Healthy eating can help you to achieve and maintain a healthy weight whilst making sure you eat the right foods to keep you well.

This leaflet gives you some ideas for putting healthy eating advice into practice by choosing quick and easy meals.

It includes suggestions for breakfasts, main meals, snack meals, desserts and snacks.

Use The Eat Well Plate to help plan healthy eating into your meals and snacks.
IDEAS FOR BREAKFAST

- Cereal - choose higher fibre, lower sugar varieties e.g. bran flakes, porridge, no added sugar muesli, wheat biscuits, shredded wheat, puffed wheat, fruit and fibre.
  - Use semi-skimmed, 1% milk, skimmed milk, unsweetened soya milk, natural or diet yogurt.
  - Try adding fresh, canned (in natural juice), dried or stewed fruit.
- Bread / toast – choose granary or wholemeal toast, English muffins, bagels or crumpets. Try different toppings e.g.
  - Reduced fat spread
  - Reduced sugar jam or marmalade
  - A small amount of Bovril, Marmite or honey
  - Grilled tomatoes, mushrooms or kippers
  - Poached / scrambled eggs or baked beans
- Small glass of fruit juice or fruit smoothie (no added sugar varieties)
- Low fat / low sugar yogurt or natural yogurt with:
  - Fresh, dried or stewed fruit
  - A sprinkling of no added sugar muesli / granola / almonds / seeds

IDEAS FOR SNACK MEALS

- For sandwiches, as a change from ordinary bread or rolls, try wholemeal pittas, paninis, seeded tortilla wraps, bagels, wholegrain crackers.
- If using a spread, choose a monounsaturated or polyunsaturated one e.g. based on olive or sunflower oil. If using a moist filling try not to use a spread.
- Add the filling of your choice, some examples include:
  - Lean beef (with a thin spread of mustard if liked) and salad
  - Lean ham and chunks of pineapple
  - Grated reduced fat cheese / a little mature cheddar / Edam and tomato
  - Grated reduced fat cheese, chopped celery with a little low fat salad dressing
  - Brie and sliced grapes and / or salad
  - Low fat cottage cheese or cream cheese with pineapple / salad
  - Salmon and cucumber
  - Prawns with a little low fat dressing
  - Egg and tomato
  - Chicken tikka with salad
  - Smoked mackerel and a little low fat mustard mayonnaise
  - Hummus and salad or grated carrot
  - Tuna mixed with low fat natural yogurt or salad dressing and salad
- Wholemeal / granary toast topped with grated reduced fat cheese, baked beans, scrambled or poached eggs or pilchards/sardines (tinned in tomato sauce or spring water).
• Jacket potato with a choice of filling, e.g. baked beans, cottage cheese and chives, reduced fat coleslaw, tuna and sweetcorn, small portion curry / chilli con carne, or reduced fat grated cheese. Serve with a salad.
  ➢ Try not to add butter or margarine to the potato – choose a moist filling instead.

• Try a diet yogurt or fromage frais or fresh fruit as a pudding to complete your mealtime snack.

• Serve salads without dressings if possible or try one of the following suggestions:
  ➢ Low fat yogurt is a versatile dressing on its own or low fat mayonnaise can be mixed with yogurt. Suitable flavourings include mustard, herbs, onion, crushed garlic, capers, olives, balsamic or wine vinegar.
  ➢ To dilute vinaigrette, liquidise with finely chopped tomato.
  ➢ Try a small amount of fruit juice for a different light dressing, e.g. a squeeze of lemon juice or orange, mango or pineapple juice.
  ➢ Many ready made dressings are now available in a fat reduced or ‘light’ version. These are a healthier choice but limit the quantity you use as they still contain some fat.

• Some salad suggestions for you to try:
  ➢ Mixed leaves, e.g. Chinese leaves, radicchio, frisse, lollo rosso, watercress
  ➢ Tomato and spring onion
  ➢ Mixed bean (red kidney beans, black eyed beans)
  ➢ Curried rice salad
  ➢ Pasta, tuna and sweetcorn
  ➢ Cucumber and yogurt with coriander
  ➢ Cabbage, apple, celery and raisins with yogurt dressing
  ➢ Celery, sweetcorn and pineapple
  ➢ Chickpea, potato, onion, yogurt, and coriander

IDEAS FOR MAIN MEALS

• Spaghetti or other pasta shapes with meat, mixed bean or vegetable sauce, and a mixed salad.
  ➢ A simple sauce can be made from onions, garlic, chopped tinned tomatoes, a pinch of dried mixed herbs and freshly ground pepper. Simmer until all the ingredients are cooked and mix in with cooked pasta. Top with a sprinkle of parmesan cheese.

• Grilled or poached fish, jacket potato and a choice of vegetables.
• Casseroled meat or chicken with rice or potato and vegetables.
• Curried meat or vegetables, mixed salad and boiled rice or a small chapatti.
• Bean and vegetable hot pot.
• Grilled reduced fat sausages with grilled or tinned tomatoes and mashed potatoes.
• Roast or grilled lean meat or chicken with boiled, mashed or jacket potato and vegetables.
- Omelette (with mushroom or sliced pepper filling), crusty bread and peas / tomatoes / green salad.
- Beef or lentil chilli con carne, salad and wholemeal pitta bread, rice or tortilla wraps.
- Shepherd’s pie made with minced meat or lentils, choice of vegetables.
- Cauliflower cheese, crusty bread and carrots.

**Aim for 2 servings per day of protein rich foods.**
This includes meat, poultry, fish, beans and pulses or soya / Quorn / tofu.

1 serving =
- 75g cooked meat – lamb, beef, pork, chicken and turkey
- 100g cooked fish (white or oily)
- 125g kidney beans, baked beans, chick peas or lentils
- 100g soya, Quorn or tofu

- Avoid adding excess fat or oil when cooking – 1 tablespoon oil should be sufficient for four servings.
- Drain off any excess fat after cooking mince and opt for the extra lean versions when possible.
- Try to serve a variety of vegetables and / or salad. Aim to include at least two different coloured vegetables or salad items at each meal time.
- Include one of the following starchy foods at each meal: bread, cobs, tortilla wraps, pitta bread, potatoes, rice, chapattis, pasta or noodles.
- Consider the size of the dinner plate you are using. Try reducing the size of your plate so that a healthy portion fills it.

Your plate should look like this picture which shows how much of the different food groups make up a healthy meal:

![plate_diagram](image-url)
DESSERT IDEAS

- Fresh fruit – choose fruit in season when it is usually cheaper. Try making your own fruit salad, without adding sugar.
- Stewed or poached fruit, sweetened with an artificial sweetener if needed. Dried fruits such as apricots and prunes can be included.
- Baked cooking apples, cored and stuffed with a little dried fruit. Serve with low fat custard.
- Tinned fruit in unsweetened fruit juice or frozen fruit without sugar.
- Sugar free jelly with tinned or fresh fruit.
- Diet yogurt or diet fromage frais can be used alone or in place of cream or custard with fruit.
- Mixing quark with a diet yogurt makes a low fat alternative to cream.
- Make custard or a milk pudding with skimmed / 1% / semi skimmed milk and an artificial sweetener and / or spices (e.g. nutmeg or cinnamon). Adding dried fruit sweetens milk puddings enough to need little or no sugar.
- Smoothies made from plain low fat yogurt and fresh, frozen or tinned fruit.

Healthy Snack Ideas

- Fresh fruit and dried fruit, e.g. small packet of raisins or 4-5 dried apricots
- Savoury biscuits, e.g. oat cakes, wheat crackers, rice cakes, pretzels, bread sticks
- Semi sweet biscuits, e.g. 1-2 Rich Tea, Morning Coffee, Digestives
- Toasted muffins and crumpets (take care with the amount of butter or margarine used)
- Scones with a little reduced fat spread or reduced sugar jam.
- Teacake, fruit bun, or a slice of malt loaf
- Low sugar / low fat yogurts and fromage frais
- Plain popcorn
- Vegetable sticks
- Cup of low calorie soup
- Sugar free jelly

How to make recipes healthier

Here is an example of a traditional recipe which can be modified to make it into a healthy option.

Moussaka (serves 4)

<table>
<thead>
<tr>
<th>Traditional Recipe</th>
<th>Modified recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>225g onions, finely chopped</td>
<td>250g onion, finely chopped</td>
</tr>
<tr>
<td>225g mushrooms, finely chopped</td>
<td>250g mushrooms, finely chopped</td>
</tr>
<tr>
<td>440g tinned chopped tomatoes</td>
<td>440g tinned tomatoes</td>
</tr>
<tr>
<td>1 clove garlic, crushed</td>
<td>1 clove garlic, crushed</td>
</tr>
<tr>
<td>30ml vegetable oil</td>
<td>15ml vegetable oil</td>
</tr>
<tr>
<td>25g butter</td>
<td>(cont'd over)</td>
</tr>
</tbody>
</table>
150ml beef stock
450g minced lamb
3 aubergines, sliced / salted / drained
1 teaspoon mixed herbs
75g cheddar cheese, grated
Salt and pepper to taste

150ml beef stock
225g lean minced lamb
4 aubergines, sliced / salted / drained
1 teaspoon mixed herbs
40g mature low fat cheddar cheese
1 slice bread for breadcrumbs

Method
- Cook the onions, mushrooms and garlic in the oil in a large non-stick pan.
- Add the meat and cook for a further minute.
- Add the stock, tomatoes and herbs.
- Cook the aubergine slices in a little water to soften.
- Place alternate layers of meat and aubergine slices in an ovenproof dish, finishing with a layer of aubergine.
- Combine the cheese and breadcrumbs then sprinkle onto the dish.
- Bake at 180 C / gas mark 4 for 40 minutes.

Serve with vegetables or a large mixed salad.

This dish is made healthier by:
1. Increasing the amount of vegetables.
2. Reducing the amount of oil used.
3. Avoiding the use of butter.
4. Reducing the quantity of meat.
5. Using only lean meat.
6. Softening the aubergines in water instead of frying.
7. Using low fat cheese and extending this with the use of breadcrumbs.

For further information:
Libraries, magazines and supermarkets are good places to find recipes and information about food.

Many websites contain interesting healthy recipes. Here is a selection:

- www.nhs.uk/Change4Life
- www.nhs.uk/livewell/goodfood
- www.bhf.org.uk (download a free healthy recipe finder for your smartphone)
- www.diabetes.org.uk
- www.wcrf-uk.org (see sections 'cancer prevention' and 'healthy recipes')
- www.teenweightwise.com (although aimed at young people the recipes could be used by all ages)
- www.bbcgoodfood.com (Healthy recipes section)
- www.weightconcern.org.uk
- www.thinkvegetables.co.uk
- www.weightwatchers.co.uk
- www.slimming-world.com
- www.lnds.nhs.uk website of Leicestershire Nutrition and Dietetic Service, contains up-to-date dietary information which can be viewed and printed