apricots or prunes at breakfast time
- Add an extra handful of vegetables to your dishes when cooking – peas to rice, spinach to lamb or onions to chicken.

Recipe ideas can be found on the enjoy food website, and recipe cards are available on the local groups portal, that give some ideas for adding more fruit and veg into meals. Each recipe provides additional information about how many portions of fruit and/or vegetables are in each serving, showing that you can get your five a day by incorporating more fruit and vegetables into your meals.

Print out some of these before the meeting and hand them out to members.

Swap and save

Approximate time: 10-20 mins

Resources needed: print outs of the swap and save cards available on the local groups portal, flipchart paper and pens (not essential)

Ask members to suggest what their favourite "guilty treat" foods are, and if you can write them up on a flipchart. Ask people to suggest some healthy swaps that people could do. Ideas could include:

- Pepperoni deep crust pizza can be swapped for a thin crust vegetarian
- 2 chocolate digestives for 2 finger chocolate wafer biscuits

- Flapjack for fruit cake
- Café latte for cappuccino

You can print off some of the swap and save cards and hand them round for people to see what a big difference it can make.

A portion of what? When?

Approximate time: 30 mins

Resources needed: Cut up copies of table in appendix 1.

Most of us are aware that we should aim to eat a balanced diet, but how many of us actually know what that should be?

Print off enough copies of the table in appendix one to give a copy to each small group (4-6 people). Cut them up so they're in squares and give each group a set of squares. Ask the groups to try and match up the type of food with the amount they are meant to eat each day.

After everyone is finished reveal the answers. Explain that the number of portions you will need varies from person to person, and the ones on the cards are given as a guide. Your dietician will be able to tell you how much you should eat.

Are you sugar savvy?

Approximate time: 30 mins

Resources needed: 500ml bottles of various drinks (see table below),

Purchase 500ml of the following drinks (alternatively print off the picture cards):

500ml fruit drink diet	Ribena Light	1 teaspoon
500ml flavoured water	Volvic Touch of Fruit	5 teaspoons
500ml flavoured milk	Yazoo chocolate milk drink	9 teaspoons
500ml pure orange juice	Tropicana Orange Juice original	10 teaspoons
500ml cola	Coke	11 teaspoons

500ml glucose energy drink	Lucozade Energy Original	17 teaspoons
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The sugar content is based on the examples above. Sugar content may differ substantially if the brands used in this game are different to the examples given.

Ask members to arrange the drinks (or pictures of the drinks) in order according to their sugar content, from the lowest to the highest amount of sugar. As an optional extra you can ask members to guess the amount of teaspoons of sugar in each drink.

Reveal the answers. Explain that we should try and limit our intake of sugary drinks and replace them with low-sugar/sugar-free alternatives. As part of a healthy balanced diet, drinks high in sugar should be consumed in small amounts as they have little nutritional value and can cause tooth decay. Also, sugary food and drinks can lead to weight gain as they are high in calories and not filling - and being overweight increases a person risk of cancer, heart disease and Type 2 diabetes. It's important to highlight that sugar does not cause Type 1 or Type 2 diabetes, and that sugary drinks are useful for treating hypos (for people with diabetes).

People are often surprised at how much sugar some drinks contain, particularly fruit juice. Although good for you, it's high sugar content means you should limit fruit juice to one 150ml glass a day. This counts as one of our recommended five portions of vegetables and fruits. But as fruit juice doesn't contain the fibre found in whole fruits and vegetables, it can only count as one portion no matter how much is consumed.

Know your labels

Approximate time: 30 mins

Resources needed: Lots of different types of food packaging (see suggestions below).

Before the meeting, buy lots of different types of food. You can eat it if you like – you only need the packaging! Try and get something for each of the following examples:

- Readymade meals with food labels that show energy, fat, saturated fat, sugar and salt
- A number of different types of the same product; so that you can show any difference in calories/ fat/ sat/ sugar for the same type of product e.g. lower fat/calorie version of pizza that is vegetable topped and thin crust
- Butter, biscuits and cheese (to show products high in saturated fat)
- Seeds and olive oil (to show products high in unsaturated fat)
- processed foods such as pizza, burgers, breaded products
- white bread and granary bread
- tinned pulses – chickpeas, beans, lentils
- Reduced sugar and salt options such as baked beans; as well as the non-reduced versions
- High fibre breakfast cereals such as oats and Weetabix; and lower fibre such as coco pops
- Canned fruit – one version in syrup and one in fruit juice

Lay all the foods out and ask the group to put them in piles of “healthy” and “unhealthy” options. Look through and see what they’ve chosen – chances are there won’t be any really obvious ones in the wrong piles; but if there are (ie deep pan pizza in the healthy pile) move them across. Explain that if you buy pre-packaged foods and drinks, deciphering the information on the labels can be a challenge. Labels on food and drinks give essential information, such as the ingredients that the product contains, as well as the nutrients (such as fats, calories, fibre) and how much they contribute to what you’re eating each day.

Information on the back of a pack is compulsory and gives detailed information about the ingredients, nutritional composition, known allergens, ‘best before’ or ‘useby’ dates and the weight of the product. The ingredients are listed in order, starting with the largest ingredient first, down to the smallest ingredient last.

'Front of pack' labelling, while still voluntary, has been around for a while now and is an easy way to check, at a glance, how healthy a food is. The labels show how many calories are in the food or drink and are also colour coded to show whether something is low (green), medium (amber) or high (red) in fat, saturated fat, sugar and salt (see table below).

Go through the different piles as a group and identify the ones that you think are in the wrong piles after reading the labels. Say that the "healthy" pile is only for foods that are Low fat (the product has 3g or less of fat per 100g) or low sugar (has less than 5g of sugar per 100g). Explain that not all things in the other pile are unhealthy – it's just that we need to be careful about how much we eat. Be sure to point out in particular:

- No added sugar doesn't always mean low in sugar: although no sugar is added, there may be naturally occurring sugar in the food. A useful way to show this is if you have the 2 types of tinned fruit.
- Reduced fat or sugar doesn't mean low in fat or sugar. It means it contains 30 per cent less fat or sugar than the standard version of the product. This doesn't necessarily mean it's healthy and in some cases the lite version of, say, crisps, can contain the same amount of calories and fat as the standard version of another brand.
- There are different types of fat – saturated fat such as that contained in butter and cheese should be used in small amounts as can lead to health problems, and good alternatives can be unsaturated fats such as olive oil and seeds.

Summarise by saying it's difficult to categorise foods as healthy, or unhealthy. Some foods are better for you than others, and the more we know about what's in our food the better we will be able to have a good balance. Foods high in sugar and fats should be used in moderation, and often different types of sugar and fat can be a useful healthier alternative.

All measures per 100g	Low	Medium	High
Fat	3g or less	>3g – ≤17.5g	More than 17.5g or >21g/portion
Saturated fat	1.5g or less	>1.5g – ≤5g	More than 5g or >6g/portion
Sugars	5g or less	>5g – ≤22.5g	More than 22.5g or >27g/portion
Salt	0.3g or less	>0.3g – ≤1.5g	More than 1.5g or >1.8g/portion

Note: portion size criteria apply to portions/serving sizes greater than 100g

Taste Testing

Approximate time: 10-20 mins

Resources needed: Fresh herbs and spices, bread or other suitable dippers, olive oil, small bowls.

Select a few fresh herbs such as thyme, basil, oregano, rosemary; and not too strong spices such as garlic powder, onion powder, cumin, curry powder, coriander, salt-free seasoning mixes, etc. Put them in small bowls or plates next to small bowls of olive oil. Offer people small bits of French stick/nachos/crackers to dip in the olive oil and then the spice/herb bowl. Be careful to warn them they only need a tiny amount! See how they like the taste and whether they can name the spice/seasoning.

Explain that many of us rely on familiar flavours to make our food taste good; and often this is salt or sugar. Try being a bit more adventurous and experiment with different flavours. Eating too much salt (6g/0.2oz or more per day) can raise your blood pressure, which can lead to stroke and heart disease, so limit the amount of processed foods you eat and try flavouring foods with herbs and spices instead. Reassure them that most of the things they've tasted today taste much better when they're with something else as part of a recipe rather than tasted by themselves.

Family cooking

Approximate time: 45 - 60 mins

Resources needed: Recipe print outs, food ingredients and cooking equipment as appropriate

Depending on where your group meets, try and think of some recipes you can cook together in small groups in your meeting venue. If you have access to a kitchen then great, but there are plenty of things you can make with just a table and a few bits of simple equipment – find simple recipes you can prepare and taste together for a fun evening together. Some ideas for recipes that don't need a kitchen are below, but you can find plenty more on the diabetes UK website; and there are a few recipe cards that we've created for enjoy foods that you print off and share with members.

Explain to your members that having the confidence to prepare meals for you and your family is really important. One of the reasons why childhood obesity is such a big issue in the UK is because families are eating fewer home-cooked meals and there's an increased reliance on ready meals and fast foods. Enjoy this experience with your family – cooking together, especially with your children, can help to inspire a lifelong interest in food and cooking. Cooking from scratch helps to make sure that what's put on the table is part of a healthy, balanced diet. The whole family can play their part and, when the meal is ready, you can all relax and enjoy it.

- **Apple and muesli smoothie**

A great alternative to breakfast cereal. Packed full of goodness, this is also great using pear instead of apple. 288 calories per serving, serves 1

Ingredients: 1 apple, peeled, cored and chopped. 2 tablespoons muesli. 150g carton low-fat yogurt. 150ml/1¼ pint cold skimmed milk.

Instructions: Simply place all the ingredients in a food processor or blender and blend until smooth. Serve at once.

- **Choc 'n Orange cheats' cheesecake**

Traditionally, cheesecake is laden with fat and calories (and is fairly time consuming to make too). Try this delicious alternative. 200 calories per serving, serves 2.

Ingredients: 3 chocolate oat biscuits, roughly crushed. 100g/3 ½oz extra-light cream cheese. 150g carton low-fat natural yogurt. 1 large orange, segmented. 2 teaspoons icing sugar or intense sweetener. Some grated chocolate or chocolate curls to decorate.

Instructions:

1. Divide the crushed biscuits between 2 tall glasses.
2. Mix together the cream cheese and the yogurt, and stir through the orange and icing sugar.
3. Spoon over the biscuits then top with the chocolate. (If you don't fancy orange, this is great with any fruit, either fresh or tinned in natural juice.)

- **Gazpacho**

A low calorie soup that makes a great summer starter or light summer lunch served with bread. 89 calories per serving, serves 4.

Ingredients: 750g/1lb 10oz ripe tomatoes, roughly chopped and deseeded. 300ml/½ pint passata or tomato juice. 2 tablespoons red wine vinegar. 1 tablespoon olive oil. A pinch of sugar. A few drops of Tabasco (optional). 1 red onion, chopped. ½ cucumber, chopped. 1 green pepper, deseeded and chopped. Large bunch fresh basil, torn. Salt and freshly ground black pepper. Ice-cubes to serve.

Instructions:

1. Place half of the tomatoes into a food processor or blender along with the passata, vinegar, oil, sugar and Tabasco. Blend until smooth, if the mixture is a little thick then add a little more tomato juice.
2. Stir through the remaining ingredients, add a few ice-cubes and serve.

- **Tabbouleh**

This fresh tasting salad is great for summer eating. 347 calories per serving, serves 2.

Ingredients: 225g/8oz Bulgur wheat. 3 tablespoons fresh parsley, chopped. 3 tablespoons fresh mint, chopped. 125g/4½oz cherry tomatoes, quartered. ½ cucumber, finely chopped. 1 bunch spring onions, finely sliced. Grated lemon rind and juice. 2 tablespoons olive oil. Salt and freshly ground black pepper.

Instructions:

1. Place the bulgur wheat in a bowl and cover with boiling water, leave to soak for 15-20 minutes or until the grains are tender, drain off any remaining liquid.
2. Mix together all the remaining ingredients and toss through the bulgur wheat, season well and serve.

Beans!

Approximate time: 10 mins

Resources needed: none.

This is an activity to celebrate beans because they are cheap and packed with nutrients. It's designed for children so most suitable for family groups – but depending on who the adults in your group they may well enjoy it as well!

Have participants stand up and spread out to allow space for them to move. The facilitator calls out names of beans, and the participants do set actions to each.

- Baked beans—make a small shape with your body
- Broad beans—make a wide, stretched-out shape
- String beans—make a tall, string-like shape
- Jumping beans—jump up and down (say "small jumping beans" for small jumps and "big jumping beans" for the opposite)
- Chili beans—shiver and shake as if it were cold
- French beans—do the can-can, with high kicks

What IS that?

Approximate time: 10-20 mins

Resources needed: fruit that members have brought, and a good idea to have a selection of fruits yourself as well

Before the meeting ask group members to bring along a few pieces of unusual of fruit to share – supermarkets stock things from around the world . Encourage people to talk about what they've brought – if they'd tried it before, if they liked it, if they'd buy it again. Fruits to try could be persimmon, pomelo, sharon fruit, jack fruit, guava, star fruit, pomegranate, lychee, kumquats or dragon fruit.

Appendix 1 - A portion of what? When?

<p>Protein</p> <p>These foods are high in protein, which is needed for building and replacing muscle cells in the body. They also contain minerals, such as iron, which are needed for producing red blood cells.</p>	<p>How much per day?</p> <p>Aim for 2-3 portions.</p>	<p>What's a portion?</p> <p>Meat, fish, eggs, beans, pulses, lentils, soya and tofu. Omega-3 fish oils, found in oily fish such as mackerel, salmon and sardines, can help to protect the heart.</p> <p>One portion is equal to: 60–85g (2–3oz) meat, poultry or vegetarian alternative; 120–140g (4–5oz) fish; 2 eggs; 2 tbsp nuts; 3 tbsp beans, lentils or dahl.</p>
<p>Foods high in fat and sugar</p> <p>Technically, your body doesn't need any foods in this group, but eating them in moderation can be part a healthy, balanced diet.</p>	<p>How much per day?</p> <p>0-4 portions (the fewer the better).</p>	<p>What's a portion?</p> <p>Sugary foods and drinks will raise your blood glucose so opt for diet/light or low-calorie alternatives. It's also worth remembering that fat is high in calories, so try to reduce the amount of oil you use in your cooking and choose lower-fat alternatives wherever possible.</p>

<p>Starchy foods</p> <p>Starchy foods contain carbohydrate, which is broken down into glucose and used by your cells as fuel. Choose carbohydrates that are more slowly absorbed (that is, lower GI) as these won't affect your blood glucose levels as much and they'll keep you feeling fuller for longer. Starchy foods are naturally low in fat.</p>	<p>How much per day?</p> <p>5–14 portions</p> <p>One third of your diet should be made up of these foods, so try to include them in every meal.</p>	<p>What's a portion?</p> <p>One portion is equal to: 2–4 tbsp cereal; 1 slice of bread; 2–3 tbsp rice, pasta, couscous, noodles or mashed potato; 2 new potatoes or half a baked potato; half a small chapatti; 2–3 crispbreads or crackers.</p>
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<p>Fruit and vegetables</p> <p>Fruits and vegetables are naturally low in fat and calories, while being packed with vitamins, minerals and fibre. They can help protect against stroke, heart disease, high blood pressure and certain cancers.</p>	<p>How much per day?</p> <p>Aim for at least five portions.</p>	<p>What's a portion?</p> <p>Fresh, frozen, dried and tinned fruit and vegetables all count. Aim for a mix of colours to get as wide a range of vitamins and minerals as possible. Roughly what you can fit into the palm of your hand.</p>
<p>Dairy products</p> <p>Dairy products contain calcium, which helps to keep your bones and teeth strong. They are also a good source of protein, but some can be high in fat, so choose lower-fat alternatives where you can (but look out for added sugar in its place).</p>	<p>How much per day?</p> <p>Aim for three portions.</p>	<p>What's a portion?</p> <p>One portion is equal to: 190ml (½ pint) of milk; a small pot of yogurt; 2 tbsp cottage cheese; a matchbox-sized portion of cheese (45g/1oz).</p>