

Live Well – Feel Great

14 April 2005

Information For Healthy Living

Pizza Hut (UK)

At Pizza Hut, we're passionate about everything on our menu; from our starters to desserts, from our pizzas to our pastas and salads.

To look after our health, it's important to eat well and stay active. With so many delicious combinations to choose from, a Pizza Hut meal is a great treat that you can fit into a balanced lifestyle.

To help you achieve this, we've got some down to earth advice...

Disclaimer. This is general lifestyle advice only and is not intended to replace any individual advice given by your doctor or other health care professional. Always consult your doctor if you are concerned about your health, or if you have any concerns about being more active.



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To look after our health, it's important to eat well and stay active.



STAY BALANCED

- These days, more and more people are less physically active, but still enjoy the same plentiful choice of food. Experts agree that this is the most likely reason why many people have become overweight, because they end up consuming more calories than they burn.
- To keep our weight stable we need to balance the calories we take in with the calories we burn. Combining an active lifestyle with a sensible, balanced diet is the healthy way to help us achieve this.
- Eating well and being active can also help you to feel fit, concentrate better, manage your stress and moods more effectively and look after your health in the long term.

A Pizza Hut meal is a great treat that you can fit into a balanced lifestyle.



EAT WELL

- We know it's important to eat a healthy diet, but what does that actually mean?
- It means eating a combination of the main groups of foods in the healthiest proportions.
- This includes plenty of fruit, vegetables, bread, other cereals and potatoes.
- It also means eating moderate amounts of meat and dairy foods and smaller amounts of foods high in fat or sugar.
- This combination helps us get the energy and nutrients we need, and also enjoy the variety and pleasure that good food brings.
- It's all about getting the balance right.

Fruit and vegetables.

- Enjoy at least five portions of fruit and vegetables every day for vitamins, minerals, fibre and beneficial antioxidants.
- A 'portion' is 80g of fruit and vegetables, which is equivalent to:
 - A medium piece of fruit such as an apple, pear or orange.
 - 3 heaped tablespoons of fresh, frozen or canned vegetables, or fruit salad, canned or stewed fruit.
 - A cereal bowl full of salad or mixed leaves.
 - 150ml glass of fruit juice (count only once, even if you drink more).
 - 1 tablespoon of dried fruit.
- Fruit is great for snacks and puddings, and don't forget salad or vegetables with meals.

Bread, other cereals and potatoes.

- Food like pasta, bread, rice, potatoes, some breakfast cereals, couscous, chapattis, noodles and pulses are good energy providers.
- Include whole grain or wholemeal varieties for extra fibre and nutrients.
- Make these foods part of meals, so they make up about a third of your diet. Keep the balance by not adding too much butter, margarine, oil, dressings or rich sauces.

Milk and dairy foods.

- Include moderate amounts of dairy foods such as milk, yoghurt, cheese and fromage frais because they contain calcium and protein, which help to maintain healthy teeth and bones.
- If you are watching your fat intake, you could choose to have half the usual amount of tasty cheese, for example by ordering half the amount of cheese on your pizza or by choosing lower fat options, for example the Chicken Hi-Light Pizza.

Meat, fish and vegetarian alternatives.

- A balanced diet should also include moderate amounts of meat, fish (including oily fish), chicken, eggs, pulses (peas, beans and lentils), tofu, nuts or seeds.
- These foods pack in the protein along with B vitamins and minerals such as iron, zinc and magnesium.
- When possible, choose lower fat versions, and low fat cooking methods such as grilling or baking.

Foods containing fat and sugar.

- This group includes foods such as oils and spreads, ghee, sugary drinks, sweets and chocolate, mayonnaise, cakes, biscuits, pastries, ice cream, crisps and cream.
- These foods can be part of a balanced diet but are best kept to smaller amounts and not eaten too often. Choose oils and spreads rich in unsaturated fats, but still use sparingly.

Enjoy at least five portions of fruit and vegetables every day for vitamins, minerals, fibre and beneficial antioxidants.



What about meals or dishes?

- These guidelines can also be applied to composite dishes, such as sandwiches, or pizza and pasta dishes.
- These are all made with foods from more than one food group.
- For example, in the case of an Hawaiian pizza, four food groups are represented:
 - Meat and alternatives (ham).
 - Bread and other cereals (pizza base).
 - Milk and dairy (cheese).
 - Fruit and vegetables (pineapple and tomato-rich sauce).
- Serving it with a salad and fruit juice would make it a balanced meal.

What about young children?

- Young children (under twos) are growing rapidly so have different needs than older children and adults, for example, they need full fat dairy foods.
- Between the ages of two and five, children can make a gradual change towards family foods and the recommended balance and types of foods as outlined above.

What about salt?

- While we all need some salt in our diet, most of us are eating too much.
- The Government recommends that the average intake of salt should be reduced to no more than 6g/day for adults, and less for children.
- So think twice before adding salt to foods during cooking and at the table, and look out for packaged and prepared foods and dishes with 'no added' or lower levels of salt.

The Government's 'eight guidelines for a healthy diet'.

- Enjoy your food.
- Eat a variety of different foods.
- Eat the right amount to be a healthy weight.
- Eat plenty of foods rich in starch and fibre.
- Eat plenty of fruit and vegetables.
- Don't eat too many foods that contain a lot of fat.
- Don't have sugary foods and drinks too often.
- If you drink alcohol, drink sensibly.

The Balance of Good Health Wheel.

Eating well is all about balance and variety. 'The Balance of Good Health Wheel' can help you achieve this. It's made up of five food groups, each group representing a different segment in the plate. These vary in size, depending on the proportions required to make up a healthy diet.



- Fruit and vegetables.
- Bread, other cereals and potatoes.
- Milk and dairy products.
- Foods containing fat as well as foods and drinks containing sugar.
- Meat, fish and alternatives.

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BE ACTIVE

- Only 3 out of 10 people in the UK are active enough to benefit their health.
- Being more active, and staying that way, is vital for good health and can help you to keep to a healthy weight.
- So it makes sense to build more activity into your daily life.

'At least five a week'

- The Department of Health recommends that, for our general health, we should do at least 30 minutes of moderately intense physical activity on five or more days of the week.
- This means anything that makes you feel warm and breathe more heavily - but you should still be able to have a conversation while doing it.
- The 30 minutes (or more) can be done all at once or in short bursts throughout the day, and can be made up of different types of activities, such as:
 - A 20 minute brisk walk.
 - At least 10 minutes of digging in the garden or playing swing ball with the kids.

"Move more, more often" - top tips for being more active

- If you haven't been active for a while, start slowly and build up gradually.
- Choose an activity you enjoy and/or can build into your usual routine, such as doing the shopping, walking the dog, or using an exercise bike while watching TV.
- Take the stairs or walk up escalators.
- When possible, don't use the car. Walk instead. Walk to the next bus stop, take a walk at lunch time, or walk the children to school.
- Get support from friends and family to encourage you to stay active - if you commit to being active with someone else, you're more likely to do it.
- Listen to music or the radio while you walk or do housework, it'll make it more fun!
- Be a good role model and play active games with your children.
- Buy a step counter and aim to build up to 10,000 steps over the day.
- Buy toys or games that promote physical activity.
- Try something new like going dancing, martial arts, gardening or rollerblading.
- Children and young people are advised to be moderately active for at least 60 minutes per day.
- Please note. Don't exercise if you feel ill, and stop if you start to feel unwell.

Being more active, and staying that way, is vital for good health and can help you to keep to a healthy weight.



MAKING CHANGES

- If you are feeling ready to make some changes there's a few things to do that can really help.
 - Keep a food and activity diary - to find out more about your eating and exercise habits. You can then use it to plan changes that suit your lifestyle.
 - Think about how much as well as what you eat. Watch your portion sizes.
 - Set yourself small, realistic goals. They really can add up to make a big difference. And each time you achieve one, it boosts your confidence to continue.
 - Plan ahead and aim to have regular balanced meals, starting with breakfast.
 - Be flexible. The balanced approach means eating healthily most of the time and fitting in some favourite foods.

- Stay positive, and don't let a slip up, missed activity session or bad day throw you off course. Instead think how you might deal differently with a similar situation next time.
- Think long term rather than quick fix. The balanced approach is about establishing new habits to be enjoyed - for life.

Set yourself small, realistic goals. They really can add up to make a big difference.

