

## HEALTHY EATING DAILY TIPS

Eating right for your health is all about being consistent and getting a balance from all the food groups. Variety is the key to ensure you get your fibre, protein, essential fats, energy foods and nutrients

Spreading this over the whole day (meal times) keeps up your energy levels and allows your digestive system to do its job most efficiently - that is breaking down foods, absorbing nutrients and getting rid of what's not needed



### BREAKFAST TIPS

Start off your day with a carbohydrate and fibre-packed breakfast. Adding protein is also a great idea. Muesli can be heavy and high in calories so you could mix it with another cereal, such as Bran flakes or All Bran

Porridge is great, with added fruit or berries, and topped with seeds for extra goodness. Avoid cereals with added sugar or sugar coated varieties. Have cereal with low fat or skimmed milk – lower in fat than whole milk.

If you have toast or bread choose wholemeal/wholegrain/seeded, and spread thinly with your choice of spread or butter and an extra fruit jam, marmalade or nut butter. Have tea or coffee - with no/little sugar

Go for the freshly squeezed fruit juices rather than those made from concentrate.

### LUNCH TIPS

If you have your main meal in the middle of the day then you could switch the lunch choices with your evening meal.

It's good to include some protein at lunchtime – fish, chicken, beans, lean meat, tofu to keep your energy up

For sandwiches choose quality wholemeal/wholegrain bread. Experiment with different types of bread/bagels/pittas/crispbreads/wraps. Fill sandwiches with plenty of salad and less of the higher calorie meat or cheese.

Fresh and homemade soups can add extra vegetables, nutrition and fibre but not ones made with cream.

If you are cooking rice or pasta in the evening, keep some aside as a base for a lunchtime salad. Mix with chopped vegetables, beans, oil, spices or dressing for a healthy lunch.

Jacket potatoes are great but not loaded with cheese, coleslaw or butter. Better with tuna or beans.

Make salads interesting and colourful with peppers, beetroot, carrots, chickpeas, seeds, nuts etc





## EVENING MEALS TIPS

Your evening meal size and choice will vary depending on whether you have your main meal at lunchtime or in the evening.

Evening meals can also be similar to lunches in the food choices.

Aim for:

- medium portion of carbohydrate,
- at least 2 vegetables
- moderate portion of lean protein

Carbohydrate choices include pasta, rice, potatoes (not chips), Bulgar wheat, couscous, noodles, wraps, and root vegetables.

Any vegetables are great, include plenty of variety and colours

Protein sources include, chicken, turkey, all fish/seafood, lean lamb, beef or pork  
Vegetable protein sources are low in fat and easy to digest; these include all bean varieties (kidney/Soya/haricot) and pulses (peas/lentils).

Meat should be grilled, steamed or baked but not fried and fat/skin removed. Try to include red meat no more than 3 times per week.

Go for tomato rather than creamy sauces.

Stir-fries are a great way of cooking low-fat vegetable and meat/fish dishes. Add spices, herbs, or oriental sauces for flavour.