

# Nutrition know-how

Eating healthily doesn't mean you have to go on a diet. It just means eating the right balance of foods to make sure you're giving your body what it needs to stay healthy and to live longer. The added extras are that you'll feel great, look great and have loads more energy.



The secret to healthy eating is to make small but permanent changes. Small changes can lead to big differences – listed below are some easy tips for healthy eating to get you started without drastically changing your lifestyle.

**3 easy changes:**  
 1. Cut down your portion sizes  
 2. Choose different foods (ie wholegrain)  
 3. Use different cooking methods (ie grill, not fry)

## Top 5 Tips

- **Don't skip breakfast** - this is the most important meal of the day. Choose wholegrain cereals or toast and semi-skimmed or skimmed milk – they have all the goodness but much less fat. Avoid sugary cereals or adding extra sugar to your cereal.
- **Eat fruit & veg** – aim for at least 5 portions a day. Keep fruit portions handy for snacking on when you're hungry – you're less likely to eat a fatty snack and more likely to reach your 5-a-day goal!
- **Drink lots of water** – try to drink around 6 big glasses of liquid a day. Water is best but other liquids count too - stick to caffeine-free or weak tea, sugar-free juices or diluted natural juice.
- **Switch to a low-fat or cholesterol-reducing spread.** If it has to be butter then try spreading it thinly instead.
- **Grill, don't fry.** There are many alternatives to frying - like baking, steaming or microwaving.

## Lunch

Fancy a sandwich? - Use wholemeal bread or why not try pitta or a wrap? Fill with lean ham, chicken or low fat cream cheese (no spread) and bulk it out with salad or tomatoes.

If you have a canteen at work then go for healthier options such as soup and salad or fill up on vegetables.

Try a salad – strips of pepper, broccoli florets, carrot, or cucumber can live up a pasta or potato salad. Use low fat yoghurt, lemon juice, herbs or flavoured vinegars for tasty low-fat dressings.

## Dinner

Eat only moderate amounts of red meat and trim the fat before cooking. Plan different dinners using lean meats like chicken or turkey breast.

Eat fish – try to eat **at least** one portion of oily fish (e.g. salmon, pilchards or mackerel) per week.

Use a variety of side dishes like cous cous, brown rice, pasta or jacket potatoes.

Think about how you cook your food – boiled potatoes contain three times less calories than chips.

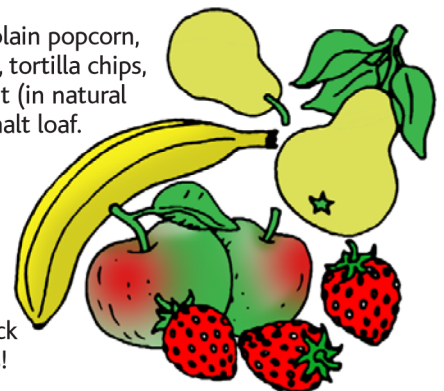
## Snacks

If you get hungry between meals then try and snack on foods that are low in fat and low in sugar. Here are some examples:

Fruit, low fat yoghurt, plain popcorn, rice-cakes, carrot sticks, tortilla chips, bread sticks, tinned fruit (in natural juice), raisins, slice of malt loaf.

Keep healthy snacks in your desk at work.

Chop vegetables or fruit into bite-size pieces and keep to snack on when hunger strikes!



## Enjoy your food

- It's important to find healthy foods that you enjoy eating – experiment a bit and stick to the ones you like.
- Eat slowly – you'll feel as if you have eaten more and won't want to snack after.
- Eat before you go shopping and you won't be tempted to buy unhealthy foods.