

Healthy Eating



on a Budget

recipes

eatwell plate

shopping tips

save money

fuel bills

portions

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Introduction

Healthy eating is often thought to be expensive but this needn't be the case and this booklet will give you helpful tips on how to achieve this. Eating a balanced diet is important for good health and to help reduce your risk of heart disease and certain cancers.

This booklet will give you practical advice to help you eat well and plan meals that all your family will enjoy.

What is healthy eating?

Your body needs a healthy, balanced diet so it can work effectively. Eating the right foods in the right amounts can make you feel fantastic and much more energetic. Good nutrition is also important for prevention of serious health problems like heart disease and cancers.

The five different food groups shown on page five and six of this booklet all contain important nutrients. You should include foods from all of these groups every day to benefit your health. Try to choose lower fat versions of dairy products, meat and alternatives.

One of the most important things we can do is eat more fruit and vegetables, not just in quantity but in variety as well. It is recommended to eat at least five portions of fruit and vegetables each day. Fruit and vegetables of different colours all contain different substances, which can boost our immune system and help protect our body from disease. Fresh, frozen, dried and tinned fruit and vegetables all count towards our 5 A Day total.

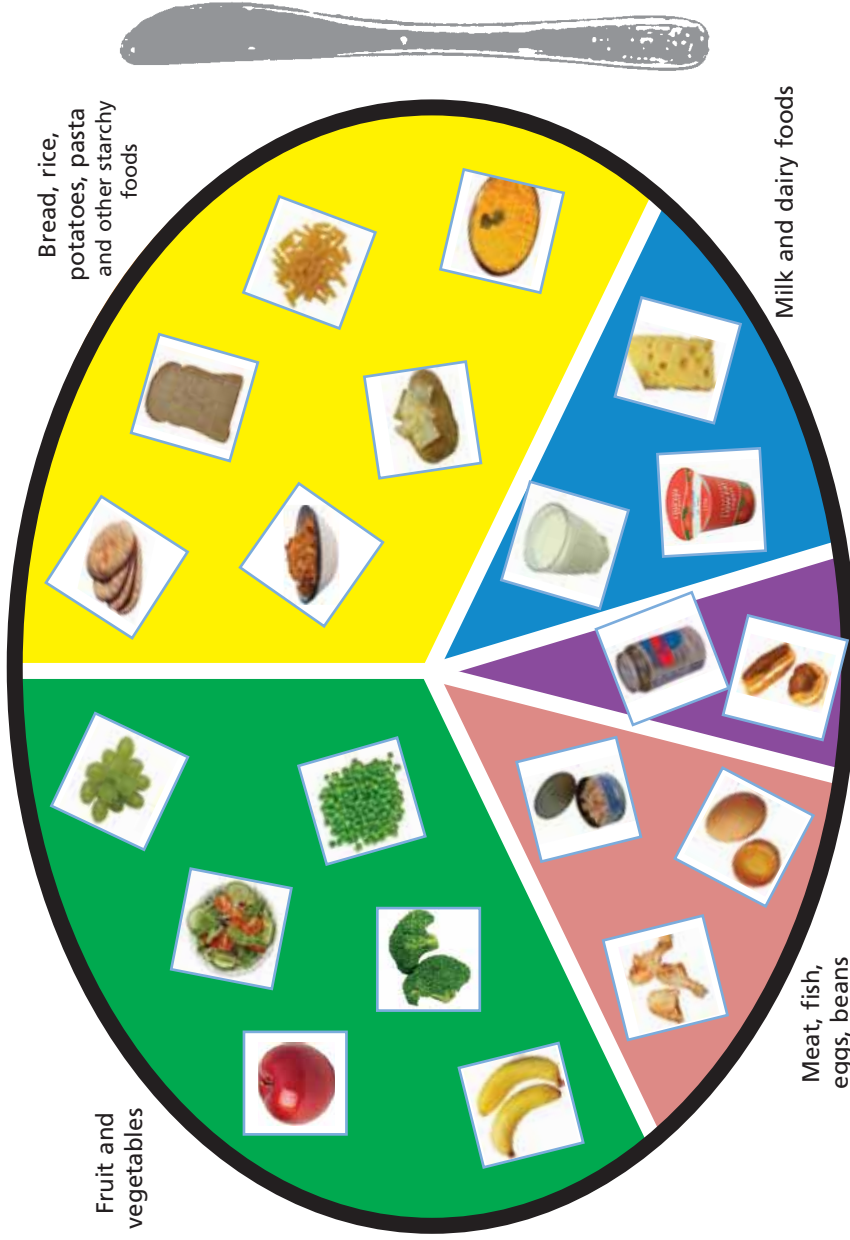
What is healthy eating continued...

Foods containing fat, sugar and salt are fine as occasional treats but should make up the smallest part of our diet. Eating too much saturated fat has been linked to heart disease. It is important to watch how much total fat you are eating as eating too much can lead to weight gain. Too much salt can cause high blood pressure, it is recommended that adults should consume less than six grams of salt a day this is equivalent to one level teaspoon. Try to cut down on added sugars, especially those in processed foods and soft drinks.

Eatwell - Food Standards Agency recommendations are:

- Base your meals on starchy foods
- Eat lots of fruit and vegetables
- Eat more fish
- Cut down on saturated fat and sugar
- Try to eat less salt - no more than 6g a day
- Get active and try to be a healthy weight
- Drink plenty of water
- Don't skip breakfast

The eatwell plate



NB. Shows examples of food and drinks that would make a healthy balanced diet.



The eatwell plate

| Food Groups | (Food) examples | What its good for? | Food Fact |
|--|---|---|--|
| Bread, rice, potatoes, pasta and other starchy foods (carbohydrates) | Bread, pitta-bread, potatoes, rice, pasta and cereal | To give us energy | Wholegrain varieties contain more fibre which help keep our digestive system healthy |
| Fruit and vegetables (vitamins and minerals) | Apples, oranges, bananas, raisins, pears, peaches, kiwi, strawberries, melon, grapefruit, tomatoes, peas, carrots, salad, cabbage, celery, cauliflower, leeks and lots more | Repair to fight off disease and infection | You should aim to eat at least 5 portions of fruit and vegetables everyday. All fresh, tinned, dried, frozen and juiced fruit and vegetables count |
| Milk and dairy foods (calcium) | Milk, cheese and yogurt | For strong teeth and bones | You could mix fresh fruit with plain Yogurt to help eat your 5 a day |
| Meat, fish, eggs, beans and other non-dairy sources of protein | Meat, fish, beans and pulses, nuts seeds and eggs | For growth and repair | This is important to help you grow and your skin to heal when it is injured. Tinned tuna also counts in this food group |
| Foods and drinks high in fat and/or sugar | Chips, cakes, sweets, fizzy drinks, biscuits and crisps | | Eat small amounts as too much fat can cause weight problems and heart problems and too much sugar can rot your teeth |

This chart is available in a larger print from

The Public Health Improvement Information Service: 0191 283 1122

How much is one portion?

You should try to eat a variety of foods from the following food groups however, eat only small amounts of foods containing fats and sugars. Each picture below shows one portion.

Bread, rice, potatoes, pasta and other starchy foods (have six - eleven portions per day - eat a variety)



3 heaped
tablespoons
of cereal



1 large
slice of
bread



3
crackers



3 heaped
tablespoons
of pasta



2 egg size
potatoes

Fruit & Vegetables (Have five or more portions per day - eat a variety)



3 heaped
tablespoons
of peas



1 medium
apple



2 broccoli
florets



12 grapes



1 small
bowl of
salad



7
strawberries

Milk and dairy foods (Have two - three portions per day)



1 medium
glass
/200ml



1 small
pot of
yogurt



1
matchbox
size /40g
of cheese



1 large pot,
200g of
cottage
cheese

Milk (for a healthier option use semi-skimmed or better still, skimmed) Yogurt (plain or flavoured, low fat and low sugar) Cheese (preferably low fat) (Brie, Camembert, Edam, reduced fat Cheddar, smoked Austrian are good). Mini portion size cheeses are handy.

Meat, fish, eggs, beans and other non-dairy sources of protein

(Have two-three portions per day - eat a variety)



3 slices
ham



3 fish
fingers



5
tablespoons
of baked beans



1 egg



2
tablespoons
of nuts

Lean meat, beef, pork, ham, lamb, chicken (without skin)
- 3 slices (an amount the size of a pack of playing cards)

Foods and drinks high in fat and/or sugar (Use sparingly)



1 teaspoon
Spreading fats
and oils - butter
or margarine -



1 small
packet
of crisps
(low fat)



2 biscuits
(plain)

Drinks

Six to eight glasses of water or other fluids per day are recommended.



NB This section shows some examples of food and drinks that would make a healthy balanced diet.

Shopping tips to help you save money

- Try to plan meals for a week in advance so you are eating a balanced diet every day. Make a shopping list of ingredients you need for recipes.
- Avoid just using the supermarket for everything; butchers, fruit and vegetable shops and the local market are often cheaper.
- Buy shops 'own' labels and make use of special offers.
- Get value for money, large packs can be the best value, e.g. pasta, rice, also meat (which can be frozen).
- Tinned and frozen food are good essential items to store at home and can be the basis of many healthy tasty meals, e.g. tinned fish, baked beans, fruit in own juice, vegetables and soups.
- When buying meat try to buy smaller amounts of good quality lean meat rather than cheaper meat which may contain more fat.



Shopping tips to help you save money cont...

- Try not to shop when very hungry as you are more likely to buy extras.
- Check the prices of fresh foods as these may change throughout the year depending on the season, e.g. fruit and vegetables, loose apples can be cheaper than packaged.
- Try shopping with a friend, share a taxi home and even share buy one get one free offers.
- Look out for bargains at the end of the day and week etc but check they are good quality.
- Remember a bargain is only a bargain if you need it.



Save on cost of food

- Try to cook one meal for all the family.
- You can save money by buying in bulk and cooking larger amounts and freezing them to eat at a later date - (be aware of portion sizes).
- Use more home cooked and less convenience food (especially for small children).
- Use leftovers of chicken, meat or fish the next day in jacket potatoes, stuffed pancakes or omelettes or use it to make soup. But don't forget to reheat leftovers only once and heat through thoroughly.
- Use vegetables, beans and lentils to bulk up soups and casseroles. These add flavour as well as providing vitamins, minerals and fibre. You may need to add extra liquid.
- Use tinned soups instead of 'cook- in sauces'. (look for healthier low fat options).

Save on gas/electricity

- Try one pot cooking e.g. casseroles and stews.
- Use a small amount of water for vegetables and keep the lid on the saucepan.
- Use a toaster, microwave or pressure cooker to reduce cooking time.
- If you are boiling the kettle only boil as much water as needed.
- Use the oven to the full e.g. cook casserole, jacket potatoes and rice pudding all at the same time.
- Cook jacket potatoes in the microwave and brown them off in the oven - they will cook more quickly and save fuel.



Sandwich Fillings

Ideas for combination sandwich fillings on wholemeal or granary bread, rolls, bagels, or pitta bread.

Always spread butter/margarine thinly, try low fat dressings.

- Edam cheese with apple and lettuce
- Cold meat, lettuce, tomato and beetroot
- Cheese, onion, lettuce and tomato
- Hummous and cucumber (v)
- Cottage cheese, pineapple and salad
- Tuna and sweetcorn

Jacket Potatoes

Baked potatoes are a good standby for any time of the day.

Ideas for fillings for jacket potatoes

- Tuna mixed with sweetcorn or onion and either natural yogurt or low-fat mayonnaise
- Left over bolognaisse sauce / chilli / curry
- Scrambled egg mixed with a little grated cheese and chopped tomato
- Baked beans or a tin of mixed beans(cooked)(v)
- Cheddar cheese / cottage cheese / any low fat cheese with onion or pineapple or dates

1. Set the oven at 200C/400F/Gas Mark 6.
2. Wash the potato and bake in the oven for 1-1½ hours (or cook in the microwave for about 8mins).
3. When the potato is ready, make a cross shaped cut and spoon filling in.

(v) - vegetarian



Vegetable Broth

Serves four

Ingredients

- 3 carrots
- ½ tablespoon tomato puree
- 1 leek
- 2 medium parsnips
- 2 sticks celery
- ½ swede/turnip
or any other vegetables you have
- 1000ml (1 litre) of vegetable stock or water
- A pinch of salt and pepper to taste
- (you can also add 4oz/100g lentils or pear barley or vegetable broth mix)

Method

1. Prepare all the vegetables by peeling and chopping into small pieces.
2. Fry leeks in oil until soft.
3. Put the vegetables into your saucepan.
4. Pour in the stock or water, add tomato puree, salt and pepper.
(don't add salt for children)
5. Bring to the boil and then let the soup simmer for 40 minutes. Then serve.

Fish Pie

Serves two-three

Ingredients

For sauce

- 25g (1oz) margarine
- 25g (1oz) plain flour
- 225ml (7 fl oz) semi skimmed milk

For pie

- 225g (8oz) cod/haddock/any other white fish
- 75g (3oz) frozen peas or sweetcorn
- 350g (12oz) potatoes
- 2 tablespoons semi skimmed milk

Method

1. Cook the fish in a pan with a little milk for about 5-10 minutes until it begins to flake.
2. Peel, chop and boil the potatoes.
3. Melt margarine in a pan and mix in flour.
4. Remove from heat and stir in milk, return to heat and stir until it thickens, season.
5. Flake cooked fish and place in ovenproof dish with the peas and sweetcorn.
6. Pour over white sauce.
7. Mash potatoes with margarine and milk and place over fish.
8. Score with fork and brush with milk.
9. Bake in oven 230C/450F /Gas 8 until heated through and brown. Serve with vegetables.





Cauliflower Crisp

Serves two

Ingredients

- 1 small cauliflower
- 1 oz margarine
- 4 oz bacon chopped (optional)
- 2 oz mushrooms, sliced
- 1 oz flour
- half a pint (300ml) of semi skimmed milk
- 4 oz grated cheese (low fat)
- A pinch of salt and pepper to taste

Method

- 1 Divide cauliflower up and cook in boiling water for 10-15 minutes.
- 2 Put margarine in pan, add bacon (optional) and mushrooms and fry for 3-4 minutes.
- 3 Add flour, and milk, bring to boil stirring continuously.
Stir in cheese, salt and pepper.
- 4 Pour over cauliflower.



Cornbeef Hash

Serves two-three

Ingredients

- 1 tablespoon of cooking oil
- 1 large onion (chopped)
- 675g (1 lb) potatoes cut into chunks
- 300ml (half a pint) beef stock
- black pepper
- 1 x 325g (11oz) can of corned beef cut into chunks dash of worcester sauce

Method

1. Heat the oil in a large pan and fry gently until the onions are soft.
2. Add the potatoes and pour in the stock.
3. Add pepper and worcester sauce to taste.
4. Simmer for 10-15minutes until the potatoes are tender and the stock absorbed.
5. Gently stir in the corned beef and heat until warmed through.
6. Put the pan under a hot grill for the heat to brown the top.



Spaghetti Bolognese

Serves four

Ingredients

- 12 oz/350 g of spaghetti
- 2 carrots sliced or diced
- 8 oz /200 g lean minced beef (or Quorn)
- 1 onion chopped
- 150ml (one quarter pint) stock (made up with 1 beef or vegetable stock cube)
- 1 clove of garlic (optional)
- 1 large can tomatoes
- 2 tablespoons of tomato puree
- add pepper to taste
- handful of quartered mushrooms
- 2 pinches of mixed herbs

Method

1. Place the mince in a pan and fry in its own juice until lightly browned and drain off any excess fat.
2. Add the onions and garlic and then the carrots and mushrooms and fry gently.
3. Add the stock, can of tomatoes, tomato puree and mixed herbs.
4. Cook gently for 30-40 minutes, stirring occasionally.
5. Cook the spaghetti until soft, starting 10 minutes before the sauce will be ready.
6. Drain the spaghetti and serve with the sauce.



Chicken Curry

Serves four

Ingredients

- 1 large onion chopped
- 1 lb/ 450 g chicken chopped into chunks (no skin)
- 1-2 tablespoons madras curry powder
- 2 tablespoons tomato puree
- 1 large cooking apple
- 4 oz/100 g frozen peas
- 1 teaspoon ginger powder
- 150ml (quarter pint) stock/stock cube
- 1 tablespoon oil

Method

1. Fry the onions in the oil and add the curry powder and ginger, the chopped apple and the chicken pieces.
2. Allow curry to infuse for 5-10 minutes, stirring repeatedly.
3. Add the stock and tomato puree, bring to the boil then simmer for 30 minutes adding more water if required.
4. Add the peas for a further 10 minutes cooking time. Serve with rice.

Other vegetables can be added to the curry as desired or as available. This will make the curry go further and increase the flavour. If the curry is too strong try adding low fat natural yogurt for a milder, creamy taste.



Tuna Pasta

Serves two-three

Ingredients

- 1 large tin of tomatoes
- 2 tablespoons tomato puree
- 1 onion, chopped
- 1 clove of garlic (crushed) optional
- 1 tablespoon oil
- Pinch mixed herbs
- A pinch of salt and pepper to taste
- Pasta any shape (about 50-75g per person)
- 2 cans tuna in brine, drained
- 50g frozen peas
- Small tin sweetcorn, drained

Method

1. Cook pasta according to packet instructions and drain.
2. Chop all the onions and tomatoes.
3. Heat the oil in a saucepan. Fry the onions, and garlic cook till soft.
4. Add the tinned tomatoes, tomato puree, mixed herbs, salt and pepper.
5. Cook on a low heat for 20 minutes, stirring occasionally, until the mixture is a rich tomato sauce.
6. Add tuna, peas and sweetcorn to tomato sauce and simmer for 5 minutes.
7. Mix sauce and pasta together.
8. Serve with salad.



Lemon rice pudding

Serves two

Ingredients

- 25g/1oz pudding rice
- 300ml (half a pint) semi-skimmed milk
- grated rind of half a lemon
- 1 teaspoon caster sugar
- 25g/1oz sultanas
- ground nutmeg to serve

Method

1. Place all the ingredients except the lemon curd and nutmeg in a small saucepan.
2. Bring to the boil, then simmer for 20-25 minutes until the rice is tender and most of the liquid has been absorbed.
3. Serve sprinkled with nutmeg.



Apple Bread and Butter Pudding

Serves two

Ingredients

- 2 slices wholemeal bread
- Margarine (low fat)
- 2 tablespoon raisins or currants
- 1 small eating apple
- Pinch ground cinamon
- 2-3 teaspoons brown sugar
- 1 egg
- 300ml (half a pint) semi-skimmed milk

Method

1. Preheat oven to 180c/350F/gas mark 4.
2. Butter the bread and cut into quarters.
3. Put a slice on bottom of baking dish, butter side down.
4. Sprinkle with 1 teaspoon of raisins or currants.
5. Peel and core apple, slice thinly, place on the dish.
6. Sprinkle with cinnamon and sugar.
7. Cover with the remaining bread buttered side up and sprinkle with rest of dried fruit.
8. Beat egg and milk together with fork and pour into dish.
9. Bake in oven for 30 minutes.

Your daily meal diary and shopping list

| | Breakfast | Midday meal | Evening meal |
|------------------|------------------|----------------------|---------------------|
| Example | Museli & toast | Baked potato & beans | Cauliflower Crisp |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Sunday | | | |

Shopping list

Breakfast

eg. *Museli*
bread
milk*

Midday meal

eg. *potato,*
beans

Evening

eg. *cauliflower,*
mushrooms,
milk,*
cheese

bacon,
flour,
margarine,

** Buy appropriate amounts of items you need in more than one recipe eg. milk*

Use this diary to plan and shop for your first weeks meals.



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