



A lunch to think about

To see whether your diet is balanced, you have to know your weight, and what is in each food.

Confused about how much to eat? You can get a rough guide to your diet needs easily by following these steps.

Your diet needs

A rough guide to your energy needs – in Calories (Cal) – will be your weight in kilograms (kg) multiplied by 32. If, for example, you weigh 45kg and do an average amount of exercise*, then your body will burn up $45 \times 32 = 1,440$ Calories each day.

Carbohydrates

You should get about six-tenths of your diet needs from carbohydrates each day. This is $1,440 \times \frac{6}{10} = 864$ Calories.

There are about 4 Calories in every gram (g) weight of carbohydrate, so you can eat $864 \div 4 = 216$ g of carbohydrate a day.

Fat

You should get no more than three-tenths of your energy from fat. This is half as much as carbohydrates = 432 Calories. As there are 9 Calories in each gram of

fat (fat is a more concentrated source of energy), you should eat no more than $432 \div 9 = 48$ g of fat.

Fibre

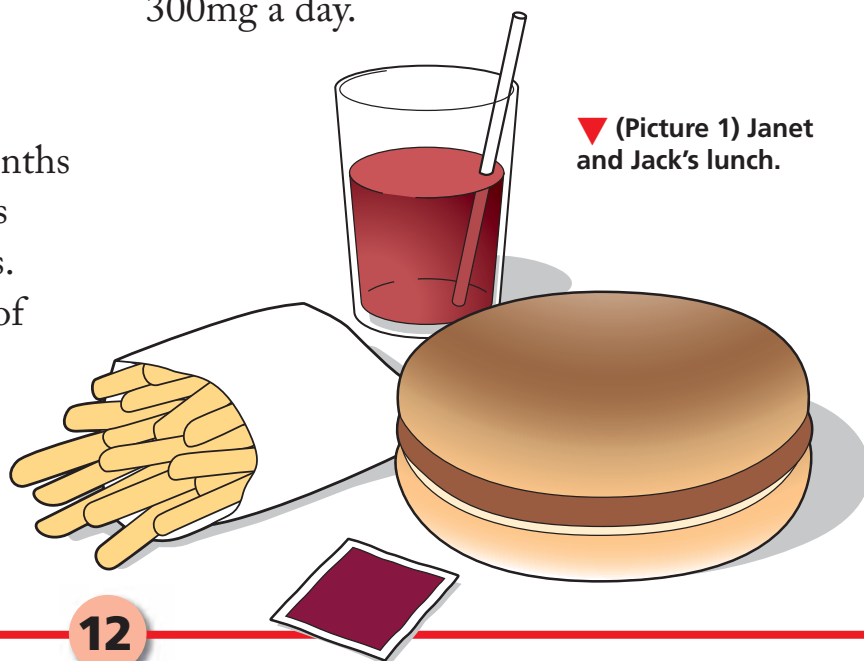
You need to eat 20 to 30g of fibre a day from plant sources (animal foods do not contain fibre). You can include peanuts and raw vegetables such as celery and carrots in this.

Sodium

You should keep your sodium (salt) level below 2,400 milligrams (mg) a day. This is about a teaspoon of salt. Most processed and convenience foods contain large amounts of salt.

Cholesterol

You want to keep your cholesterol below 300mg a day.



* Note: If you do not exercise regularly, then instead of multiplying your weight by 32, multiply it by 28; if you are a sporting type multiply by 36.

Janet and Jack's lunch

Janet and Jack, who each weigh 45kg, both have a big hamburger, a medium portion of French fries, a glass of cola and a portion of sauce for lunch (Picture 1).

The table below (Picture 2) shows you what their food contained. As you can see, in just this lunch Janet and Jack have eaten nearly all of their day's energy, nearly twice as much fat and more than the salt they need in a whole day. But they have eaten only two-thirds of the carbohydrate and a quarter of the fibre they need.

Diet turned upside down

In this meal Janet and Jack have turned the food pyramid (Page 10) upside down (Picture 3). To have a balanced diet they would now need to eat nothing but low energy, high fibre food, such as fruit, for one of their other meals.

Summary

- Unless you are growing fast, what you eat should balance what you burn as energy.
- Most processed and fast foods contain lots of fat and sodium.
- The best source of energy is from starchy foods, not fatty ones.

▼ (Picture 2) This table shows the contents of Janet and Jack's lunch.

Food	Quantity	Calories	Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)
Cola	One glass	140	0	0	50	39	0
Hamburger	200g	600	40	125	1,000	28	1
French fries	medium 120g	400	21	0	1,240	86	6
Sauce	30g portion	170	17	0	200	2	0
TOTAL		1,310	78	125	2,490	155	7
Recommended for one day		1,440	48	300	2,400	216	30

▼ (Picture 3) This is a food pyramid turned upside down by Janet and Jack.

