



# EAT WELL

## RECIPE BOOKLET





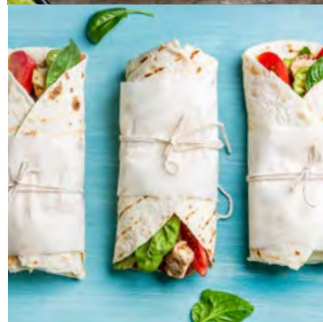
# WELCOME TO OUR RECIPE BOOK

**We hope you enjoy trying out some of the recipes we have put together.**

Eating healthily needn't be a challenge. Cooking healthier meals can be easy and fun. It's all about getting the balance right. We all lead busy lives and often find it difficult make the time needed to cook a meal from scratch. We end up grabbing a snack, or even missing a meal and this means we may miss out on things that keep us fit and well.

Our Recipe Book aims to prove that healthy meals don't always require hours of preparation time. It is possible to eat well while also leading a busy lifestyle. Its all about planning your meals ahead and avoiding last minute trips to the shop when you're in a rush and more likely to fill your trolley with unhealthy convenience snacks.

Why not try a few of our recipes and enjoy the benefits that eating well can bring to your physical and mental health!



# HEALTHY BREAKFAST MUFFINS

Makes

12

1 MUFFIN  
PER PORTION

## Ingredients

125g plain flour  
75g wholemeal flour  
200g porridge oats  
75g brown sugar  
3 teaspoons baking powder  
1 teaspoon cinnamon  
2 bananas mashed  
2 large eggs separated  
3 tablespoons sunflower oil  
250ml milk  
125g blueberries

## Method

1. Sieve the plain flour and the wholemeal flour into a large mixing bowl
2. Add the oats, brown sugar, baking powder and cinnamon
3. Create a well in the centre of the dry ingredients and add the mashed bananas, whisked egg yolk, milk and sunflower oil
4. Mix together gently with a wooden spoon until a wet batter forms but do not over mix
5. Mix in the blueberries and any other additions you wish to include
6. In a separate bowl whisk the egg whites until soft peaks form
7. Gently fold the egg whites into the muffin batter until everything is mixed through evenly
8. Divide the muffin mixture between 12 individual muffin cases and place in a preheated oven at 200°C, fan oven 180°C, gas mark 6 for 25 minutes until well risen and golden brown on top
9. The muffins will keep for up to 4-5 days in a sealed tin or plastic container but are preferably eaten on the day or day after baking for a fresher muffin
10. The muffins can also be frozen in a plastic bag, thaw for 1 hour or until defrosted and then pop in the oven for 10 minutes to reheat

## Other Ideas

Add 50g sultanas to the mixture

Substitute 50g of the oats for 50g desiccated coconut

50g other dried fruit such as cranberries





# FRUITY BREAKFAST GRANOLA

Serves

1

## Ingredients

1 bag of frozen mixed berries  
– makes several servings

1 tablespoon of sugar –  
optional

2-3 tablespoons low fat  
yoghurt per serving

2 tablespoons of granola  
cereal per serving

## Method

1. Place the bag of frozen berries in a saucepan with the sugar if using
2. Gently bring to the boil and simmer very gently until it thickens
3. Once it has thickened leave to cool – this is your fruit compote and can be kept in the fridge for a number of days – it could also be served with porridge or custard
4. Spoon a layer of the fruit compote into a bowl or small glass
5. Spoon a layer of yoghurt on top
6. Sprinkle the granola on top of this and serve







Serves

3

# Mini Pizza Pittas

## Equipment

Cheese grater  
Vegetable Knife  
Non-stick baking tray

## Ingredients

3 mini pitta breads  
3 tbsp tomato puree or pesto  
60g mature cheese  
3 tbsp olives  
1 tomato  
1/2 pepper  
2 tbsp sweetcorn  
1 tsp mixed herbs or small  
handful fresh basil

## Method

1. Preheat the oven to 200°C, fan oven 180°C, gas mark 6
2. Halve each pitta and spread on puree or pesto
3. Slice vegetables and add toppings
4. Grate cheese and sprinkle on top
5. Place onto baking tray and transfer to oven
6. Bake for 6-8 minutes until cheese melted
7. Add herbs on top and serve

# STUFFED PEPPERS

Serves

4

## Ingredients

4 red, orange or yellow peppers  
150g rice – Basmati, white or wholegrain  
1 teaspoon vegetable oil  
1 small onion  
1 garlic clove – optional  
300g skinless turkey breast  
2-3 tomatoes  
75g frozen peas  
2- 3 teaspoons paprika  
1 teaspoon dried mixed herbs  
Ground black pepper

## Method

1. Preheat the oven to 190°C, fan oven 170°C, gas mark 5
2. Put the rice into a large saucepan and cook in simmering water for 12-15 minutes, or according to the pack instructions
3. Prepare the peppers – halving length-ways and deseeding.
4. Arrange them cut side up in a roasting pan
5. While the rice is cooking heat the vegetable oil in a large frying pan or wok and stir fry the onion and garlic (if using) until softened
6. Add the turkey and stir fry briskly for about 5 minutes
7. Add tomatoes, peas, paprika and herbs, then remove from the heat
8. Drain the rice thoroughly, stir it into the tomato mixture and season with some black pepper
9. Spoon the filling into the pepper halves (don't worry if there's too much, just spoon it into the roasting pan)
10. Cover with foil and bake for 20-25 minutes and serve at once

## Top Tips

Tip 1: Another time, use skinless, boneless chicken instead of turkey

Tip 2: Prepare the dish ahead of time, up to the point where you have stuffed the peppers, then cover and chill until you are ready to bake the dish







**One of these delicious Mexican fajitas is ideal for a quick, tasty lunch, making a welcome change from ordinary sandwiches. Have two fajitas and add a generous serving of salad and some salsa for a nutritious dinner.**



# CHICKEN + VEGETABLE FAJITAS

Serves

4

## ingredients

- 1 tablespoon sunflower oil
- 2 skinless chicken breasts
- 1 packet fajita seasoning mix
- 1 red pepper
- 1 courgette
- 1 red onion
- 2 carrots
- 2 tablespoons honey
- 2 tablespoons  
light soy sauce
- 8 tortilla wraps

## Method

1. Cut the chicken breasts into small pieces
2. Chop the vegetables
3. Fry the chicken in the sunflower oil until cooked
4. Add the fajita seasoning and stir well
5. Add the vegetables and cook for 5 minutes
6. Add the honey and the soy sauce.  
When the vegetables are cooked and the sauce thickened divide up the mixture into the tortillas
7. Serve with tomato salsa and / or salad

## TOMATO SALSA

## ingredients

- Cherry tomatoes
- Spring onions
- Chopped coriander

## Method

1. Chop the cherry tomatoes, the spring onions and the coriander and mix together
2. Either add to the fajita or serve on the side

# TURKEY STIR FRY

Serves

4

## Ingredients

125g dried egg noodles  
Zest of 1 orange  
Juice of 2 oranges  
4 tablespoons soy sauce  
2 tablespoon cornflour  
1 tablespoon vegetable oil  
350g fresh turkey  
1 bunch spring onions  
1 red pepper  
1 yellow pepper  
2 carrots  
2 celery sticks  
100g mushrooms  
Ground black pepper

## Method

1. Prepare all the vegetables slicing thinly
2. Prepare the turkey slicing thinly
3. Put the noodles into a heatproof bowl and cover with boiling water to soak following the pack instructions
4. Mix together the orange juice, orange zest, soy sauce and cornflour until smooth and set to one side
5. Heat the oil in a wok or a very large frying pan
6. Add the turkey and stir fry briskly for 5 minutes
7. Add the spring onions, peppers, carrots, celery and mushrooms and stir fry over a high heat for another 5 minutes, until the turkey is cooked – the vegetables should remain crisp and crunchy
8. Give the orange juice mixture a good stir, add it to the stir fry and cook for a few moments until thickened
9. Drain the noodles thoroughly, then add them to the turkey mixture stirring thoroughly and serve immediately

## Top Tip

Leave out the noodles and cook 150g long grain rice to serve with the stir fry instead









# TASTY TABBOULEH

## Equipment

Small bowl

Large bowl

Kettle

Chopping board

Vegetable knife

Cling film

## Ingredients

25g bulgur wheat

2 large, ripe tomatoes

1 cucumber

large bunch fresh flatleaf  
parsley, leaves only, washed,  
dried, finely chopped

small bunch fresh mint  
leaves, washed, dried, finely  
chopped

1 small red onion, peeled,  
finely chopped

1 lemon for 2-3 tbsp freshly  
squeezed lemon juice

2-3 tbsp olive oil

Flatbread or 2 pitta bread

## Method

1. Place the bulgur wheat into a small bowl and cover with 50ml/2fl oz of boiling water. Stir, then set aside for 20 minutes, or until the bulgur wheat has absorbed all of the water.
2. Cut out the green stalks from the tomatoes and make a small cross at each of the bases. Place the tomatoes into a separate bowl and cover with boiling water. Set aside for 30 seconds, then drain away the water.
3. When the tomatoes are cool enough to handle, peel and discard the skins. Cut the tomatoes into quarters, discard the seeds and dice the flesh. Transfer the diced tomatoes to a serving bowl.
4. Quarter and slice the cucumber and add with the parsley, mint and onion to the tomatoes and mix well until combined.
5. When the bulgur wheat has absorbed all of the water, fluff it using a fork until the grains are separated. Add the bulgur wheat to the tomato mixture.
6. Grill flatbread. Squeeze lemon and drizzle juice with the olive oil over bulgur wheat and season to taste. Mix well to coat the ingredients in the liquid.
7. To serve, divide the tabbouleh equally among four serving plates. Place one grilled flatbread alongside each.

Adapted from BBC Good Food





Serves

4

# FISH PIE

## WITH SWEET POTATO OR SWEDE TOPPING

### Ingredients

500g floury potatoes  
cut into small chunks

2 medium sweet potatoes  
or 1 swede cut into  
small chunks

200g tub low fat soft  
cheese with garlic  
and herbs

150ml vegetable stock

4 teaspoons cornflour  
blended with 2 tablespoons  
cold water

320g skinless boneless fish  
or a fish pie mix cut into  
chunks

100g cooked

peeled prawns

1 teaspoon chopped fresh  
parsley – optional

2 celery sticks

100g mushrooms

Ground black pepper





**TRY...**

### **Budget version**

For an economical version, add frozen peas and sliced mushrooms to the sauce instead of the prawns

### **Making it special**

Make a really special version by using salmon instead of cod and frozen seafood cocktail instead of the prawns

## **Method**

1. Preheat the oven to 190°C, fan oven 170°C, gas mark 5
2. Prepare and chop the potatoes and sweet potato or swede
3. Cook in boiling water for about 15-20 minutes
4. While the vegetables cook put the soft cheese and the stock into a large saucepan and heat gently, stirring with a wooden spoon until blended and smooth
5. Add the blended cornflour stirring continuously and cook until the sauce thickens
6. Arrange the fish, the prawns and the parsley if using into an oven dish and season with pepper
7. Pour the sauce over the fish mixture and stir gently
8. Drain the vegetables, mash them well and season with black pepper
9. Spoon the mash over the fish to cover it completely
10. Bake for 25-30 minutes until piping hot, then transfer to a hot grill for a few minutes to brown the top if necessary

Serves

1



# POPCORN

## Equipment

Large (heavy based) saucepan with a tight fitting lid

## Ingredients

1 tablespoon olive oil

1 handful corn kernels

1 tsp cinnamon or paprika (optional)

## Method

1. Heat the pan with a little oil, then add optional 1 tsp spice with 1 handful corn kernels (never more than 1/4 of the saucepan), cover and heat.
2. The kernels will swell and start to 'pop', bursting out of their skins. Once the popping sound dies out, remove the pan from the heat and carefully remove the lid.

Experiment with spices for flavourings

Serves

2

## Equipment

Medium bowl  
Chopping board  
Vegetable knife  
Fork

## Ingredients

1 ripe avocado  
1 lime, or lemon, juice  
1 small bunch coriander (or dried herb)  
1/2 red onion  
1 ripe tomato  
2 chillies (or 1/2 tsp chilli powder)

## Method

1. Finely chop coriander, tomato, onion, chillies
2. Juice lemon or lime
3. Combine with lime juice
4. Cut avocado in half, scoop out and mash into mixture
5. Season with pepper

# GUACAMOLE



# SALAD

# NICOISE

Serves

4

## Equipment

2-3 saucepans

1 plastic bowl (reuse for salad bowl)

Peeler, can opener, vegetable knife and chopping board

## Ingredients

4 average size potatoes

1 large handful of (French) beans (or other mixed beans, any variety)

2 eggs

1 large handful of pitted black olive

1/2 onion

2 large tomatoes

1 green or yellow pepper

1 small tin of tuna in olive oil or brine

1 tsp of vinegar

4 tbsps of olive oil

Pinch of pepper

## Method

1. Boil the potatoes with their skin, then peel them, allow them to cool down and slice them.
2. Boil the French beans (no need to boil if canned beans) and the eggs.
3. Cut the olive in halves and chop the onion finely. Cut the tomatoes in quarters, slice the pepper finely.
4. Leave eggs to cool in bowl of water and remove their shells
5. Open the tuna tin and shred the tuna with a fork
6. Combine all the salad ingredients in a bowl
7. Mix the olive oil, vinegar and pepper together and pour over the salad
8. Add all the ingredients to the salad bowl

## OPTION

Cut a few strips (4 or 5) of tinned anchovies and add to the mix







# CARROT + LENTIL SOUP

## Ingredients

1 tsp sunflower oil  
1 small onion,  
peeled and chopped  
2 medium carrots,  
peeled and chopped  
1 medium cooking /  
2 eating apples, cored,  
peeled and chopped  
1 low salt stock cube  
dissolved in 570 ml / 1 pint  
hot water  
1 bay leaf  
100g dried red lentils  
Pinch of cinnamon  
Black pepper  
Chopped parsley / chives to  
garnish (optional)

## Method

1. Prepare and chop all the vegetables
2. Heat the oil in a saucepan
3. Add the onions and cook over a low heat until soft
4. Add the carrots, stir well and cook for 5 minutes
5. Add the apple, the dissolved stock cube and the bay leaf
6. Bring to the boil
7. Add the lentils and reduce the heat, cover and simmer for 20 to 30 minutes until the lentils are soft
8. Add some black pepper and the cinnamon and remove the bay leaf
9. Using a blender blitz the soup until smooth (reserve some of the chunky vegetables to add back in afterwards – or blitz completely smooth if you prefer)
10. Serve the soup as it is or with some bread for a tasty lighter meal

## Top Tip

You can use a variety of different coloured lentils, like yellow or green – their cooking times can vary, so just test to see when they are soft and the soup is ready

# VERSATILE VEGETABLE SAUCE

## Ingredients

Ingredients

1 tbsp vegetable oil

1 onion, finely chopped

1 carrot, grated

1 tin (400g) chopped tomatoes

2 tbsps tomato puree

250ml of vegetable stock

## OPTIONAL EXTRAS

4 large mushrooms, peeled and chopped

2 peppers red, yellow or orange, sliced

1 courgette, sliced

Add any other veg you fancy!

## Method

1. Heat veg oil in a pan and fry onion for 5 mins until soft
2. When soft add grated carrot and fry for further 2 mins
3. Add tomato puree, tinned tomatoes, stock and then all the other veg
4. Simmer for 15 mins until veg are soft

## Why not try these further tasty recipes using the veg sauce...

Add 500g lean minced beef and 2 tps mixed herbs for a **Spaghetti Bolognese**. When the onions are soft add the mince and brown before adding the grated carrot and mixed herbs and other ingredients for the sauce

Add 500g minced beef, tin of red kidney beans (400g) and 2 tps chilli powder for **Chilli Con Carne**

Top the veg sauce with mashed potato and sprinkle with grated cheese for **Vegetable Cottage Pie**. Add minced beef if you want a meaty version

Add a tin (400g) of chick peas, 100g diced potato and 2 tps curry powder to the vegetable sauce for a **Vegetable Curry**. Spinach is also very tasty added to this recipe. Leftover cooked chicken can be added to the curry for a meaty version





### TIP...

If you prefer a smoother sauce or want to hide the veg, puree using a hand blender. Great on pasta, sprinkled with cheese!



# HUMMUS

## Equipment

Medium bowl  
Chopping board  
Vegetable knife  
Fork /pPotato masher or blender

## Ingredients

One can (425 grams) chickpeas,  
also called garbanzo beans  
(60 ml) fresh lemon juice,  
about 1 large lemon  
(60 ml) tahini, about 3 or 4 tbsp.  
Half of a large garlic clove,  
finely chopped  
2 tablespoons olive oil,  
plus more for serving  
1/2 tsp salt  
1/2 teaspoon ground cumin  
2 to 3 tablespoons water  
Dash of ground paprika for serving





## Method

1. In a bowl combine the lemon juice and tahini, mix into a smooth paste.
2. Add the finely chopped garlic, olive oil, salt, cumin and whip into a smooth paste.
3. Open a can of chickpeas, drain and rinse well with water. Add the chickpeas to the mix and mash until you get the consistence you prefer. A completely smooth hummus is easier with a food processor.
4. Add water as needed to improve consistency.
5. Serve with a drizzle of olive oil and a pinch of paprika.
6. Store in the fridge for up to a week. Home made tahini can also be used in this recipe.

Serves

4



# TASTY CHICKEN WRAPS

Serves  
**4**

## Ingredients

- 4 soft flour tortillas
- 64g lower-fat soft cheese
- 4 tbsp low-fat natural yoghurt
- 130g chopped skinless, boneless roast chicken breasts
- 100g sweetcorn
- ¼ cucumber
- 1 handful lettuce leaves
- 1 pinch ground black pepper

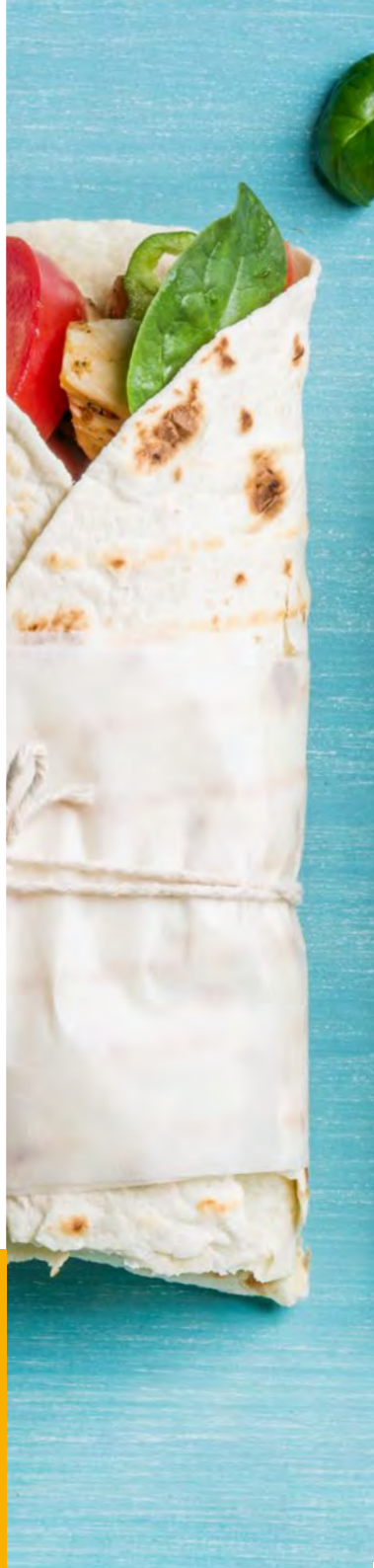
## Method

1. Lay out the wraps or tortillas on a clean work surface.
2. Put the soft cheese and yoghurt in a bowl and mix together until smooth.
3. Add the chicken, sweetcorn and cucumber. Season with some pepper, then mix well.
4. Spread an equal amount over each wrap, then top with the lettuce.
5. Roll up each wrap tightly, slice in half, then wrap in cling film. Keep cool until ready to serve.

## TIPS...

If you're not keen on cucumber or sweetcorn, use grated carrot or some of your favourite veg instead.

If you're packing these wraps into a lunch box, try to remember to put a small ice pack in with them to keep them cool and fresh.





# EGG FRITTATA MUFFIN

Serves

6

## Equipment

Muffin tray or muffin cups

Whisk or fork

Vegetable knife

Jug

Tablespoon

## Ingredients

2 tpsps olive oil to grease  
oven tray

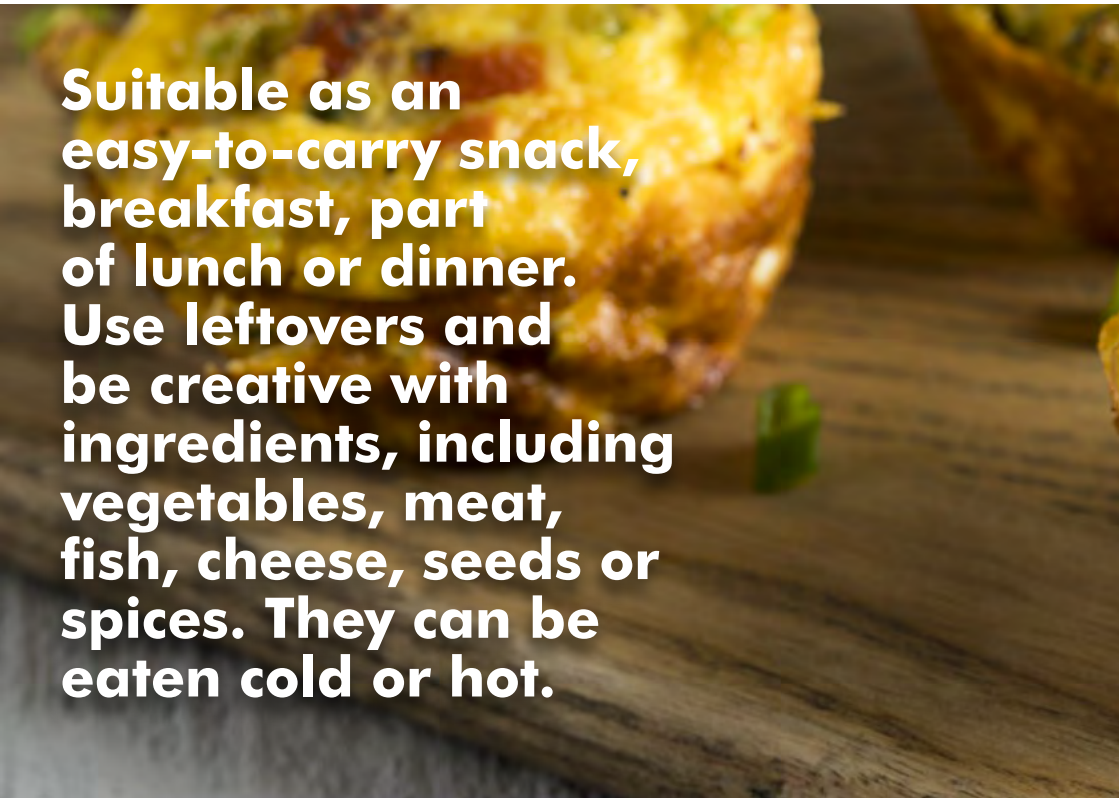
1 tsp mixed herbs,  
chilli powder, paprika

2 tbsps milk or water

6 large eggs

Pinch black pepper

Add a mixed handful of:  
spring onions, chopped  
tomatoes, feta cheese,  
peppers, mushrooms,  
smoked salmon, spinach,  
thinly sliced courgette



**Suitable as an easy-to-carry snack, breakfast, part of lunch or dinner. Use leftovers and be creative with ingredients, including vegetables, meat, fish, cheese, seeds or spices. They can be eaten cold or hot.**



## Method

1. Preheat your oven to 200°C, fan oven 180°C, gas mark 6 and grease your muffin tray.
2. Use a jug to beat the eggs, add the milk or water with black pepper to taste.
3. Add vegetables and cheese or fish of your choice into each muffin base.
4. Pour the egg mixture on it.
5. Place the muffin tray on the middle shelf of the oven and bake for 20-25 minutes or until the muffins are light brown, puffy and the eggs are set.
6. Let the muffins cool down before removing them from the tray, loosen gently with a knife if they seem to be sticky.
7. Eat immediately or leave to cool and store in the fridge or freezer in a container.







Serves

4

# BAKED TORTILLA CHIPS

**Use soft flour tortillas to make your own healthier tortilla chips. Serve with the Tabbouleh, hummus or guacamole.**

## Ingredients

4 soft wholewheat flour tortillas

## Method

1. Preheat the oven to 190°C fan oven 170°C gas mark 5
2. Cut each tortilla into 8 equal wedges using scissors. Arrange them on baking sheets
3. Bake in the oven for 6-8 minutes, until crisp. Leave to cool

# HEALTHY FLAPJACK

Serves

8

## Equipment

Chopping board

Vegetable knife

Mixing bowl

Baking tray

Scales

## Ingredients

1 medium banana, mashed

50g apricots / dried fruits

25g light brown sugar (optional)

3 tbsps rapeseed oil

100g porridge oats

## Method

1. Mash the banana and chop the dried apricots into small pieces and mix together.
2. Add the sugar and oil; mix well. Once complete add in the oats.
3. Pour the mixture into a greased 17cm tin. Place in the oven at 180°C, fan oven 160°C, gas mark 4 for approximately 15 minutes until golden brown.
4. Once cooked leave to cool in the tin for 5-10 minutes, then cut into 8 pieces and place on a baking rack to cool.



Serves

4



# FRUIT CRUMBLE

## Ingredients

2 eating apples  
6 plums  
2 tablespoons brown sugar  
2 tablespoons boiling water  
100g plain flour  
50g porridge oats  
50g low fat margarine

## Method

1. Preheat the oven to 180°C, fan oven 160°C, gas mark 4
2. Peel, core and thinly slice the apples, stone and quarter the plums, and place in an ovenproof dish
3. Sprinkle with a little of the sugar
4. Pour over 2 tablespoons of boiling water
5. Place the flour, the rest of the sugar and the oats in a mixing bowl
6. Add the butter and rub into the mixture until it resembles breadcrumbs Sprinkle the topping over the fruit and bake for 30 minutes until golden brown – serve with custard or low fat yogurt



# HACKS TO EATING WELL



## **Share it out**

Many foods and drinks are packaged for sharing, so if you're eating by yourself, avoid temptation and save some for later.

Why not try putting snacks in a bowl rather than eating from the packet and put the rest away for later? This will help you eat less and your food will go further.

## **Focus on your food**

Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table and focus on each mouthful. By being more mindful, you're less likely to over eat.

## **Aim to feel satisfied, not stuffed**

Try eating just one plate of food and don't go back for seconds. Use your handy Eat Well plate as a guide for what makes up a healthy and well balanced portion.

## **Pack it in**

Plan ahead and try to take a packed lunch to work or when you are out and about. It can work out cheaper and help you avoid grabbing unhealthy convenience foods on the go.

## **Spot the difference**

Try swapping a big dinner plate for a smaller one. This will help regulate your portion size and trick your brain at the same time.

## **Max your pocket, not your drink!**

Large whole milk lattes or cappuccinos may seem like value for money, but they also contain more calories. Try swapping for a regular size coffee made with lower fat milk. Not only will it help you save money, you'll also be saving on calories.

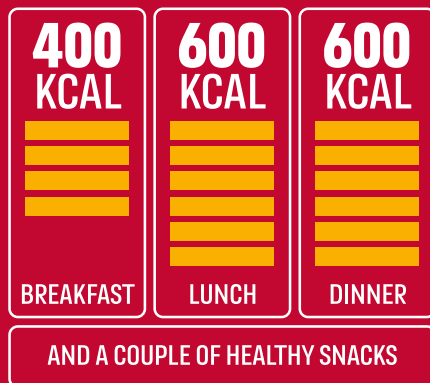
## **Veg-tastic**

Try filling up with fruit and vegetables instead of food that's high in fat or sugar. Aim for about one-third of your plate to be made up of vegetables.





# KEEP TRACK OF CALORIES WITH 400-600-600



Our breakfast recipes are under 400 calories and our lunch and dinner recipes are under 600 calories, so everything featured in this book will fit into a healthier way of eating and enjoying food!

## What's all the fuss about calories?

The energy found in food and drink is measured as calories. If we consume more calories than we burn off, our bodies store any extra as fat. Over time this could mean we put on weight.

Following a healthy diet keeps a balance between the energy you put in and the energy you use.

## Aim for 400-600-600

Eating healthily and keeping track of your calorie intake can be tricky sometimes. Research has shown on average we're eating an extra 20 to 300 calories every day!

The 400-600-600\* rule of thumb can help you keep track of how many calories you eat in a day.

Aim for around 400 calories for breakfast, 600 calories for lunch and 600 for dinner – leaving room for a couple of healthier snacks and drinks.

This should all add up to around 2,000 calories a day for women and 2,500 for men, in line with the Eatwell Guide.

## What does this mean for your meals?

Not sure what all this means? Don't worry, we've got some simple tips for what your meals could look like using the 400-600-600 rule of thumb.



400  
KCAL



BREAKFAST



600  
KCAL



LUNCH

## BREAKFAST 400kcal

**Start your day the right way with a healthier 400 calorie breakfast that will keep you full until lunch.**

Porridge is a great breakfast choice that can help keep you full throughout the morning. Why not try adding some seasonal berries (frozen berries work well) for some fruity goodness?

Try mixing up your morning meal choices with options like eggs and avocados. Just be careful with your portion sizes and make sure it stays around 400 calories.

Try low-fat, lower sugar yoghurts with fruits like berries, bananas and peaches.

## LUNCH 600kcal

**Lunch doesn't have to be complicated. A lot of these easy ideas can be prepared in advance and keep you going throughout the afternoon.**

Soups, such as vegetable soup, can be a simple way of getting your recommended 5 A Day, while also sticking to that 600 calorie rule of thumb. A wholegrain bread roll tastes great and is perfect for dipping!

Feel like a simple salad just isn't enough? Adding a grain like couscous or some rice can make it more filling. Fish and meats like chicken, or beans and pulses, are also tasty additions. There are more simple tips on how to create a delicious salad on our ONE YOU Easy Meals app at [www.nhs.uk/oneyou/apps](http://www.nhs.uk/oneyou/apps).





**600  
KCAL**

**DINNER**



## DINNER 600kcal

**There are so many ways you can make a delicious dinner while staying around 600 calories.**

Pasta can be an easy option, but make sure it's a healthy one. With a few roasted vegetables and a tasty tomato-based sauce. It can make a great meal. When buying pasta sauces be sure to check the traffic light label, go for more greens and ambers, and cut down on reds.

When having bread, rice and pasta, go for wholegrain options whenever you can.

Whether it's a side dish for a delicious fillet of fish, or a meal in itself served baked with beans or tuna, potatoes are also a great choice for a simple and tasty meal.

For more meal ideas, check out the Easy Meals app at [www.nhs.uk/oneyou/apps](http://www.nhs.uk/oneyou/apps) for lots of amazing recipes to help you stay healthy.

## HEALTHIER SNACKS

**If you're buying packaged snacks, choose those products with more greens and ambers on the traffic light label and keep an eye on the calories.**

### Healthier snacks include:

- Fresh fruit
- Low-fat, lower sugar yoghurt with fruit
- Plain rice cakes or crackers with lower fat cheese.
- Unsalted nuts and seeds
- Veggie sticks with lower fat dips, such as lower fat hummus and salsa
- Malt loaf, fruit loaf or a currant bun
- Crumpets
- Scotch pancakes

### How do I check the calorie content?

Knowing how many calories are in the food you're eating can help when following the 400-600-600 rule of thumb.

Most shop-bought foods will display calorie (kcal) content on the nutrition label, under the 'Energy' heading. This is normally per 100 grams of the product, but often it also tells you how many calories are in the whole pack or product. But be aware that the manufacturer's idea of a portion may be slightly different from your own.



