Thank you to

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• Craig Cumming, Get Cooking, Get Shopping Tutor
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• 3D Drumchapel
• YWCA
• Brighter Futures
• Scaraway Nursery
• Hamiltonhill Family Learning Centre
• Westercommon Nursery
• Westercraigs Nursery
• School Gates Project
• Jimmy Dunnachie Family Learning Centre
• Pollok Children’s Centre
• Govan Family Learning Centre
• Get Cooking Get Shopping courses at The Pearce Institute, Govan and St. Conval’s, Pollok
• Pollokshields Health shop
• Ourspace - Youth Health Drop In, East Dunbartonshire
• East Dunbartonshire Food Co-op, Customers and Volunteers
• East Dunbartonshire Carers Link - Blether Group
• Community Learning and Development, East Dunbartonshire Council
• Elmvale Nursery Class
Welcome

The Scottish Government, NHS Greater Glasgow and Clyde and local Community Health Partnerships (CHPs) are committed to improving the health of the population and reducing health inequalities. With a focus on food, nutrition and healthy diet, the Health Improvement Nutrition Network (HINN) has been established with Health Improvement staff that have a remit for nutrition in Glasgow City CHP and East Dunbartonshire CHP.

This cookery book has been developed by the HINN following community engagement activities within local areas, and funded by Glasgow City CHP and East Dunbartonshire CHP.

The book contains lots of dishes that are healthy, easy to prepare and affordable. We hope you enjoy experimenting with all of the recipes!

Look out for lots of healthy tips in each section!
1 - Small/medium saucepan
2 - Large saucepan with lid
3 - Frying pan
4 - Ovenproof dish
5 - Baking tray
6 - Chopping boards
   (1 for raw meat)
7 - Mixing bowl
8 - Sieve
9 - Teaspoon
10 - Dessert spoon
11 - Tablespoon
12 - Peeler
13 - Garlic crusher
14 - Tin opener
15 - Masher
16 - Sharp knife
17 - Mixing spoon
18 - Ladle
19 - Fish slice
20 - Measuring jug
21 - Scales
22 - Grater
Leek

Wash leek and put on chopping board

Cut the top and bottom off the leek

Slice the leek into small chunks

Chopped leek
Remove skin from onion. Cut onion in half (from top to bottom)

Cut onion into slices from top to bottom

Turn onion and cut across slices made in step 3

Diced onion
Boiled potatoes

Use masher to mash potatoes

Hard boiled egg

Peel the shell off the hard boiled egg (you may need to tap the shell with a knife to get a starting point)

Slice the egg
Remove a clove from the bulb

Cut the top and bottom off, and remove the skin

To finely chop the garlic, chop the garlic clove into small slices, and then cut slices in half (roughly)

To crush garlic, place the garlic clove into the garlic crusher and squeeze

Scrape the crushed garlic from the crusher
Butternut squash

Cut the top off the butternut squash and then cut in half

Remove the seeds using a spoon

Put the flat surface of the butternut squash on to the chopping board and cut off the skin from each side

Cut into slices

Turn butternut squash and cut across slices made in step 4
Carrot

Cut the top and bottom off the carrot

Use a peeler to peel the skin off the carrot

Chop the carrot into slices

Sliced carrot
Pepper

Cut the top and bottom off the pepper

Cut the pepper into big slices, cutting around the seeded section

Slice the pepper

To chop the pepper, you can chop each slice up into a few chunks
Lemon

Cut the lemon in half and remove the seeds

Squeeze each half of lemon into a bowl to get lemon juice
Breadcrumbs

Slice of bread

Cut off the crusts

Use a grater to grate the bread

Homemade breadcrumbs
Things for your cupboard

Here are some examples of things that are useful to have in your cupboard. These ingredients are regularly used in recipes throughout this book.

Black pepper
Dried mixed herbs
Dried mixed spices
Unsaturated oil, e.g. Olive or Sunflower
Stock cubes - beef, chicken, or vegetable
Chilli powder
Garlic powder (can be used instead of fresh garlic)
Tinned chopped tomatoes
Tomato puree
Reduced salt soy sauce
Plain flour
Cornflour

You can also try to use fresh herbs and spices. We have made some suggestions for you throughout the book!
Follow these top tips to keep your food safe:

1. Put away chilled and frozen food in your fridge or freezer as soon as you can
2. Prepare and store raw and cooked food separately
3. Keep the coldest part of your fridge at 0 to 5°C
4. Check ‘use by’ dates
5. Keep pets away from food, dishes and worktops
6. Wash your hands thoroughly
7. Keep the kitchen clean
8. Vulnerable groups (pregnant women, children and the elderly) should avoid raw or partially cooked eggs and dishes containing these
9. Make sure food is fully cooked
10. Keep hot food hot and cold food cold

- Keep eggs in their original carton and place near the top of the fridge - not in the egg tray inside the fridge
- Store fruit drinks, products in jars, sauces, condiments and other products with a longer shelf life on the shelves and in the compartments on the inside of the fridge door
- Store all raw meat, poultry and fish on the bottom shelf. Leave these products in their original packaging and place inside a plastic bag to prevent any leaking juices dripping on other foods.
- Small items, yoghurts, butter, cheese, dips, small desserts and snacks
- Store fruit and vegetables in the bottom drawers
A healthy diet includes a variety of foods in the amounts shown in the eatwell plate. Eating a variety of foods from the different food groups will supply the body with all the nutrients it needs.
Healthy eating explained

Base your meals around starchy foods, such as bread, rice, potatoes or pasta. These foods are a great source of energy and fibre which can help you feel fuller for longer. **Try and use wholegrain varieties as much as possible.**

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**Try to have at least 5 portions of fruit and vegetables per day.** Fruit and vegetables are packed with vitamins, minerals and fibre and can help to reduce the risk of developing some diseases. Plus they are really tasty!

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Dairy products, such as cheese and yoghurts, are a **great source of protein and calcium** needed for strong bones and teeth. Try to use lower fat varieties as much as possible.
Meat, fish, eggs and beans should make up a smaller proportion of our diet. They are a great source of protein which the body needs to function and grow properly. Select lower fat cuts of meat or try non meat sources of protein such as pulses and beans. **Aim to have at least 2 portions of fish per week, with one portion being oily.**

The smallest amount of food we have each day should come from food and drinks high in fat and/or sugar. **Swap for healthier alternatives.** There are lots of suggestions in this book.

**Note:** these recommendations do not apply to children under the age of 2 as they have different nutritional needs.

They should not have a high fibre and low fat diet like older children and adults. Children between 2 and 5 years of age should gradually work towards having a diet lower in fat and higher in fibre like the rest of the family in the proportions illustrated on the eatwell plate.
Do you know what is in your food?

Food packaging can be really helpful when shopping - look at the nutritional information on the front and back of the packaging.

**Things to look out for are:** high in mono/poly unsaturated fats, high in fibre, low in sugar and low in salt/sodium.

![Food Shopping Card](image)

**What do the colours mean?**

**Red means HIGH** – shows that the food is high in fat, sugars or salt

**Amber means MEDIUM** – shows that it is an adequate choice, although if you choose green it is even better for you

**Green means LOW** – this makes it a healthier choice

Remember to bring your food shopping card when you go to the supermarket or shops. Try to get as many greens as possible.
It sets us up for the whole day and is an opportunity to eat lots of nutrients.

Try and have something every morning, even if it is only a piece of fruit or a smoothie on the go. If you don’t have time to prepare breakfast in the morning, try getting things organised before you go to bed.

Here are some ideas:

• Unsweetened cereal topped with fruit
• Try different breads for toast and unsaturated margarine - those labelled high in mono/polyunsaturated fats
• There are lots of different toppings to have with toast - try beans, mashed banana, low fat cheese or poached eggs
• Porridge with fruit or mix with natural yoghurt for a change
• Omelette
• Smoothies – try recipes in this section or invent your own!
• Fruit salad – check out the Sides and Snacks section for some ideas
Poached eggs on toast

Serves 1

Ingredients:
1 egg
1 teaspoon vinegar
Black pepper
2 slices wholemeal or granary bread
Unsaturated margarine e.g. labelled high in mono/polyunsaturated fat

Method:
1. Fill saucepan of water, over a medium heat. Add pepper and vinegar and bring to the boil.
2. Break the egg into the water
3. Simmer gently until egg is set, for about 2 to 3 minutes
4. Meanwhile toast the bread
5. Lift egg out of water
6. Serve on toast

Buy eggs
Buy bread
Omelette

Serves 1

Ingredients:
1 teaspoon unsaturated oil e.g. olive or sunflower
2 medium eggs

Method:
1. Heat oil in a frying pan, over a medium heat
2. Add fillings to frying pan and cook for 2 to 3 minutes, until soft
3. Crack eggs into a bowl and mix well
4. Add egg mixture to the pan of fillings
5. Use a fork and drag the cooked egg mixture from the edges of the pan into the centre to ensure an evenly cooked omelette
6. Once the egg is completely set take out of pan and fold in half

Fillings
Onions, tomatoes, mushrooms, peppers, ham or chicken. Try your own combinations to suit your own taste.
Fruit smoothies
Roughly 4 glasses

Summer Refresher

½ pineapple
1 handful raspberries
5-6 fresh mint leaves
120ml pineapple juice

Pineberry

½ pineapple
1 handful cranberries
1 handful strawberries
120ml pineapple juice

Peachy Strawbs

2 handfuls of strawberries
3 peaches (or nectarines)
Juice of 1 lime
120ml orange juice

Method: Put all of your ingredients in a blender and whiz until smooth

Drink with a straw and at meal times to protect your teeth
More smoothies!

Roughly 4 glasses

**Peach Melba**
3 peaches (or nectarines)
1 banana
1 handful raspberries
150ml fresh apple juice

**Strawberry Smoothie**
16 strawberries
1 banana
700ml semi skimmed milk
200ml low fat strawberry yoghurt or natural yoghurt
6 ice cubes (optional)

**Tropical Smoothie**
380g mixed fruit e.g. choose from fresh, frozen or tinned in own juice
1 ripe banana, peeled and sliced
500ml tub low fat natural yoghurt
500ml fresh apple juice

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**Did you know that 2/3rds of the body is made up of water?**

To stop us getting dehydrated we should drink about 1.2 litres (six to eight glasses) of fluid every day.

**Water is the healthiest choice in quenching thirst.**
Don’t forget to eat breakfast every day!
Soup
Leek and potato soup

Serves 4

Ingredients:
- 2 medium leeks, washed and sliced
- 1 onion, peeled and chopped
- 4 potatoes, peeled and chopped
- 1 chicken stock cube dissolved in 600ml boiling water
- 175ml semi skimmed milk

Method:
1. Add the leeks and onion to a large saucepan, over a low heat and cook for 7 to 10 minutes until soft
2. Add potatoes and stock
3. Cover with a lid and bring to the boil
4. Reduce heat and let simmer for 20 minutes
5. Blend or continue to step 6 if you prefer chunky soup
6. Add milk and heat through for 10 minutes
7. Serve

**Stock cube** - Add stock cube to boiling water and allow it to completely dissolve.
Tomato soup
Serves 4

Ingredients:
1 onion, peeled and chopped
2 garlic cloves, peeled and chopped
1 celery stick, chopped
2x 400g tins of chopped tomatoes
1 vegetable stock cube dissolved in 300ml boiling water
Handful of fresh basil, roughly torn

Method:
1. Add the vegetables, tomatoes, stock and basil to a saucepan, over a medium heat
2. Stir the soup and leave to simmer for about 15 minutes
3. Blend or serve chunky if preferred

Alternative:
Try adding a tin of drained butter beans at step 3 for a more filling soup
Butternut squash soup

Serves 4

Ingredients:
1 onion, peeled and chopped
450g butternut squash, peeled, deseeded and chopped
1 vegetable stock cube dissolved in 1 litre of boiling water
1 tablespoon dried mixed herbs

Method:
1. Add the onion to a saucepan, over a low heat and cook until soft
2. Add the butternut squash, stock and mixed herbs and bring to the boil
3. Turn the heat down, cover with a lid and simmer for 30 minutes
4. Check the butternut squash is soft. You can do this with a knife.
5. Blend
6. Serve

For a tasty vegetable soup try adding carrots, leeks and frozen peas after step 5. Cook the vegetables until soft.
Did you know that 75% of the salt we eat is already in our food, before any is added when cooking or at the table?
Salt is a mix of sodium and chloride. Sodium in salt is linked to higher health risks, such as high blood pressure.

You can look to see how much salt is in your food by checking the label. Use the following guide to help you:

### Daily maximum intake of salt

<table>
<thead>
<tr>
<th>Adults:</th>
<th>6g per day (2.4g sodium)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children:</td>
<td></td>
</tr>
<tr>
<td>Up to 6 months old:</td>
<td>less than 1g a day (0.4g sodium)</td>
</tr>
<tr>
<td>7 to 12 months:</td>
<td>1g a day (0.4g sodium)</td>
</tr>
<tr>
<td>1 to 3 years:</td>
<td>2g a day (0.8g sodium)</td>
</tr>
<tr>
<td>4 to 6 years:</td>
<td>3g a day (1.2g sodium)</td>
</tr>
<tr>
<td>7 to 10 years:</td>
<td>5g a day (2g sodium)</td>
</tr>
<tr>
<td>Children over 11 years:</td>
<td>6g a day (2.4g sodium)</td>
</tr>
</tbody>
</table>

*To calculate salt from sodium, multiply sodium by 2.5

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**Tips to cut down on salt include:**

- Compare nutritional labels of the same product but different brands (choose the low salt brand)
- Add herbs and spices to your food rather than salt for flavour
- Swap biscuits and savoury snacks for healthier alternatives
- Taste your food before adding any salt

**Watch out for:**

Tinned or packet soups, crisps, biscuits, cereals, canned vegetables, pickles, sauces, smoked or tinned fish, cheese, canned meats, bacon and gammon
Chicken and sweetcorn soup

Serves 4

Ingredients:
1 chicken stock cube dissolved in 900ml boiling water
250g tin of unsalted sweetcorn
Cornflour paste (1 tablespoon cornflour mixed with 1 tablespoon water to make a paste)
50g cooked chicken breast
1 spring onion, chopped

Method:
1. Add stock to a large saucepan, over a medium heat
2. Add sweetcorn, cornflour paste, chicken and spring onion
3. Cook for 5 to 10 minutes
4. Serve

Leftovers can be frozen. Make sure the soup is cold before putting it in the freezer.
Vegetable and lentil soup

Serves 4

Ingredients:
1 onion, peeled and chopped
2 garlic cloves, peeled and finely chopped
2 large carrots, peeled and chopped
2 sticks of celery, chopped
1 red pepper, chopped
1 vegetable stock cube dissolved in 1 litre of boiling water
50g red lentils, washed in cold water

Method:
1. Place all vegetables into a large saucepan, over a medium heat
2. Add stock and bring to the boil
3. Reduce heat and simmer until vegetables are soft, for about 20 minutes
4. When vegetables are almost cooked, add the red lentils and cook for a further 15 minutes
5. Blend or serve chunky if preferred

Good source of fibre!!
Minestrone soup

Serves 4

Ingredients:
1 onion, peeled and chopped
1 carrot, peeled and chopped
1 small leek, chopped
1 stick of celery, chopped
1 red pepper, chopped
1 potato, peeled and chopped
2 garlic cloves, peeled and finely chopped
1x 400g tin of chopped tomatoes
½ teaspoon dried mixed herbs
1 vegetable stock cube dissolved in 500ml of boiling water
About 10 strands of spaghetti

Method:
1. Add the vegetables, garlic, chopped tomatoes, mixed herbs and stock to a large saucepan
2. Cook for about 15 minutes over a medium heat
3. Break up the spaghetti into short lengths and add to the soup
4. Leave to cook for a further 15 minutes
5. Serve
Carrot and coriander soup

Serves 4

Ingredients:
- 2 onions, peeled and chopped
- 1 teaspoon dried coriander
- 700g carrots, peeled and chopped
- 1 vegetable stock cube dissolved in 900ml of boiling water
- 2 tablespoons fresh coriander, chopped

Method:
1. Add onions to a large saucepan, over a medium heat and cook for 5 minutes or until softened
2. Add dried coriander and cook for 1 minute, while stirring
3. Add carrot and stock and bring to the boil
4. Reduce heat, cover with a lid and simmer for 20 to 30 minutes until the carrots are soft
5. Remove the saucepan from the heat and leave to cool slightly
6. Blend soup until smooth
7. Stir in the fresh coriander
8. Serve

Using fresh coriander will make this soup really tasty!
Main Courses
Chicken casserole

Serves 4

Ingredients:
4 skinless chicken breasts, chopped into chunks
2 teaspoons unsaturated oil e.g. olive or sunflower
2 onions, peeled and chopped
2 red peppers, chopped
1 garlic clove, peeled and finely chopped
1 x 400g tin of chopped tomatoes
1 tablespoon tomato puree
1 teaspoon dried mixed herbs
1 chicken stock cube dissolved in 200ml of boiling water

Method:
1. Preheat oven to 140°C/gas mark 1
2. Heat oil in a saucepan, over a medium heat and add the chicken
3. Stir until chicken is cooked, or white the whole way through
4. Put chicken into a bowl and set aside
5. Add onion, red pepper and garlic to saucepan and cook for 5 minutes
6. Add chopped tomatoes, mixed herbs and tomato puree, and cook for 5 minutes
7. Add stock and cook for 5 minutes
8. Transfer everything to a casserole dish/ovenproof dish, cover and cook in the oven for 2 hours
Beef stew

Serves 4

Ingredients:
400g stewing beef
2 tablespoons plain flour
2 medium onions, peeled and chopped
2 medium carrots, peeled and chopped
1 beef stock cube dissolved in 700ml of boiling water
200g small button mushrooms
75g frozen peas

Method:
1. Coat the beef in the flour
2. Add beef to large saucepan with a tablespoon of water and cook over a medium heat until meat is brown on all sides
3. Stir constantly to prevent beef from sticking to saucepan
4. Add onions and carrots to the beef, and cook until soft
5. Add stock and allow to simmer for 1 hour 30 minutes or until beef is tender
6. Add mushrooms and peas and cook for 15 minutes
7. Serve with mashed potatoes (see sides)
Pasta and homemade tomato sauce

Serves 4

Ingredients:
300g pasta
2 x 400g tins of plum tomatoes
3 garlic cloves, peeled and finely chopped
80g low fat cheddar cheese, grated
1 teaspoon dried mixed herbs
Black pepper

Method:
1. Add the tomatoes and garlic to a saucepan, over a medium heat
2. Cook for about 10 minutes, until tomatoes break down into a sauce
3. Meanwhile, add the pasta to a large saucepan of boiling water and cook according to packet instructions
4. When pasta is nearly ready, add cheese to the tomato sauce and allow it to melt. Then add mixed herbs and a sprinkle of black pepper.
5. Use sieve to drain the pasta. Add the pasta to the sauce.
6. Serve
Pizza

Serves 4

Ingredients:
Plain pizza base
350g homemade tomato sauce (see previous recipe and use only
1 tin of plum tomatoes)
5 tablespoons of tinned unsalted sweetcorn
6 mushrooms, sliced
1 onion, peeled and chopped
1 red pepper, chopped
100g mozzarella cheese, grated
2 teaspoons dried mixed herbs

Method:
1. Preheat oven to 200°C/ gas mark 6
2. Spread pizza base generously with homemade tomato sauce
3. Top with sweetcorn, mushrooms, onion and pepper
4. Sprinkle mozzarella over pizza
5. Put in the oven until the cheese is melted and the base
   is crisp and firm
6. Serve with a salad

Pizzas can be a healthy choice if you
make them at home.
Try using wholemeal pitta bread
instead of a plain pizza base.
Top it with lots of vegetables, tuna or
cooked chicken and don’t use too much
cheese.
It is recommended that people have at least 5 portions of fruit and vegetables per day.

Choose a range of different fruits and vegetables which can be fresh, frozen, tinned (in natural juices and unsalted water), juices and dried types.

What is a portion?

- 1 apple, 1 banana or 1 orange
- 2 satsumas or 2 kiwis
- A handful of grapes or strawberries
- 3 tablespoons of cooked vegetables (e.g. broccoli, peas or sweetcorn)
- 3 tablespoons of baked beans, butter beans or chickpeas (no matter how much you eat it will only count as one portion)
- 150ml glass fresh fruit juice or smoothie

Note: Drink fruit juice and smoothies with a straw and at a meal time to protect your teeth.

Ideas for achieving 5 portions:

- Chopped fruit over your cereal or toast at breakfast
- Homemade vegetable soup
- Fruit salad or fruit kebabs including apples, strawberries, oranges and grapes
- Raw vegetable sticks including carrots, peppers and cucumber
- Smoothies
- Fresh fruit/vegetable juice
- Stir-fried vegetables
- Vegetables or beans with your evening meal

Children also should have 5 portions of fruit and vegetables per day but the size of the portion will depend on their age and size. As a rough guide one portion is the amount the child can fit in one palm of their hand.
Serves 4

**Ingredients:**
- 4 chicken breasts, skinless and cut into strips
- 2 large garlic cloves, peeled and finely chopped
- 2 teaspoons chilli powder
- 1 teaspoon dried mixed herbs
- 2 teaspoons unsaturated oil e.g. olive or sunflower
- 2 onions, peeled and cut into strips
- 2 peppers, cut into strips
- Flour tortillas to serve

**Method:**
1. Mix together chicken strips, garlic, chilli powder and mixed herbs in a bowl
2. Heat oil in a frying pan, over a medium heat
3. Add chicken, onions and peppers to the frying pan for 10 minutes, or until chicken is white the whole way through
4. Warm tortillas according to pack instructions
5. Serve the fajitas by adding some chicken and vegetable filling to your tortilla wrap

Fajitas is a great dish to eat with family and friends. Serve with natural yoghurt, guacamole, salsa and salad. See sides for tips on preparing these yourself.
**Fish Pie**

**Serves 4**

**Ingredients:**

- 2 eggs
- 3 potatoes, peeled and chopped
- 3 carrots, peeled and chopped
- 275g haddock, skin removed and cut into chunks
- Cornflour paste (2 tablespoons cornflour mixed with 2 tablespoons water to make paste)
- 550ml semi skimmed milk
- 75g frozen peas
- 75g frozen sweetcorn
- 50g low fat cheese, grated
- 2 teaspoons dried mixed herbs

**Method:**

1. Add eggs to a small saucepan of boiling water, for 10 minutes
2. Remove eggs from saucepan and rinse under cold water for 1 minute
3. Remove shells, slice and put to the side
4. Add potatoes and carrots into a saucepan of boiling water, over a medium heat and cook for 15 to 20 minutes until tender
5. Drain, mash well and put to the side
6. Add milk to another saucepan and bring to the boil
7. Gradually add the cornflour paste, stirring all the time with a mixing spoon for about 2 minutes until the sauce thickens
8. Add fish and cook for 10 minutes
9. Add peas, sweetcorn, eggs and mixed herbs and cook for 5 minutes
10. Preheat grill
11. Pour the mixture into a large ovenproof dish. Spread the mashed potato and carrot on top.
12. Sprinkle with grated cheese and place under hot grill for 2 minutes or until cheese is melted
Chilli con carne
Serves 4

Ingredients:
300g extra lean minced beef
1 onion, peeled and chopped
2 garlic cloves, peeled and finely chopped
2 teaspoons chilli powder
1 x 400g tin of chopped tomatoes
1 carrot, peeled and chopped
1 green pepper, chopped
1 x 200g tin of unsalted kidney beans
1 tablespoon tomato puree

Method:
1. Add the mince to a saucepan over a medium heat, stirring and breaking up any lumps until brown
2. Once mince is browned, add the onion and continue to stir for 2 minutes
3. Add garlic and chilli powder and stir for 1 minute
4. Add chopped tomatoes, carrot, green pepper, kidney beans and tomato puree
5. Turn to a low heat and simmer for 40 minutes, stirring occasionally
6. Serve with rice (see sides)

If you like it hot add some jalapenos when serving!
Macaroni Cheese

Serves 4

Ingredients:
500ml semi skimmed milk
Cornflour paste (2 tablespoons cornflour mixed with 2 tablespoons water to make paste)
½ teaspoon mustard
100g low fat cheese, grated
350g macaroni pasta
75g frozen peas

Method:
1. Add milk to a small saucepan, over a medium heat and bring to the boil
2. Reduce heat and add cornflour paste, and stir continuously
3. Add mustard and half of the cheese, and stir
4. Reduce heat and leave sauce to simmer on a low heat. Stir occasionally.
5. Preheat oven to 200°C/gas mark 6
6. Place large saucepan of water over a medium heat, cover with a lid and bring to the boil
7. Add pasta and peas to large saucepan, cook for 10 minutes or until soft
8. Use a sieve to drain the pasta and peas
9. Put pasta and peas into an ovenproof dish
10. Pour sauce over pasta and mix well
11. Top with remaining cheese
12. Place in oven for 20 to 30 minutes, or until it goes brown on top
13. Serve with green vegetables like broccoli, or a salad
Chicken roast
Serves 4

Ingredients:
2 teaspoons unsaturated oil e.g. olive or sunflower
1 tablespoon clear honey
1 tablespoon course grain mustard
2 large sweet potatoes, peeled and cut into chunks
2 large carrots, peeled and cut into chunks
2 large parsnips, peeled and cut into chunks
1 red onion, peeled and chopped
1 red pepper, chopped
4 chicken breasts, skinless

Method:
1. Preheat oven to 180°C/gas mark 6
2. Place large saucepan over a medium heat, cover with a lid and bring to the boil
3. Mix 1 teaspoon of oil with honey and mustard in a bowl
4. Spread honey and mustard dressing over the chicken breasts. Place on a baking tray and put in the oven.
5. Add sweet potatoes, carrots and parsnips to the saucepan of boiling water
6. Once vegetables are boiling in the saucepan, reduce the heat and simmer for 3 minutes
7. Drain vegetables and return to the saucepan
8. Add peppers and onions to the saucepan and drizzle the rest of the oil over all the vegetables
9. Put vegetables into an ovenproof dish along with chicken
10. Cook for 20 minutes or until chicken is white the whole way through
11. Serve
Baked fish with lemon

Serves 4

Ingredients:
4 fillets of fish e.g. cod, haddock, salmon or mackerel
4 slices of lemon
Black pepper

Method:
1. Preheat oven to 220°C /Gas Mark 7
2. Place the 4 fillets on a baking tray
3. Sprinkle black pepper over each fish fillet
4. Place a slice of lemon on to each fish fillet
5. Cover the baking tray with tin foil, taking care not to touch the lemon with the foil as they might stick
6. Bake in the oven for 25 to 30 minutes
7. Serve with rice and roasted vegetables (see sides)
Fish

Try and aim to have at least 2 portions of fish per week, with one portion being oily.

Oily fish include salmon, mackerel, trout, herring, sardines or fresh tuna.

Oily fish are high in vitamins, minerals, protein and Omega 3 which is an essential fatty acid. Essential fatty acids cannot be made by the body so we need to get them from our diet.
Mince with tatties
Serves 4

Ingredients:
2 large onions, peeled and chopped
500g extra lean minced beef
2 tablespoons plain flour
1 beef stock cube dissolved in 400ml of boiling water
2 large carrots, peeled and chopped
6 potatoes, peeled and chopped into large pieces
100ml semi skimmed milk

Method:
1. Add mince and onion to a saucepan, over a medium heat, stirring and breaking up any lumps until brown
2. Add flour and mix well
3. Add stock and carrot
4. Put a lid on the saucepan and turn heat to low. Allow to simmer for 1 hour or until the carrots are tender.
5. After 40 minutes put potatoes into another saucepan of water, over a medium heat
6. Bring to the boil and cook for 15 to 20 minutes, or until soft
7. Use a sieve to drain the water from the potatoes. Put potatoes back into saucepan and return to heat for 2 minutes until potatoes are dry.
8. Take off the heat and mash using a masher. Gradually add in the milk while stirring.
9. Serve with the mince

Cottage Pie
1. Copy steps above and turn on the grill
2. Place mince mixture in ovenproof dish and cover with mashed potato
3. Place under grill until top is brown, and serve with vegetables

Shepherds pie - copy above but change minced beef to minced lamb
Butternut Squash Risotto

Serves 4

Ingredients:
1 tablespoon unsaturated margarine e.g. labelled high in mono/poly unsaturated fat
2 small onions, peeled and chopped
500g butternut squash, peeled, deseeded and chopped
2 garlic cloves, peeled and finely chopped
360g risotto rice e.g. Carnaroli or Arborio
1 vegetable stock cube dissolved in 1 litre of boiling water
4 tablespoons strong low fat cheese, grated

Method:
1. Heat margarine in a saucepan, over a medium heat
2. Cook onions, butternut squash and garlic gently until butternut squash begins to soften
3. Add rice and stir with the butternut squash mixture
4. Add stock 1 tablespoon at a time, stirring until all of the stock is absorbed and the rice looks creamy. This might take about 20 minutes.
5. Finish off by stirring in the cheese
6. Serve

You can change the butternut squash with pumpkin in the autumn and courgette any time of the year at step 2. However reduce the amount of water to 600ml when preparing the stock as they will both cook quicker than the squash.
Chicken Curry

Serves 4

Ingredients:
1 tablespoon unsaturated oil e.g. olive or sunflower
2 medium onions, peeled and chopped
3 garlic cloves, peeled and finely chopped
3 teaspoons curry powder
1 teaspoon chilli powder
1 x 400g tin of chopped tomatoes
2 tablespoons tomato puree
4 chicken breasts, skinless and cut into large chunks
75g frozen peas
2 handfuls of spinach

Method:
1. Heat oil in a saucepan over medium heat
2. Add onion and cook for about 5 minutes, until soft
3. Add garlic, curry powder and chilli powder, and stir for 2 minutes
5. Add chicken, and cook for 25 minutes over a medium heat
6. Add peas and spinach and cook for 5 minutes
7. Serve with rice (see sides)

If you want the curry a bit spicier, add a bit more chilli powder to your curry!
Tips for eating out and in your home

Eating out or takeaways

Eating out and having takeaways are enjoyable, but they can contain a lot of fat, salt and sugar.

Tips to consider when having takeaways or eating out:

• Try to avoid foods that are deep fried
• Try to go for dishes that are grilled, boiled, poached, steamed or stir-fried
• Base your meals on wholegrain starchy foods (e.g. pasta, potatoes, rice)
• When eating curry, try to have tomato based sauces instead of creamy sauces
• Try to have plenty of vegetables, or choose a salad as a side rather than chips
• When having fish and chips, ask for no salt, and avoid eating all the batter (breadcrumbs are better)
• Try waiting a while between your main course and dessert to see if you are too full, or perhaps share one dessert between two or three

At home

• Try and sit together at a table when having a meal
• Get into a routine that your meals are around the same time each day
• Turn off the television
• Experiment with different recipes and enjoy!

Try some of our recipes as healthy alternatives to takeaway meals - they are really tasty!
Marinated chops

Serves 4

Ingredients:
4-6 meat chops, fat removed e.g. lamb or pork
2 teaspoons unsaturated oil e.g. olive or sunflower
Juice of 2 lemons
2 teaspoons dried mixed herbs

Method:
1. Mix oil, lemon juice and mixed herbs in a bowl
2. Pour the mixture over the chops to marinate
3. Leave marinated chops for minimum of 1 hour and up to 24 hours covered in the bottom shelf of fridge
4. Preheat the grill
5. Put the chops under the grill for 15 to 18 minutes
6. Serve with roasted vegetables and garlic mash (see sides)

Note: Plan to prepare this recipe in advance. The meat requires time in the fridge to allow the juices and herbs to create extra flavour.
Mixed vegetable cous cous

Serves 4

Ingredients:
200g couscous
250ml boiling water
1 teaspoon unsaturated oil e.g. olive or sunflower
2 small onions, peeled and chopped
2 garlic cloves, peeled and finely chopped
2 carrots, peeled and chopped
1 pepper, chopped
1 courgette, chopped
4 tablespoons frozen peas, defrosted
4 tablespoons unsalted tinned chickpeas, drained
Juice of 1 lemon

Method:
1. Put the couscous into a heatproof bowl and add the boiling water
2. Cover with a plate or cling film and allow to sit for 5 to 10 minutes
3. Meanwhile, heat the oil in a saucepan over a medium heat
4. Add onions and garlic and cook for 2 minutes
5. Add all the other ingredients and cook until vegetables are soft
6. When the couscous is ready, mix with a fork
7. Add the vegetables and lemon juice
8. Mix well and serve
Fibre

Fibre helps our digestive systems to work properly and prevent bowel problems such as constipation.

The recommended amount of fibre we should eat is 18g a day.

Most foods high in fibre are low in fat and excellent sources of vitamins and minerals. Foods high in fibre include pulses, oatmeal, nuts, fruit and vegetables.
Chicken tikka

Serves 4

Ingredients:
4 chicken breasts, skinless and cut into bite sized pieces
4 tablespoons low fat natural yoghurt
1 teaspoon unsaturated oil e.g. olive or sunflower
2 garlic cloves, peeled and finely chopped
1 teaspoon turmeric powder
1 teaspoon curry powder

Method:
1. Put all ingredients into a bowl, mix well and put in the fridge to marinate (for a minimum of 30 minutes)
2. Preheat grill
3. Place chicken on to a baking tray and cook under the grill for 10 to 15 minutes, turning frequently until chicken is cooked, or white the whole way through
4. Serve with roasted vegetables and rice (see sides)

Marinate:
Put bowl on to bottom shelf of the fridge for at least 30 minutes. If you leave it over night it will taste even better!
Chicken marinated in yoghurt and turmeric

Serves 4

Ingredients:
- 4 chicken breasts, skinless
- 1 tablespoon unsaturated oil e.g. olive or sunflower
- 6 tablespoons low fat natural yoghurt
- 1 teaspoon turmeric powder

Method:
1. Place chicken breasts between 2 pieces of cling film
2. Flatten the chicken breast, with a rolling pin or your fist
3. Place the chicken in a bowl and add the rest of the ingredients
4. Leave it to marinate (see previous recipe)
5. Preheat grill
6. Place chicken on to a baking tray and cook under the grill for 5 minutes on each side, until chicken is cooked, or white the whole way through
7. Serve with roasted vegetables and baked potato (see sides)
**Fishcakes**  
*Serves 4*

**Ingredients:**
- 800g potatoes, peeled and cut into quarters
- 400g tinned salmon (boneless and skinless)
- Black pepper
- 1 teaspoon dried mixed herbs
- 6 tablespoons flour
- 2 eggs mixed well with 2 tablespoons of water using a fork
- 100g fresh brown or white breadcrumbs

**Method:**
1. Add potatoes to a large saucepan (half filled with cold water), over a medium heat. Bring to the boil.
2. Cook for 15 to 20 minutes, until soft.
3. Use a sieve to drain water from potatoes. Put potatoes back into the saucepan and return to the heat for 2 minutes until potatoes are dry. Mash and set to the side.
4. Take three plates: on the first put the flour, on the second put the eggs and on the third put the breadcrumbs.
5. When potatoes are cool, add salmon, mixed herbs and pepper to the saucepan, and mix well. Take a handful of the mixture and shape into a circle. Flatten the mixture, and place on a lightly greased baking tray. Repeat so you have 4 fishcakes.
6. Coat them lightly with the flour first, then the egg, and then breadcrumbs.
7. You may want to coat the fishcake with the egg and the breadcrumbs a second time for a thicker crust.
8. Preheat grill.
9. Place fish cakes on lightly greased baking tray and put under grill for about 15 minutes, turning frequently.
10. Serve with roasted vegetables or salad (see sides).
Meatballs in tomato sauce with spaghetti

Serves 4

Ingredients:

Meatballs
480g extra lean mince meat
50g fresh brown or white breadcrumbs
1 egg, mixed well with a fork
2 tablespoons dried mixed herbs
Black pepper

Tomato Sauce
2 x 400g tins of chopped tomatoes
2 tablespoons tomato puree
2 garlic cloves, peeled and finely chopped
2 tablespoons dried mixed herbs
2 red peppers, chopped
10 mushrooms, chopped
300g dried spaghetti

Method:
1. Mix all the meatball ingredients together
2. Shape the mixture into 16 meatballs, in palm of hand
3. Cook the meatballs in a frying pan, over a medium heat until browned all over
4. Drain any fat that has come off the meatballs while cooking
5. Add all the sauce ingredients to the saucepan, carefully stir, cover with a lid and allow to cook for 30 minutes
6. Meanwhile, cook spaghetti according to the pack instructions so that it will be ready at the same time as the meatballs
7. Drain the cooked spaghetti and mix well with meatballs and sauce
8. Serve with salad (see sides)
Spicy vegetable and lentil casserole

Serves 4

Ingredients:
2 teaspoons unsaturated oil e.g. olive or sunflower
1 onion, peeled and chopped
2 garlic cloves, peeled and finely chopped
700g potatoes, peeled and cut into chunks
4 carrots, peeled and chopped
2 parsnips, peeled and chopped
2 tablespoons curry powder
1 vegetable stock cube dissolved in 1 litre of boiling water
100g red lentils, rinsed in cold water

Method:
1. Add oil to a large saucepan, over a medium heat
2. Add onions and garlic and cook for 3 to 4 minutes, until soft
3. Add potatoes, carrots, parsnips and cook over a high heat for 7 minutes or until vegetables are golden
4. Add curry powder and stock, and bring to the boil
5. Add lentils, and reduce the heat (cover with a lid). Allow to simmer for 15 to 20 minutes.
6. Serve
Ingredients:
4 chicken breasts, skinless and cut into cubes
2 peppers, chopped into chunky slices
2 onions, peeled and chopped into chunky slices

For the sauce:
180ml low fat plain yoghurt
1/2 cucumber, grated

For the marinade:
Juice of 1 lemon
2 teaspoons unsaturated oil e.g. olive or sunflower
2 garlic cloves, peeled and finely chopped
1 teaspoon dried mixed herbs

Method:
1. Soak 4 wooden skewers in bowl of water
2. To make the marinade, add lemon juice, oil, garlic and mixed herbs to a bowl and mix well
3. Add chicken and leave it to marinate (a minimum of 30 minutes to overnight in the bottom shelf of fridge)
4. Put yoghurt and cucumber into a bowl, stir and set to the side
5. To build the kebab, alternate between putting the chicken, onion and pepper on to the skewers
6. Preheat grill
7. Once grill is warm, place kebabs under grill for 10 to 15 minutes, turning them every few minutes to cook evenly. The chicken is cooked when it is white all the way through.
8. Serve with the sauce and wholemeal pitta bread
Roasted cod with tasty crust
Serves 4

Ingredients:
4 white fish fillets e.g. cod or haddock
Black pepper
85g fresh brown or white breadcrumbs
1 tablespoon dried mixed herbs
2 garlic cloves, peeled and finely chopped
Juice of 1 lemon
Zest from ½ lemon (grate skin of ½ a lemon)
2 tablespoons unsaturated oil e.g. olive or sunflower

Method:
1. Preheat oven to 220°C/gas mark 7
2. Rinse fish under cold water
3. Mix the breadcrumbs with the mixed herbs, garlic, lemon zest and some black pepper
4. Add oil and lemon juice
5. Mix thoroughly with your fingers
6. Place the fish in an ovenproof dish and press the breadcrumb mixture firmly on to the top of the fish
7. Bake in oven for 20 to 25 minutes until crust is browned and fish is cooked through
8. Serve with chunky chips and roasted vegetables (see sides)
Spaghetti Bolognese

Serves 4

Ingredients:
- 300g extra lean beef mince
- 2 medium onions, peeled and chopped
- 2 garlic cloves, peeled and finely chopped
- 2 carrots, peeled and chopped
- 6 mushrooms, chopped
- 2 x 400g tins of chopped tomatoes
- 1 beef stock cube dissolved in 300ml boiling water
- 1 teaspoon dried mixed herbs
- Black pepper
- 320g spaghetti

Method:
1. Add onion, garlic and mince to a saucepan, stirring and breaking up any lumps until mince turns brown
2. Reduce the heat and add all the remaining ingredients (except the spaghetti)
3. Put the lid on the saucepan and cook on a low heat for 20 to 30 minutes, stirring occasionally. After this time, the sauce should be nice and thick. If not, let it cook a bit longer.
4. Add spaghetti to a large saucepan of boiling water and cook following the pack instructions
5. Once cooked, drain the pasta, add the sauce and serve
Lasagne
Serves 4

Lasagne is made up of three separate parts: the bolognese sauce, the white (bechamel) sauce and the pasta

Ingredients:

Bolognese sauce
All ingredients from spaghetti bolognese apart from spaghetti

White (béchamel) sauce
Cornflour paste (2 tablespoons cornflour mixed with 2 tablespoons semi skimmed milk to make a paste)
1 litre semi skimmed milk

Pasta
Lasagne pasta sheets
100g low fat cheddar cheese, grated

Method:

1. Prepare bolognese sauce by following method steps 1 to 3 from the spaghetti bolognese recipe, and set to side
2. Preheat oven to 190°C/gas mark 5
3. Add milk to a saucepan over a medium heat, and bring to boil
4. Stir in cornflour paste and leave to simmer for 5 minutes
5. To build the lasagne, add the following to an ovenproof dish: layer of white sauce, layer of lasagne pasta sheets, layer of bolognese, layer of white sauce, layer of lasagne pasta sheets, layer of bolognese, layer of white sauce, layer of lasagne sheets, and layer of white sauce. Top with cheese.
6. Put into oven for about 30 minutes
7. Leave for 5 minutes to set before removing from ovenproof dish
8. Serve with salad (see sides)
Vegetable and bacon rice

Serves 4

Ingredients:
- 200g long grain rice
- 200g mixed frozen vegetables
- 1 bacon rasher, fat trimmed off and chopped
- 2 garlic cloves, peeled and finely chopped
- 1 tablespoon chilli powder

Method:
1. Heat a large saucepan of water, over a medium heat until boiling
2. Add rice and turn heat down so water is boiling slightly
3. Boil for 8 minutes and stir half way through
4. Add the mixed vegetables and boil for a further 2 minutes
5. Use a sieve to drain rice and mixed vegetables and put to the side
6. Add bacon rasher to a saucepan, over a medium heat, and cook for 3 to 4 minutes, until crisp
7. Add garlic and stir for 2 minutes
8. Add chilli powder, rice and mixed vegetables
9. Stir and serve

Add your favourite vegetables to suit your own taste or try pieces of cooked chicken or fish.
Mustard chicken in breadcrumbs

Serves 4

Ingredients:
4 chicken breasts, skinless
2 teaspoons Dijon mustard
2 teaspoons Worcestershire sauce
8 tablespoons fresh brown or white breadcrumbs
2 tablespoons dried mixed herbs
3 teaspoons unsaturated oil e.g. olive or sunflower

Method:
1. Preheat oven to 180°C/ gas mark 5
2. Mix together mustard and Worcestershire sauce
3. On a separate plate mix breadcrumbs, mixed herbs and oil
4. Spread mustard mixture on to chicken breasts and coat with breadcrumbs
5. Put the chicken into a lightly greased baking tray and cover with tin foil. Cook for 15 minutes.
6. Remove the tin foil and cook uncovered for a further 15 minutes
7. Test to see that the chicken is cooked or white the whole way through
8. Serve with vegetables of your choice
Spicy fish and vegetables
Serves 4

Ingredients:
4 fish fillets e.g. haddock, cod or salmon
2 teaspoons cornflour
2 teaspoons curry powder
1 tablespoon unsaturated oil e.g. olive or sunflower
2 green chillies, finely chopped
2 onions, peeled and chopped
4 medium potatoes, peeled and chopped into chunks
320g cauliflower, broken into even sized florets
750ml hot water

Method:
1. Dry the fish fillets with kitchen paper and place on to a plate
2. Sprinkle with half of the curry powder and cornflour to lightly coat the fish
3. Heat oil in a large saucepan, over a medium heat
4. Cook fish for 5 minutes on each side, remove from saucepan and set aside
5. Add chillies and onions to the saucepan and cook until soft
6. Add the remaining curry powder and mix well
7. Add potatoes and cauliflower and mix well
8. Add water, cover and allow to cook for 20 minutes
9. Add the fish to the saucepan and cook for a further 10 minutes, uncovered
10. Serve with boiled rice (see sides)

Add your favourite vegetables to suit your own taste or try pieces of cooked chicken
Gammon and leek pasta

**Ingredients:**
- 2 large gammon steaks cut into strips
- 1 leek, washed and sliced
- 1 garlic clove, peeled and finely chopped
- 10 button mushrooms, washed and sliced
- 300ml semi skimmed milk
- Black pepper
- 2 teaspoons cornflour
- 350g tagliatelle pasta

**Method:**
1. Add water to a large saucepan, over a medium heat. Bring to the boil.
2. Add tagliatelle pasta to the saucepan once boiling
3. Add leeks and garlic to another saucepan, over a medium heat and cook for 2 to 3 minutes until soft
4. Add gammon strips and cook for 5 to 10 minutes
5. Add mushrooms. If mixture is sticking to the saucepan add a little water.
6. Blend the cornflour in a cup with a little milk until smooth
7. Add the milk to gammon mixture and bring to boil
8. Slowly add cornflour paste, stirring continuously for about 2 minutes
9. Drain pasta and mix with gammon mixture
10. Serve

You could also add tinned fish, spring onions, grated carrots, peppers, peas or tinned sweetcorn.
Sweet potato and lentil curry

Serves 4

Ingredients:
1 tablespoon unsaturated oil e.g. olive or sunflower
1 large onion, peeled and chopped
1 large sweet potato, washed, peeled and chopped
1 tablespoon curry powder
3 teaspoons tomato puree
1 x 400g tin of chopped tomatoes
85g lentils
1 vegetable stock cube dissolved in 900ml of boiling water

Method:
1. Place oil in a saucepan over a medium heat
2. Add onion and sweet potato and cook for 5 to 10 minutes
3. Add curry powder and cook gently for 4 minutes, stirring continuously
4. Add all remaining ingredients
5. Bring to the boil, reduce heat and cover with lid
6. Simmer for 15 minutes until sweet potato is soft (when a fork can be pushed through)
7. Serve with wholemeal pitta bread or rice (see sides)
**Chicken stir fry**

*Serves 1*

**Ingredients:**
- 1 teaspoon unsaturated oil e.g. olive or sunflower
- 100g chicken breast, skinless and cut into small bite size pieces
- 1 garlic clove, peeled and finely chopped
- ½ carrot, peeled and chopped
- ½ pepper, chopped
- ½ tablespoon reduced salt soy sauce

**Method:**
1. Place oil in frying pan, over a medium heat
2. Add chicken, cook for 3 to 5 minutes, until chicken is cooked or white the whole way through
3. Add garlic and stir
4. Add the vegetables, stir, and cook for about 5 minutes
5. Add soy sauce and stir
6. Serve with noodles (cooked according to packet instructions)

**Vegetarian variation:** This recipe works equally well without the chicken to make a vegetarian version. You may wish to replace the chicken with tofu, quorn or other vegetables such as mushrooms.
Pork with Pineapple

Serves 4

Ingredients:
300g pork fillet, cut into slices
2 onions, peeled and chopped
2 carrots, peeled and chopped
300g tinned pineapple in its own juice (drain juice into a bowl)
2 tablespoons reduced salt soy sauce
6 tablespoons juice from tinned pineapple
Cornflour paste (2 teaspoons cornflour mixed with 4 teaspoons water to make a paste)

Method:
1. Add oil to frying pan, over a medium heat
2. Add pork and cook for 5 minutes
3. Add onion and carrot, and cook for 5 minutes
4. Add pineapple chunks, soy sauce and pineapple juice
5. Bring to the boil
6. Gradually add the cornflour paste, stirring until the sauce thickens
7. Serve with vegetables, rice or mashed potato (see sides)
Red meat can be eaten as part of a healthy balanced diet, however it is advised not to eat too much as it can be linked to bowel cancer.

Red meat includes beef, lamb and pork. Processed meats refer to meat that has been smoked, cured or salted for example sausages, bacon, ham or pepperoni.

Try and eat more fish or white meat, for example chicken or turkey during the week and lower portions of red meats.
Spiced lentils

Serves 4

Ingredients:
- 250g red lentils, rinsed with cold water
- 1 litre water
- 1 onion, peeled and chopped
- 1 tablespoon unsaturated oil e.g. olive or sunflower
- 1 garlic clove, peeled and finely chopped
- 2 tomatoes, chopped
- 2 teaspoons dried mixed herbs
- 2 teaspoons curry powder

Method:
1. Add lentils and water to a saucepan, over a medium heat and bring to the boil
2. Reduce heat and simmer until lentils absorb water and begin to thicken. Make sure lentils don’t boil dry, add more water if needed.
3. Add oil and onion to a different saucepan, over a medium heat and cook onion until soft
4. Add garlic, mixed herbs and curry powder, stir and cook for 2 minutes
5. Add tomatoes and mix well
6. Add all ingredients to the cooked lentils and mix well
7. Serve with rice or wholemeal pitta bread (see sides)
Burgers
Serves 4

Ingredients:
1 onion, peeled and finely chopped
450g extra lean mince (turkey, beef or lamb)
1 teaspoon dried mixed herbs
1 egg, mixed well with a fork
100g fresh brown or white breadcrumbs
2 tomatoes, sliced
½ lettuce, sliced
4 burger baps

Method:
1. Preheat oven 230°C/ gas mark 8
2. Add mince, onions and mixed herbs to a mixing bowl, and mix well
3. Add egg and breadcrumbs to the meat mixture
4. Mix well by hand
5. Roll mixture into 4 balls in palm of hand then flatten them into burger shapes
6. Place burgers on to baking tray and cook for 20 to 25 minutes, turning half way through
7. Place lettuce and tomato into each burger bap and add burger once cooked

Try chopping up some chillies, tomatoes or red onion and add to meat mixture at step 3 for a tasty alternative
Healthy snacks

The eatwell plate also applies to what snacks we eat during the day, which should be healthy and nutritious.

Ideas include:

• Bite size chunks of fruit, fruit salad or fruit kebabs, such as apples, strawberries, bananas, kiwis, satsumas or pineapples
• Vegetable sticks including carrots, peppers, cucumber, celery, cherry tomatoes or courgettes
• Wholemeal varieties of toast, bread rolls, baps or pitta, with an unsaturated fat spread
• Rice cakes, bread sticks, oat cakes or crackers (choose lower salt varieties)
• Mini sandwiches with tuna, salad, chicken, low fat cheese or mashed banana
• Natural yoghurts (add in your own fresh or frozen fruit)
• Plain homemade popcorn
• Porridge, shredded wheat, unsweetened muesli and wheat biscuits – try it with natural yoghurt and mixed fruit for a change
• Homemade soup with lots of added vegetables
• Make your own mini pizza’s with wholemeal pitta bread and lots of vegetable toppings

Keep any sugary treats to a meal time rather than a snack as this can help to protect teeth.
Adults should aim to be active daily. Aim to be active for 30 minutes, at least 5 days a week.

All children and young people (5 to 18 years) should take part in at least 60 minutes of physical activity every day.

Pre school children who can walk unaided should be physically active for at least 3 hours spread throughout the day.

Everyone should minimise the amount of time spent being sedentary (sitting) for long periods of time.
Fruit

Fruit is a great snack whether you are out and about, at school or at work and there are lots to choose from.

Apple
Orange
Grapes
Raspberry
Tangerine
Melon
Peach
Pear
Plum
Strawberry
Kiwi
Cherry
Tomato
Grapefruit
Banana
Pineapple
Vegetables

There are lots of different vegetables that we can choose from to add to our meals or chop up for a healthy snack. Try chopping some vegetables into sticks with some dip or adding more to soups and casseroles, to reach your 5 a day!

Broccoli  Courgette  Peas
Cabbage  Aubergine  Sweetcorn
Carrots  Onions  Turnip
Green beans  Cauliflower  Leeks
Parsnips  Beetroot  Radishes
Spinach  Celery  Brussel sprouts
Fruit Salad

Serves 4

Ingredients:
1 apple, sliced
1 small bunch of grapes, take off stocks
1 orange, peeled and cut into rings or segments
1 kiwi fruit, peeled and cut into rings
2 tablespoons orange juice

Method:
1. Wash the fruit
2. Place fruit into a serving bowl
3. Add the orange juice and stir
4. Serve

Fruit salad can be made using any combination of fruit you have available. If using apples, pears or bananas, mix a few drops of lemon juice or a tablespoon of orange juice to the chopped fruit to stop them turning brown.
Mixed roast vegetables

Ingredients:
2 peppers, chopped
2 carrots, peeled and chopped
2 onions, peeled and quartered
12 baby tomatoes
3 garlic cloves (skin on)
2 teaspoons unsaturated oil e.g. olive or sunflower
Black pepper

Method:
1. Preheat the oven to 200°C/ gas mark 6
2. Put all vegetables on to a baking tray, drizzle over oil and black pepper
3. Cook in the oven for 20 to 30 minutes
4. Serve

Don’t forget all fruit and vegetables don’t have to be fresh – have a look in the frozen and tinned sections at the supermarket. If choosing tins, look for vegetables stored in unsalted water and fruit in their own juice, rather than syrup.
Grow your own...

Growing your own fruit and vegetables provides you with fresh fruit and vegetables, as well as being good exercise. Even if you don’t have a garden you can still grow some produce.

For more information, visit www.nhs.uk and type in ‘Grow your own’ into the search box.

You can also visit your local library for books on growing fruit and vegetables.
**Guacamole**

**Ingredients:**
2 large avocados cut in half and remove stones
Juice of 1 lime
½ red onion, peeled and finely chopped
2 tomatoes, chopped
1 tablespoon dried mixed herbs
Black pepper

**Method:**
1. Scoop flesh of avocado into a bowl and mash with a fork
2. Squeeze the lime juice into the bowl and add onions, tomatoes, mixed herbs and pepper
3. Mix well and serve

**Salsa**

**Ingredients:**
8 tomatoes, chopped
1 onion, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
1 green pepper, finely chopped
2 tablespoons fresh coriander, chopped
1 small chilli, finely chopped

**Method:**
Mix together and serve
Cucumber raita

**Ingredients:**
- ½ cucumber, chopped (peel skin off if you prefer)
- 1 tub low fat yoghurt
- 6 mint leaves, finely chopped
- ½ teaspoon dried mixed spice

**Method:**
Mix together and serve

Bruschetta

**Ingredients:**
- 8 tomatoes, chopped
- 1 tablespoon unsaturated oil e.g. olive or sunflower
- 6 basil leaves, finely chopped
- 4 small ciabatta loaves cut in half

**Method:**
1. Place ciabatta loaves under grill to toast
2. Mix basil, tomatoes and oil in a bowl
3. Spread the mixture over the toasted ciabatta
4. Serve
Baked chunky chips

Ingredients:
450g medium potatoes, washed
1 tablespoon unsaturated oil
  e.g. olive or sunflower
Black pepper
Mixed herbs

Method:
1. Preheat oven to 200°C/ gas mark 6
2. Add water to a large saucepan (half filled with cold water), over a medium heat. Bring to the boil.
3. Cut potatoes into chunky slices
4. Put potatoes into the saucepan and cook for 10 to 15 minutes until tender
5. Use a sieve to drain the water from the potatoes
6. Put potatoes on to baking tray, and sprinkle with black pepper and mixed herbs
7. Cook in the oven for 30 minutes, or until golden
8. Serve

As an alternative try using sweet potato
Baked potato

Ingredients:
Baking potatoes, washed and pricked all over with a fork

Method:
1. Preheat oven to 200°C/ gas mark 6
2. Place potatoes on baking tray and cover with tin foil
3. Put in centre of oven for 45 minutes
4. Remove the tin foil and return potatoes to the oven for a further 15 minutes
5. Serve with your choice of fillings

Filling suggestions:
• Baked beans
• Cottage cheese with pineapple
• Low fat cheese grated with chopped onion
• Tuna and sweetcorn made with low fat mayonnaise
• Tinned sardines
• Homemade chilli con carne
• Homemade chicken curry
Sandwiches

Types of breads

• Brown or wholemeal bread
• Seeded or granary bread
• White bread
• Roll
• Wrap
• Baguette

Spreads

• Use a unsaturated spread or margarine – label will state high in mono/polyunsaturated fat
• Low fat mayonnaise
• Use all spreads sparingly

Fillings

• Salad items e.g. lettuce, cucumber, onion or sweetcorn
• Fruit e.g. tomato, apple or pepper
• Lean meat e.g. chicken breast or ham
• Reduced fat cheese
• Eggs
• Fish e.g. tinned tuna or salmon

Create your own combinations and see what you prefer
**Mashed potatoes**

**Serves 4**

**Ingredients:**
- 6 potatoes, peeled and chopped into large pieces
- 100ml semi skimmed milk

**Method:**
1. Add potatoes to a large saucepan (half filled with cold water), over a medium heat and bring to the boil
2. Cook for 15 minutes
3. Use a sieve to drain water from potatoes. Put potatoes back into saucepan and return to heat for 2 minutes until potatoes are dry.
4. Take off heat and mash with a potato masher
5. Gradually add in milk and stir
6. Serve

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**Champ**

**Ingredients:**
- Copy mashed potato ingredients
- 2 spring onions, washed and thinly chopped

**Method:**
1. Copy mashed potatoes method
2. At step 6, add spring onions to potato and milk mixture
3. Serve
Carrot and sweet potato mash

**Ingredients:**
- 450g carrots, peeled and cut into small chunks
- 2 medium sweet potatoes, peeled and cut into small chunks
- 100g low fat soft cheese

**Method:**
1. Place carrots into a saucepan of water, cover and bring to the boil
2. Cook for 5 minutes
3. Add sweet potato and cook for 20 to 25 minutes, until tender
4. Use a sieve to drain the water from the vegetables
5. Use a masher to mash until smooth
6. Add the soft cheese and stir
7. Serve

Potato salad

**Ingredients:**
- 16 small new potatoes
- Salad leaves [4 handfuls], washed
- 2 teaspoons balsamic vinegar
- 4 teaspoons unsaturated oil e.g. olive or sunflower

**Method:**
1. Add the potatoes to a saucepan (half filled with cold water) and bring to the boil, over a medium heat
2. Cook for 15 to 20 minutes, until tender
3. Drain the potatoes and set aside to cool
4. To make the dressing, mix the vinegar and oil together in a bowl
5. Add the salad leaves to the dressing
6. Cut the potatoes into thick slices
7. Drizzle the dressing over the potatoes and serve
Coleslaw

Ingredients:
- 6 tablespoons low fat mayonnaise
- 2 tablespoons low fat plain yoghurt
- ½ white cabbage, grated
- 2 carrots, peeled and grated
- ½ onion, peeled and finely chopped
- Juice from ½ lime

Method:
1. Mix the mayonnaise and yoghurt in a bowl
2. Tip all of the vegetables into the bowl and stir through the mixture
3. Squeeze the lime juice into the bowl (to prevent the cabbage from going brown)
4. Serve with a baked potato or as a side dish

Coleslaw will keep in the fridge for up to 3 days
Popcorn

Ingredients
A handful of popcorn kernels
1 tablespoon of unsaturated oil e.g. olive or sunflower

Method
1. Add oil to a large saucepan, over a medium heat. Add the popcorn kernels to the saucepan and put a lid on.
2. When you hear the kernels start to pop, shake the saucepan (with the lid on). Be careful when you do this.
3. Once the popping has stopped, turn off the heat and carefully open the pan
4. Serve
Boiled rice
Serves 4

Ingredients:
- 225g rice
- 350ml water

Method:
1. Add water to a saucepan, over a medium heat and bring to the boil
2. Place rice in a sieve and wash under cold running water to remove dust and starch
3. Add rice to saucepan, reduce heat and cover with a lid
4. Simmer until rice is soft
5. Drain water and serve

Egg fried rice
Serves 4

Ingredients:
- 2 tablespoons unsaturated oil e.g. olive or sunflower
- 225g long grain rice
- 2 eggs, mixed well with a fork
- 2 spring onions, sliced
- 6 tablespoons peas, defrosted
- A few splashes of reduced salt soy sauce

Method:
1. Cook rice (see recipe above)
2. Add oil to a frying pan, over a medium heat
3. Add egg and fry till lightly set
4. Add cooked rice and stir, breaking up the egg
5. Add peas, spring onions and soy sauce
6. Serve
Alcohol is a powerful drug. Regularly drinking too much can cause harm to your physical and mental health.

It is recommended that men should drink no more than 3 to 4 units a day.

The content of alcoholic drinks is measured in ‘units’. The number of ‘units’ in a drink refers to the strength of the alcohol and to the volume of the drink.

It is recommended that women should drink no more than 2 to 3 units a day.

All adults should have at least 2 alcohol free days a week.

There are no recommended safe limits for younger people (under 18).

**How much is 1 unit?**
- One bottle of wine (12% ABV) is 9 units
- One vodka (25ml) is 1 unit
- One pint of ordinary lager is 2 units
Layered fruit dessert

Serves 4

Ingredients:
- 200g raspberries, washed
- 200g blueberries, washed
- 1 banana, peeled and thinly sliced
- 1 large pot of low fat yoghurt (any flavour)
- Low sugar muesli
- 4 teaspoons of runny honey

Method:
1. Assemble the dessert by putting a layer of blueberries in the bottom of a clear glass or cup, then add a layer of yoghurt, museli, raspberries and banana
2. Continue until you come to the top of the glass and finish with a layer of banana and berries
3. Drizzle 1 teaspoon of honey on the top of each of the 4 desserts
4. Chill until ready to serve
5. Serve

If you don’t eat this straight away, keep in the fridge for a maximum of 1 day.
Fruit scones
Serves 8 (can also be frozen)

Ingredients:
125g wholemeal plain flour
125g plain flour
2 level teaspoons baking powder
125ml semi skimmed milk
40g unsaturated margarine e.g. states high in mono/polyunsaturated fat
50g sultanas or raisins
25g caster sugar

Method:
1. Preheat oven to 200°C/gas mark 6
2. Place wholemeal flour into a mixing bowl
3. Place a sieve over the mixing bowl and add plain flour and baking powder. Use the sieve to break up any lumps and mix well.
4. Add margarine by using your finger tips to rub it into the mixture. The mixture will look like breadcrumbs.
5. Add sugar and sultanas/raisins
6. Add the milk, saving a little to brush on top of the scones
7. Mix until the mixture makes a soft dough
8. Use a rolling pin to roll out the dough into a rectangle about 1 to 1.5cm thick
9. Use the top of a cup to cut out scones. Place each scone on a baking tray.
10. Use any leftover dough to make more scones. Use your hands to collect any leftovers together, and use the rolling pin to roll out the dough.
11. Put a splash of milk on to the top of each scone
12. Bake in the oven for 15 minutes, until golden
13. Remove scones from baking tray and play on a wire rack or other tray to cool
14. Serve
Fat

Fat is a source of energy for the body, however the main source of energy in our diets should be from starchy foods such as potatoes, rice or pasta. Too much energy from fat-containing foods will not be used by the body, but will be stored as body fat contributing to weight gain and other health consequences.

Different types of fat include:

- Saturated fat (found in fat from animal sources – fat on meat, meat pies, sausages, whole milk, butter or cream, fried food, crisps, biscuits, cakes, pastries, chocolate, sweets and coconut oil)
- Monounsaturated fat (found in olives, nuts, avocados, seeds, and some margarines)
- Polyunsaturated fat (found in vegetable oils and vegetable-oil-based margarines)

Saturated fat is linked to heart disease and obesity and it is the type of fat we should cut down the most.

Choose leaner cuts of meat, trim any excess fat off before cooking and try grilling foods rather than frying.

Check food labels to see how much saturated fat is in your food, and choose a healthier option.

Try swapping crisps, biscuits and chocolate for healthier snack ideas that are suggested in this book.
Oatie Raspberry Slice

Makes 20

Ingredients:
225g self raising flour
165g unsaturated margarine e.g. label states high in mono/polyunsaturated fat
180g rolled oats
100g caster sugar
340g raspberries – fresh or defrosted

Method:
1. Preheat oven at 190\degree C/ gas mark 5
2. Put the flour in a bowl and roughly rub in margarine
3. Stir in the oats and sugar, and rub a little more
4. Grease a baking tray and press half the mixture into the tray
5. Squash the raspberries slightly then scatter over the top of the mixture
6. Press the second half of the mixture on top of the raspberries and press down
7. Bake in the oven for 20 to 25 minutes or until golden brown
8. Leave to cool for 10 minutes then cut into squares

Greasing a baking tray
Rub kitchen paper in a little margarine and spread lightly over the surface of a baking tray.
Oat and raisin cookies

Makes about 18 to 20 cookies

Ingredients:
- 50g raisins
- 15ml unsweetened orange juice
- 150g wholemeal flour
- 15g baking powder
- 60g porridge oats
- 60g soft brown sugar
- 1 egg, mixed well with a fork
- 2-3 drops vanilla essence
- 3 tablespoons unsaturated oil e.g. olive or sunflower

Method:
1. Preheat oven to 190°C/gas mark 5
2. Place a sieve over a mixing bowl. Add flour and baking powder to the bowl. Use the sieve to break up any lumps.
3. Add oats, sugar, raisins, orange juice, egg and vanilla essence to the flour mixture and stir
4. Slowly add oil, stirring all the time until mixture forms a soft crumbly dough
5. Divide mixture into 18 to 20 balls and space well apart on a greased baking tray. Flatten balls with a fork.
6. Bake in the oven for 10 to 12 minutes
7. Leave on tray for 2 minutes to cool before transferring to wire rack to cool
Berry Muffins

Makes 12

Ingredients:
250g plain flour
1 teaspoon baking powder
100g caster sugar
75g unsaturated margarine e.g. label states high in mono/polyunsaturated fat
1 egg, mixed well with a fork
175ml semi skimmed milk
175g raspberries, blueberries or blackberries, or a mixture of all three

Method:
1. Prepare muffin tins by greasing the tins with a little margarine. You can use paper cases for the muffins: if so, add the cases into the tin.
2. Preheat oven to 200°C or gas mark 6
3. Place a sieve over a mixing bowl. Add flour and baking powder to the bowl. Use the sieve to break up any lumps.
4. Stir in sugar and margarine
5. Mix egg and milk into the bowl. It’s ok if it is lumpy – it should be!
6. Add some extra milk if the mixture is quite dry
7. Add in the fruit and mix gently so as not to crush it too much
8. Spoon muffin mix into the paper cases or the tin
9. Bake for 20 to 25 minutes or until firm to touch and golden
Banana Muffins

Makes 12

Ingredients:
300g plain flour
1 teaspoon baking powder
1 teaspoon bicarbonate of soda
60g white granulated sugar
1 egg, mixed well with a fork
3 large well ripened bananas – peeled and mashed
60mls water
90g unsaturated margarine e.g. label states high in mono/polyunsaturated fat, melted

Method:
1. Prepare muffin tins by greasing the tins with a little margarine. You can use paper cases for the muffins: if so, add the cases into the tin.
2. Preheat oven to 190°C or gas mark 5
3. Place a sieve over a mixing bowl. Add flour, baking powder and bicarbonate of soda to the bowl. Use the sieve to break up any lumps.
4. In another bowl, mash bananas thoroughly and stir in sugar, egg, water and low fat spread
5. Add the two mixtures together and stir until combined. The batter will be lumpy, but no dry flour should be visible. Do not over stir.
6. Spoon into the muffin cases or tin and bake for 20 to 25 minutes until the tops are lightly browned and spring back when pressed gently.
Fruit crumble
Serves 4

Ingredients:
675g fruit e.g. cooking apples, rhubarb or plums washed, peeled and chopped
50ml water
1 teaspoon dried mixed spice
6 tablespoons caster sugar
10 tablespoons plain wholemeal flour
4 tablespoons porridge oats
50g unsaturated margarine e.g. labelled high in mono/polyunsaturated fat

Method:
1. Preheat oven to 190°C/ gas mark 5
2. Lightly grease an ovenproof dish
3. Place fruit in a saucepan with water, mixed spice and half the sugar. Cover and cook gently for 5 to 10 minutes.
4. Sift flour into bowl and run in margarine until mixture looks like breadcrumbs
5. Add oats and stir in rest of sugar
6. Place fruit in bottom of ovenproof dish and top with flour mixture and press down lightly with palm of your hand
7. Bake in the oven for 15 minutes
8. Reduce to 180°C/gas mark 4 and cook for 45 minutes
9. Serve
Added sugar should only form a small part of our diet, as it can damage teeth, lead to weight gain and increase the risk of developing diabetes and heart disease.

Keep any sugars to a meal time, if consumed at all, as they increase the risk of tooth decay if consumed between meals.

Sugary, diet or no added sugar fruit squashes and fizzy drinks are not recommended. They have few nutrients that can fill people up, meaning you won’t have room for more nutritious meals.

Examples of food and drinks high in sugar are: cakes, sweets, chocolate, biscuits, fizzy drinks, sports drinks, and tomato sauce.

Try to eat healthier snacks such as fruit and vegetables. See the recipes in this book for new ideas!
If you would like this document in Braille, audio-tape format or in another language, please contact:
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