

Video transcript

Healthy Multicultural Eating

Main video:

(various pictures of people eating)

Voiceover: “Heart disease, diabetes, stroke & high blood pressure are all on the rise in this country and experts believe this is down to a lack of exercise and our love of unhealthy food.

(vox pops)

Lady 1: “Ice cream, sweets, ice cream”

Lady 2: “Beefburger”

Lady 3: “Fish & Chips”

Gentleman 1: “I like a full English breakfast with lots of fried bread”

Lady 4: “I love a Sunday Roast, yes”

Gentleman 2: “I love Pizza”

Lady 5: “Fish & Chips”

Lady 6: “Chips, coke”

Lady 7: “Chips”

Lady 8: “Chips”

(people eating)

Voiceover: “Statistics from the British Heart Foundation show that people from Black and Minority Ethnic Communities are at higher risk of heart disease, high blood pressure and diabetes.

(people playing badminton)

Voiceover: “Scientists believe this is down to a number of reasons including social living conditions, access to healthcare, genetics & lifestyle. According to the NHS, people of South Asian origin, including India, Pakistan & Bangladesh, are up to five times more likely to develop type 2 diabetes. A major cause of diabetes is obesity, caused by a lack of exercise & a diet high in sugar, fat & calories.

There are two changes however that we can all make to lower our risk of heart disease and diabetes. To be more physically active and to eat a healthier diet. Staying healthy doesn't have to take a lot of effort. Small changes can bring about big health benefits. In this film, community members are going to show you how they have made small changes to their favourite traditional recipes to make them healthier.

(kitchen, Asha standing behind counter)

Asha Lal, Health Development Officer: “Many people ask me how they know that they're eating a healthy balanced diet. So today, I'm going to take you through the eat-well plate. This is the tool that we use to help people understand what a healthy balanced diet is. There are five

different sections which represent five different food groups. And I'm going to take you through the sections, one by one.

Fruit & vegetables are really important and they should make up a third of our diet. We should be aiming to have between five and eight portions a day. Now, that might sound a lot, but an apple could be a portion, a medium sized banana or even a full tomato. And the more different types of fruit and vegetables we try, the better, because we're then getting better intake of different vitamins and minerals.

Carbohydrates should make up another third of our diet and are vital for energy. Foods in this group include bread, pasta, potatoes and rice. We should aim to eat about three to four portions a day. A medium sized chapatti could be classed as one portion or even six tablespoon-fulls of rice. Ideally, we would like to encourage people to eat brown rice or brown bread, because they are full of fibre and really fill you up.

As part of a balanced healthy diet, we recommend three to four portions of dairy products a day. Foods in this group include cheese, yoghurt and milk. One portion of cheese can be compared to a small matchbox. So just bear that in mind when you are making your cheese sandwiches. These foods are really good, because they're full of calcium, which makes your bones & teeth really strong.

Surprisingly, foods that are high in fat and in sugar can be part of a healthy diet, but it's just important to remember to eat these foods in moderation. One portion is roughly the size of a domino, so we recommend, up to two portions maximum a day.

Protein is our final group. And foods include lean red meat, fish and chicken. For vegetarians, it could include eggs, couscous, lentils & beans. We'd aim to eat about two portions a day. When you are thinking about your portion size when you are cutting up your fish or your meat, try to remember the size of a pack of cards because that is the size that you're looking for your piece of meat or fish to look like. For vegetarians, two eggs could be one portion or four tablespoon-fulls of cooked lentils could be a portion also. Protein is beneficial in your diet because it strengthens and repairs your muscles.

(picture with bowl, eggs)

Voiceover: There are lots of ways to make the food that we eat more healthy.

(picture of curry, followed by Nilufa cooking in kitchen)

Voiceover: Like this healthy Bangladeshi Spinach Bhuna recipe, cooked by Nilufa. The salt in this recipe has been replaced by spices and Nilufa is using olive oil, which is a much healthier alternative to ghee. Chicken is a good source of protein and lower in fat than red meat, especially, if the skin is removed. Always measure our your oil so you're aware of how much you're using. Using minced fresh spices are doubly good, as they give fuller flavour and have health benefits. Frying tried spices is a good way to release more flavour. Combining fresh & tried spices gives the curry a fuller flavour, which means less need for salt and shop-bought sauces which contain sugar and lots of chemicals.

Choosing curries that use tomato to make the sauces are much healthier than using cream or coconut which are high in saturated fat. Using spinach and other vegetables is important for a healthy diet and tomatoes are a good source of anti-oxidants. The fresh spinach and tomatoes produce lots of liquid, so turn the gas up before serving. Turn the heat off and your healthy spinach bhuna is ready so serve.

We took our healthy bhuna to a local group to see how it compared to the traditional recipe.

(Ogroshor group – women sitting around table, speaking in Bengali) subtitles

(Salt fact file)

Voiceover: The Bhuna recipe was healthy, because it had cut down on salt. Salt is important in our diet because without it, nerves wouldn't function, senses would be dulled & fluid balance would be unregulated. However, eating too much salt is bad for your health, it can raise your blood pressure, which triples your chances of heart disease and stroke. Salt is a hidden danger. 75% of the salt we eat is already in the food we buy. To help you cut down on your salt intake, lots of foods now have a traffic light system. Aim for food that's low in salt, those with the green label. And try to avoid foods with a red label as this indicates high levels of salt.

(Asha in kitchen behind counter)

Asha speaking: Too much salt is bad for us, and most of us eat too much in our diet. But the good news is it is so easy to reduce the amount we eat, making us healthier and less at risk of heart disease and stroke. The recommended daily allowance is six grams or a teaspoon. Now we've measured out 100 grams of each of these foods and the equivalent in salt. Now, bearing in mind that your recommended daily allowance is a teaspoon of salt, it's quite easy to see, that even having your cornflakes in the morning can send you over or towards your daily recommended allowance. Although many people associate salt with flavouring your food, there's so many different ways of doing this! Try using more fresh herbs, citrus fruits, such as lemon and lime. Lime is fabulous with savoury foods. Herbs & spices such as garlic & ginger not only flavour your food but have really good health benefits. If you like to snack, dried fruit or unsalted nuts are a really good healthy alternative. And if you're using salt in your diet, just make sure that you measure out the amount so at least you know how much you are taking in.

(Picture of Chicken Biryani, followed by Claire cooking in her kitchen)

Voiceover: Try this simple Indian/English dish, cooked by Claire. It's quick to make, low in fat and contains lots of vegetables. The combination of lean chicken and rice in this dish makes it a good balance of protein and carbohydrates. If you are Vegetarian, use half a tin of chickpeas per person instead of chicken. Save any water you've cooked vegetables in and add it to your stock. This dish is a good recipe for using up leftover chicken. It's also good for leftover veg or veg that you've got in the freezer. Once all the ingredients are combined, leave to boil for 20 minutes and then let it stand for another ten. You're now ready to serve your healthy low fat Biryani.

We took this low-fat option out into the community to see what people thought.

(Roshni group – Ladies on chairs, talking in Hindi)

Lady one: Very nice. (Subtitles)

(Fat fact file, pictures related to fat)

Voiceover: Fats are vital to your health. They transport oxygen to every cell in your body and without them, nothing works. So fat is an essential part of a healthy diet in moderation. There are good fats and bad fats. And cutting down on bad fats is good for your health, particularly your heart. Grill food rather than fry it, and always go for low-fat options wherever possible.

(Asha in kitchen, behind counter)

Asha: Eating too much saturated fat in your diet can lead to heart disease and clogged arteries. Have a look at this. This healthy artery is allowing the blood to flow freely whereas in this one, the blood is really struggling to get past all the fat which eventually can lead to heart disease or even a stroke.

Foods like curry, coconut milk, butter or ghee, cakes & biscuits and even snack food like samosas & spring rolls are full of saturated fat and should really only be eaten in moderation. The daily recommended allowance for women is 20 grams as we can see here and for men it's 30g but most people still eat more than their recommended allowance. The amount of saturated fat for each of these food has been measured out and as most people know, things like cakes and biscuits and fried food are full of fat. But what you might not be aware of are creamy curry sauces, nut-based sauces and even coconut milk is full of fat. This is half a tin of low fat coconut milk and yet it still contains nearly a quarter of a woman's daily allowance of saturated fat. Too much saturated fat in your diet is not good for you, so you really need to think about healthier options, so instead of using ghee, you can use olive oil, and a really good source of fat comes from oily fish like sardines and mackerel, so aim to eat between one and two portions a week, to really reduce your risk of heart disease.

(Steamed Chinese dumplings, photo of dish followed by Lisa cooking in her kitchen)

Voiceover: Steaming food is healthier than frying as it uses less fat. This is a good recipe to cook with your children and Lisa is going to show you how.

Cooking can be a fun activity for the whole family, and getting children involved from an early age can give them a good understanding of what makes a healthy diet. And there you have your steamed Chinese dumplings made with lean turkey mince.

We asked members of the local Chinese community what they thought of this healthy recipe.

(Chinese lunch club)

Gentleman: Very nice, mmh. (people talking in Cantonese, subtitles). Very good, very tasty.

Lady: I love it.

Lady: It's tasty, very delicious.

Gentleman: I love it too.

(Dishes being carried to the table, people eating)

Voiceover: Hopefully, we have given you some ideas on how to make your favourite foods more healthy and encouraged you to make small changes to your diet which will have a big impact on your health. By cutting down on salt and fat and trying to eat a balanced diet, you can lower the risk of heart disease, stroke and diabetes for your whole family.

Food that's good for you and your family doesn't have to be boring. With any luck, we've inspired you to create some dishes on your own. But if you would like more advice or need inspiration, please contact us at

(HIDS address)

Polish Chicken Kotlets

Voiceover: This Polish chicken Kotlet cooked by Lewis uses less olive oil instead of butter for frying and low fat options for the dip.

Frango grelhado com Arroz

Voiceover: Try Esmenia's chicken rice from Angola. She uses olive oil instead of palm oil and bakes the chicken in the oven instead of frying it, using less fat.

For more information

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