

Kickstart Kit!



Cornwall and Isles of Scilly
Primary Care Trust



Step 1: Assessing where you are and setting a goal

What should I be eating?

If you want to get the balance of your diet right, use the eatwell plate.

The eatwell plate makes healthy eating easier to understand by showing the types and proportions of foods we need to have for a healthy and well balanced diet.

The eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks.

Frequently Asked Questions

Why is breakfast important?

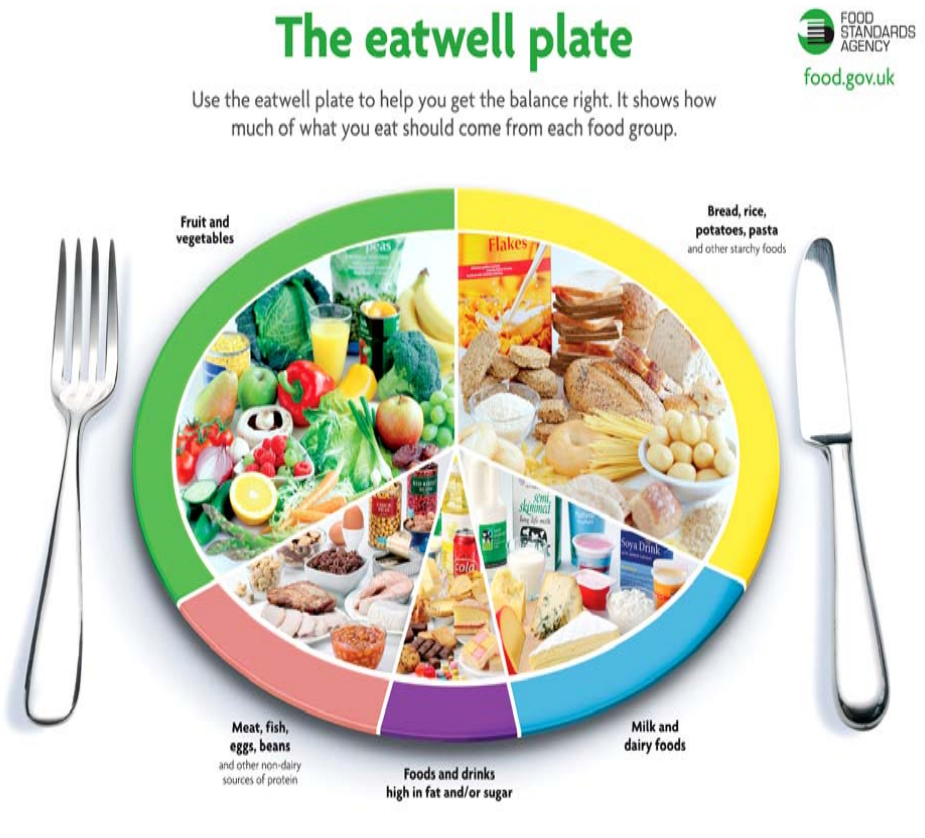
Skipping breakfast can lead to tiredness, lack of concentration and poor performance at work or school. It also means that you are more likely to snack on unhealthy foods such as chocolate or crisps before lunch.

Why should I eat 5 portions* of fruit and veg a day?

Fruit and vegetables are key to a healthier lifestyle. To get the best health benefits, your 5 A DAY portions should include a combination of a variety of fruit and vegetables as they each contain different combinations of fibre, vitamins, minerals and other nutrients. (*a portion is about a handful).

How can I stop snacking unhealthily?

Healthy snacks take some planning - especially when you're out of the house. Pack a few snacks to take with you, such as a handful of unsalted nuts and raisins, a few oatcakes, or vegetable sticks with a low-fat dip. If you're always fighting sweet cravings, try a fruit scone, fig roll or fresh or dried fruit. If you prefer savoury treats, try rice cakes with cottage cheese or hummus, half an avocado, or a slice of wholemeal toast with low fat spread.



Am I eating healthily?

Are you eating five portions* of fruit and vegetables daily?

Do you eat reduced fat or fat-free varieties of dairy products?

Are you mainly using fats that are soft or liquid?

Do you drink 6-8 glasses of water a day?

Are your soft drinks always sugar free?

Are you active enough to maintain a healthy weight?

Are you eating oily fish such as salmon and mackerel at least twice a week?

*A portion of fresh, frozen or canned fruit or vegetables is about a handful.

If you answered **NO** to any of the above questions there's a good chance that you would benefit from a few changes to what you eat and drink, so read on! Use the 'Where to get more information', 'Tips' and 'What to do next' sections to help you make changes.

Where to get more information...

Locally

www.eatsomegoodfood.org

Nationally

www.nhsdirect.nhs.uk

www.healthyliving.gov.uk

www.bdaweightwise.com

www.eatwell.gov.uk

www.5aday.nhs.uk

8 tips for making healthier choices...

Base your meals on starchy foods

E.g. bread, cereals, rice, pasta & potatoes. These are a really important part of a healthy diet. Try to choose wholegrain varieties whenever you can.

Eat lots of fruit and vegetables

Try to eat at least 5 portions of a variety of fruit and veg every day.

Eat more fish

Aim for at least two portions of fish a week including a portion of oily fish (e.g. salmon, mackerel, trout, herring, sardines, pilchards, fresh tuna)

Cut down on saturated fat and sugar

Use a small amount of vegetable oil or reduced-fat spread instead of butter, lard or ghee.

Try to eat less salt—no more than 6g a day for adults

75% of the salt we eat is already in the food we buy, such as soups, sauces, bread, breakfast cereals and ready meals. Always check the label!

Get active and try to be a healthy weight

Being overweight can lead to health conditions such as heart disease, high blood pressure or diabetes. Remember to only eat as much food as you need, make healthy food choices and get more active!

Drink plenty of water

6-8 glasses everyday to stop us getting dehydrated

Don't skip breakfast

Breakfast can help give us the energy we need to face the day, as well as some of the vitamins and minerals we need for good health.

TOP TIP.....enjoy your food!!

What to do next...

Think about making some changes; but before you set some goals, consider the following:

Benefits of changing?

.....
.....

Benefits of staying as I am?

.....
.....

Do the benefits of changing seem stronger? If they do, read on. If they don't, you may not be ready to make changes yet.

SMART Plan...

Whilst reading this leaflet you may have thought of some changes that you could make - why not record them here.

Try to make one small change at a time.

If you make your goals 'SMART' -

Specific, Measurable, Achievable, Realistic and Timed, they are more likely to really happen!

Examples of 'SMART' goals:

...for the next two weeks, I will keep a well-stocked fruit bowl (apples, bananas, grapes) at home and at work, so I eat at least two pieces of fruit each day

...for the next month, I will make sure I buy wholewheat bread instead of white bread

Your 'SMART' goal;

.....
.....

Produced by Brief Intervention Officer, Health Promotion Service

Step 2: Tips to help

Fact sheet A: SHOPPING ON A BUDGET



TOP TIPS WHEN YOU GO SHOPPING

- Buy seasonal fruit and vegetables as they are likely to be cheaper.
- Buy locally as travel costs etc should be taken into account. Buy from Farmers Markets, Road Side Stalls, Food Co-ops or Veg Box Schemes as they are often cheaper.
- Use tinned and frozen fruit and vegetables (can cut down on waste).
- Shop at the end of the day – the food may be reduced in price.
- If you don't use all your fresh vegetables either make soup, fruit smoothies or freeze it for future use.
- Look out for special offers. Use vouchers and money off coupons.
- It is often cheaper to buy at the deli counter than to buy pre-packed food.
- Buy in bulk or shop with a friend and take advantage of buy one get one free offers.
- Use quality meat and bulk it up with pulses or pasta.
- Buy own brand products where possible - Often the nutritional content of supermarket own brand is identical to named brands but check nutrition labels to make sure.
- Never shop when you're hungry! Plan your meals for the week before you go shopping. Make a shopping list and stick to it.

HANDY HINTS FOR SAVING MONEY AT HOME

- ❖ PASTA, RICE AND COUS COUS ARE GREAT – they're cheap, quick to cook and if you do too much you can turn it into a salad and eat it cold.
- ❖ KEEP A SUPPLY – Of canned vegetables in the cupboard such as peas and sweetcorn, which are a good source of fibre. Canned fruit in natural juice is useful too as a tasty and low fat dessert. Frozen and canned fruit and vegetables are often cheaper, and easier to store than fresh and are still full of nutrients.
- ❖ ADD VEGETABLES – to soups, casseroles, curries etc. These add extra flavour, vitamins and fibre, makes food go further and adds to your 5 A DAY.
- ❖ COOK – vegetables in a small amount of water with the lid on the pan for the minimum cooking time, or steam or stir fry, to save the vitamins and your fuel bill.
- ❖ WHEN YOU'RE USING THE OVEN - cook as much as possible at one time to make the most of the heat.

Fact sheet B: SNACK ATTACK!

We all know that eating some foods between meals is not good for us. Why not use this list to make tastier, healthier choices.

SUPER SNACKS



Try to choose these to eat most of the time. They are very low in sugar and also low in fat.

- ❖ Fresh fruit e.g. apple, banana, oranges, plums, pears, peaches, grapes
- ❖ Raw vegetables e.g. carrot, celery, tomato, cucumber, peppers
- ❖ Bread, bread rolls, bread sticks, sandwiches (with savoury fillings), toast, rice cakes
- ❖ Plain biscuits e.g. Rich Tea, Marie
- ❖ Crackers and crispbread, Plain popcorn
- ❖ Reduced fat cheese portions e.g Dairy Lea Triangles
- ❖ Salad-filled sandwiches
- ❖ Low fat and sugar natural yogurt

SO-SO SNACKS



These can contain high amounts of fat or concentrated amounts of natural sugar, as well as salt. Try not to eat these too often between meals.

- ❖ Peanuts*, nuts* and raisins, Trail mix*, Bombay mix*
- ❖ Crisps, Wotsits, Chipsticks, Monster Munch, Wheat crunchies, Tortilla chips, Low fat crisps, Mini Cheddars, Hula-Hoops, Sweetened popcorn, Twiglets
- ❖ Biscuits e.g. Digestive, Hobnobs
- ❖ Jordans, Tracker or Harvest Crunch cereal bars, plain or fruit scones, cheese scones, teacakes, crumpets and muffins
- ❖ Cheese portions
- ❖ Dried fruit e.g. raisins, dried apricot, tropical fruit mixes
- ❖ Reduced sugar sweets and chocolates, e.g. Sugar-free mints

SILLY SNACKS



These contain large amounts of sugar, and in some cases, fat. Save these for the occasional treat and aim not to eat between meals.

- ❖ Sweets e.g. Jellies, pastilles, fruit gums, liquorice, chews, boiled sweets, mints
- ❖ Chocolate e.g. Milk chocolate, filled chocolate bars, chocolate eggs
- ❖ Cakes e.g. Mini chocolate rolls, doughnuts, chocolate biscuits, chocolate crisper cakes, fairy cakes, flapjack, gateaux, apple pies, jam tarts
- ❖ Sweet biscuits
- ❖ Cream-filled biscuits

* Not suitable for under 5 years old.

Fact sheet C: FUSSY EATING

Children can be fussy eaters for many reasons and it can be exasperating. The thing to remember is that it's fairly common and handled well can ensure that your child has a healthy attitude to food and a healthier future.

DO	DO NOT
<ul style="list-style-type: none">• Leave plenty of time for eating• Praise your child when they do eat well• Stay calm• Eat together as a family. If you all eat the same foods it becomes normal to do so• Eat a variety of foods• Get children involved in preparing the food and they are more likely to enjoy what they make themselves• Remember that food fads are common. Keep offering a variety of foods and they will probably get over it	<ul style="list-style-type: none">• Force feed• Offer treat foods as a reward for good behaviour• Get cross or make a fuss when your child won't eat. This only takes the control away from you and can perpetuate the fussy eating behaviour

Fact sheet D: TIME TO COOK

Many people find it hard to maintain a healthy diet because they don't have time to cook, but cooking doesn't have to be a long drawn out process. A nutritious meal *can* be whipped up from scratch faster than the time it takes to heat up a ready meal.

- Look after your body and it'll look after you: weigh up a lifetime of health and enjoyable eating against simply “fueling up” on junk.
- Plan the kinds of meals you might want to eat through the week and shop accordingly. It doesn't need to be a precise menu; just ensure that you have some basics to work from.
- Use tinned and frozen foods like vegetables, meat and fish together with quick prepare carbs like pasta, cous cous and rice to create speedy meals in less than 15 minutes. Use herbs, spices and curry paste to create different meals from the same base ingredients.
- Make up batches of food and freeze them. Use these on the days when you really can't be bothered to cook.
- If you can, use your cooking time as time to de-stress and get creative. Experiment with different things you have in your cupboard or try a new recipe.
- Take your time over your meal once you've cooked it. Food isn't just fuel; it is a sensory pleasure so savour the flavours!
- If you can't manage to cook from scratch all the time try to look out for front of pack traffic light labelling when you buy ready meals. Aim for the foods that have mostly greens and ambers and only have the ones with lots of red occasionally. Go to www.eatwell.gov.uk/foodlabels/trafficlights for more information.
- Try some of the following recipes for a bit of inspiration or look on our website for further recipes; www.eatsomegoodfood.org

Hummus

Ingredients:

- 1 x 400g/14oz can chickpeas
- 2 tablespoons olive/vegetable oil
- 100g/4oz low fat soft cheese
- juice of 1 lemon
- 1 garlic clove
- Pepper and salt

Method:

Place the contents of can into the bowl with the remaining ingredients and mash them all together with the fork until you get a thick paste.

Season with salt and pepper

Serve as a dip or spread on bread or toast

Quick Curry

serves 2-3

Ingredients:

- 2 tsp Oil
- 1 Clove Garlic, crushed
- ½ Onion, finely chopped
- 1 tbsp curry paste
- 2 handfuls of a selection of vegetables, chopped to same size
- ½ cooking apple, chopped
- 1 can tinned tomatoes
- 300 ml vegetable stock
- Black pepper
- Optional extras: lentils, chickpeas or meat

Method:

Heat the oil in a wok or large, heavy frying pan.

Add the garlic and onion and cook for about 2 minutes. Add the curry paste and cook for 2 more minutes.

Add the rest of the ingredients and bring to the boil. Put a lid on the pan and reduce the heat. Simmer for 15 minutes or until the vegetables are cooked.

Serve with rice, naan bread, chapatti or on top of a baked potato.

Recipe adapted from 5 A DAY leaflet "Recipe for Success"

Speedy Stir fry

serves 2-3

Ingredients:

- 1 tablespoon oil
- 1 clove of garlic
- 2.5cm/1inch piece of root ginger
- 4 handfuls of any of the following :
carrots, mange tout, peppers, courgette,
cabbage, sweetcorn, spring onions
- 2 tablespoons water
- 2 tablespoons oyster or soy sauce
- salt and pepper to taste
- Noodles

Method:

Cut the vegetables you want to use into matchsticks that are roughly the same size.

Heat the oil in a wok/pan on high until beginning to smoke. Add the garlic and ginger and stir fry for 1 minute.

Add the vegetables until they start to become tender (about 3 minutes).

Add the water and soy sauce. Cook for a few more minutes.

Meanwhile cook the noodles according to the packet and serve together immediately.

Tuna Salad

serves 2-3

Ingredients:

- 1 tin tuna, drained
- A few lettuce leaves, washed and shredded
- A choice of the following; tomatoes, cold boiled egg, cucumber, onion/spring onion/ garlic, peppers, anchovies, olives, grated carrot, seeds, cold cooked pasta, cold cooked rice, shredded cabbage, raw courgettes

Dressing:

- 2 tbsp oil
- 1 tbsp vinegar
- mixed herbs
- optional seasoning: salt, pepper, paprika, mustard

Method:

Mix together the dressing ingredients in a large bowl. Add the salad items and tuna.

Mix well and serve with bread or as an accompaniment to a main meal.

Step 3: Live it!

You've set a goal, you've got tips to achieve it, now it's all about maintenance!

- Make a small change like making sure you have a piece of fruit every morning rather than trying to overhaul your whole diet. You're much more likely to maintain a small change.
- Decide how you're going to fit your change into your lifestyle: there's no point planning on making a fruit salad every day if you're not the kind of person to get up and prepare it every morning. There's also no point in aiming to eat a load of exotic fruits if you can't afford them in the long run.
- You have to enjoy the change you've made otherwise it won't work. Maybe start by increasing the variety of foods you eat. Try lots of different fruit and vegetables, cooked in different ways to find something you like. You don't know whether you like something or not until you've tried it 10 times so don't give up trying!
- Most of our habits are subconscious and that's the way it should eventually become with your lifestyle change. You should get to the point where it's natural and normal to eat in a certain way (e.g. having a piece of fruit every morning) without even thinking about it.

Then you're simply living it! Enjoy!