

Are you entitled to free food?

If you are on income support or other income-based allowances, you may be entitled to free school meals for your children. To apply for free school meals, contact your local authority. Milk tokens and free fruit and vegetables are also available for some children and pregnant women as part of a scheme called Healthy Start. For more information, talk to your health visitor or visit the Healthy Start website.

HEALTHY EATING ON A BUDGET



Dietitian: _____

Contact Number: 0121 424 7768

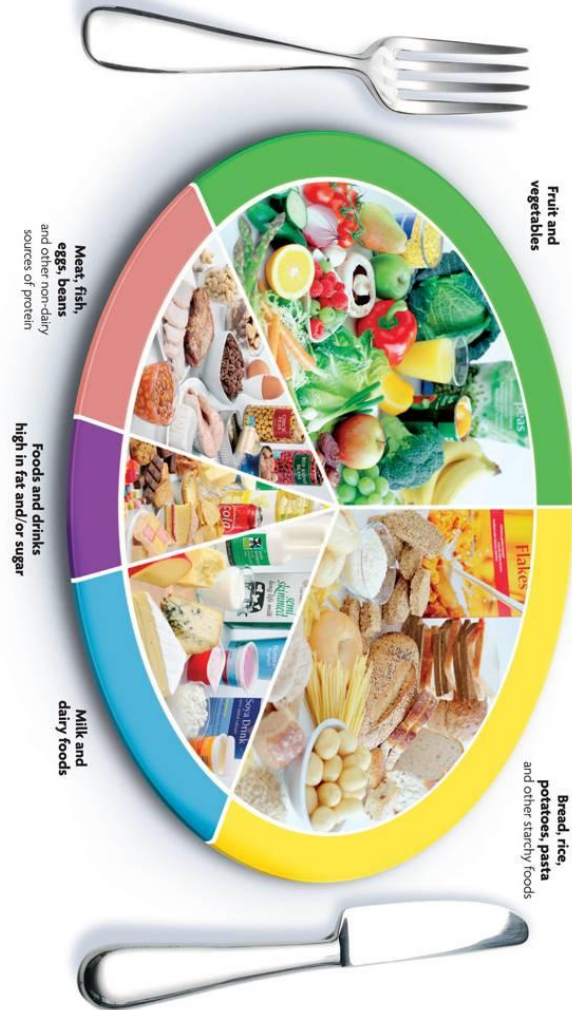
Simple tips to help you eat a healthier diet on a budget

Why is it Important to Eat Healthily?

- Healthy eating is important to maintain a healthy weight and to reduce the risk of developing conditions such as heart disease, high blood pressure, Type 2 Diabetes, and certain cancers.

What is Healthy Eating?

- Healthy eating involves consuming a variety of foods from the 5 main food groups and avoiding an excessive intake of fat, salt, and sugar.
- A healthy diet is represented by the Eat Well Plate, shown opposite. Each section of the plate represents the proportion of each food group we should be trying to include in our daily diet. Fruit, vegetables and carbohydrates should make up the largest proportion of our diets.
- For good health, it is recommended to aim for;
 - 5 portions of Fruit and Vegetables
 - 7-8 portions of Carbohydrate
 - 3-4 portions of protein foods
 - 2-3 portions of Milk and dairy foods
 - 2 portions fat/oils/sugar
 - Please refer to the table provided for portion guidance.



Use the eatwell plate to help you get the balance right: It shows how much of what you eat should come from each food group.

The eatwell plate

Food Portions

Food	Portion
Meat, Fish	90-130g, palm sized
Egg	1 medium
Cereal	3 tbsp flakes, 1 weetabix
Rice, pasta, couscous	3-4 tbsp cooked
Potato	2-3 egg sized
Pulses, Beans, Baked Beans	2 tbsp
Cheese	1 tbsp grated 1 matchbox sized piece
Milk	200ml glass
Yogurt Cottage cheese	125g pot yogurt ½ cup
Bread Bagels, pitas, wraps	1 medium slice ½ medium
Cake Biscuit	1 small slice, 50g 1 rich tea, digestive, finger

Please see page 5 for fruit and veg portions

Food Labelling (per 100g)

A lot	Food	A Little
10g	Sugar	2g
20g	Fat	3g
5g	Saturated Fat	1g
3g	Fibre	0.5g
0.5g	Sodium	0.1g

Advice on labels

It's important to pay particular attention to:

- date instructions, such as 'use by' and 'best before' - to avoid or reduce the risk of food poisoning. Tip; *check the date when shopping!*
- storage instructions and directions for preparing food – store food correctly and it will last longer and protect you against food poisoning
- Don't be rely on claims such as "low fat' check the label and compare the product against the table above

Fruit and Vegetables

How much should we be having?

- Lots! Fruit and veg should make up about a third of the food you eat each day.
- It's important to eat a variety.
- Five-a-day is a good, achievable target

But what is a portion?

- 1 apple, banana, pear, orange or other similar sized fruit 2 plums or similar sized fruit ½ a grapefruit or avocado 1 slice of large fruit, such as melon or pineapple
- 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned) 3 heaped tablespoons of beans and pulses (however much you eat, beans and pulses count as a maximum of one portion a day)
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice) or stewed fruit
- 1 heaped tablespoon of dried fruit (such as raisins and apricots)
- 1 handful of grapes, cherries or berries
- a dessert bowl of salad
- a glass (150ml) of fruit juice (however much you drink, fruit juice counts as a maximum of one portion a day)

5 a day the budget way!

- **Banana (try adding banana to your cereal/porridge at breakfast or have one as a mid-morning snack)**
- Average Cost: £0.20
- **Apple (have as a snack or as part of your lunch)**
- Average Cost: £0.22
- **Baked beans (on toast or with a jacket potato for lunch) Average Cost: £0.25**
- **Frozen peas and sweetcorn (try with grilled fish or chicken breast and new potatoes for dinner)**
Average Cost £0.10 + £0.09

Total Cost
£0.86



Tips for making your money go further

Planning

- Plan your meals before you go shopping so that you can mix and match ingredients to avoid wasting leftovers
- Make a list to help you avoid impulse buys

Shopping

- Shop every three days – it can be an easier way to manage your food, and avoid wastage
- Buy less pre-prepared food – ready meals, biscuits, sweets and even pre-chopped vegetables and fruits can all increase the cost of your shopping
- Avoid temptation – only visit the aisles you need to and don't go shopping when you are hungry
- Look out for special offers – but only on healthy items that you will use.
- Try to buy more non-perishable or freezable foods

Preparing and storing

- Prepare meals in bulk and freeze extra portions
- Regularly rotate your store cupboard so that older products are used up first
- Label leftovers so that you know when they should be eaten by.

Shop in Season and Save £'s

Cut your costs by buying seasonal fruit and veg

Spring: Try broccoli, cauliflower, spinach, cabbage, tomatoes and rhubarb



Summer Try salads, strawberries, avocado, and tomatoes



Autumn Try pumpkin, apples, pears, sweetcorn and leeks



Winter Try carrots, swede, Brussel sprouts, parsnips, red cabbage



Things to keep in your cupboard!

A well stocked cupboard and freezer is essential in preparing budget-friendly healthy meals. The following items are long lasting and a good thing to keep well stocked;

- Rice, pasta, lentils, tinned beans
- Instant mashed potato
- UHT milk and desserts
- Packed / tinned desserts; eg, low fat/ low sugar rice pudding
- Angel delight / custard (lower sugar/fat options available)
- Packet / tinned soups
- Peanut butter
- Marmite or Bovril
- Tinned vegetables, eg, tomatoes, sweetcorn
- Tinned fruit in natural juice
- Dried fruits; eg. Apricots
- Bread - suitable for freezing and toasting from frozen
- Tinned fish eg. Sardines, tuna
- Porridge oats
- Herbs, spices and stock cubes

Making your meal healthier and stretching your purchases

- Grating cheese
- Making meat sauces with 1/3 meat, 1/3 pulses 1/3 tinned/frozen vegetables
- Basing meals round cheaper foods; adding more bread, potato, couscous, pasta, beans, frozen vegetables
- Draining fat from meat or choosing lean cuts
- Making larger portions and freezing leftovers

Choosing the cheaper option:

- Tinned and frozen foods are as nutritious as fresh products but can be cheaper and long lasting
- Local markets have bargains and specials
- Supermarket own brands and foreign brands
- Buy reduced products and freeze them
- Be price aware; compare prices of different varieties of same foods
- Loose fruit & vegetables are usually cheaper than pre-packaged
- Meat from butcher or frozen meat can be cheaper
- Supermarkets reduce breads at end of day

Healthy meal ideas

Pasta

- Spaghetti Bolognese/lasagne and salad
- Tuna and sweet corn,
- Tomato sauce, garlic, frozen vegetables

Rice, couscous, dried noodles

- Vegetable curry
- Stir fried vegetables, chicken, meat
- Chilli con carne
- Fish fillets cooked into tomato and garlic sauce
- Casserole; vegetables, tinned tomatoes, beans, meat

Potato, sweet potato

- Omelette with potato, frozen spinach, onion, cheese
- Shepherds pie, cottage pie, fish pie
- Jacket potato; beans, cheese, tinned tuna/salmon
- Grilled sausages, mash, frozen vegetables
- Fish fillets with frozen vegetables

Bread, wraps, pitta

- Vegetable soup
- Pitta/wrap with tomato puree, vegetables, chicken, grated cheese
- Salad with tinned tuna/salmon, frozen chicken, using lettuce, tomatoes, tinned sweet corn, carrots

Healthy snack ideas

- Fruit
- Cereal with semi-skimmed milk
- Bagels, toast, crumpet, pitta, scones, savoury muffins, malt loaf, tea cakes
- Wholegrain crackers, ryvitas, crisp rolls, oat biscuits, water biscuits, rice cakes
- Low sugar yogurt
- Glass of milk
- Fresh/frozen fruit smoothie
- Beans on toast
- Poached egg on toast
- Grated low fat cheese on toast
- Sardines/mackerel on toast
- Popcorn

Healthy pudding ideas

- Fruit Salad/stewed fruit with custard or yoghurt
- Baked Apples with cinnamon and tsp honey
- Rice pudding (low sugar)
- Scones
- Teacakes
- Malt loaf
- Fruit toast
- Low sugar jelly with fruit
- Low sugar hot chocolate