healthy NOSH FOR LESS DOSH

FREE INSIDE
6 easy & healthy recipes for less

13 HOT TIPS FOR HEALTHIER EATING ON A TIGHT BUDGET

DO YOU KNOW THE REAL COST OF FOOD?

CHECK OUT THE QUIZ PAGE. 15

REAL LIFE STORIES P5

"I USED TO SNACK ALL DAY ON NUTS, CRISPS & BISCUITS BUT I KICKED THE JUNK FOOD HABIT AND NOW I FEEL LOADS BETTER FOR IT."

variety is the spice of life:
GETTING THE BALANCE RIGHT IN YOUR DIET →

FOOD STANDARDS AGENCY WALES

A question of balance

THE CHIPS ARE DOWN

Eating a healthy diet doesn't mean you can't eat the food you enjoy. The most important thing is to eat lots of different foods, and know how much of each is good for you. Even things like chocolate and crisps can be ok as long as you only eat them occasionally. Your body will reward you if you get the right balance.

Eating healthily can change your life - you'll find it easier to achieve the weight you should be, it will help you fight off illness more effectively, your general well being will improve and - most satisfyingly - you'll start to feel fantastic!

Try to eat:

- > plenty of fuit and vegetables
- > plenty of bread, rice, potatoes, pasta and other starchy foods
- > some milk and dairy foods
- > some meat, fish, eggs, beans and other non-dairy sources of protein
- > Just a small amount of foods and drinks high in fat and/or sugar

cut out those sneaky snacks

Hot Tip No.1

buy leaner cuts of meat - there's less waste.

Hot Tip No.2

remember you can usually buy fresh fruit and veg loose instead of in a large bag to reduce waste, or stock up on frozen and canned versions instead.

REMEMBER . . .

- No one food contains everything we need to be healthy.
- How much food you need to eat will depend on how active you are - if you're sporty you will need to eat more than couch potatoes - but you should still stick to eating foods in the proportions shown in the picture on page two.
- A lot of dishes contain food from more than one of the food groups. For instance pizza has a starchy base but might also have tomato and vegetable topping with added cheese and meat or fish.
- Healthy eating doesn't mean expensive food. Basic foods like meat and vegetables that you cook yourself can be cheaper than ready meals and convenience foods.

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MEATY TOMATO PASTA

SERVES 2

Meaty tomato pasta

Pasta is great because it's easy and quick to cook – and if you do too much you can always make a tasty cold salad the next day. For this recipe you can substitute frozen peas for any of the vegetables listed if you prefer.

What you need:

- **225g (8oz)** lean beef, lamb or pork, cut into thin strips
- **100g (4oz)** pasta shapes eg. twists, spaghetti
- **1** clove of garlic crushed
- **1** red pepper, sliced
- **1** courgette, chopped
- **100g (4oz)** mushrooms, sliced
- **225g (8oz)** can chopped tomatoes
- **1 tbsp** tomato ketchup
- **1 tsp** dried mixed herbs

What to do:

1. Cook pasta according to packet instructions.
2. In a saucepan or wok, dry fry the meat and garlic for 3-4 minutes until browned.
3. Add pepper, courgette and mushrooms and stir-fry for 2 minutes. Stir in tomatoes, ketchup and herbs. Season to taste.
4. Bring to the boil and simmer for 5 minutes.
5. Drain pasta and add to sauce.

Delicious served with crusty wholemeal bread and a crispy green salad

REAL LIFE *stories*

Healthy eating's great for body & mind

RACHEL - 19 - MARRIED WITH 1 YEAR OLD BABY GIRL - FROM TREDEGAR, NEWPORT

"After I had my baby, I suffered from post natal depression, and the Health Visitor advised me to join a 10-week Healthy Lifestyle course running in my area which is jointly funded by the Welsh Assembly Inequalities in Health fund and Sure Start. Before joining the programme, I never used to cook proper meals because I never had time. Instead I'd snack all day on peanuts (often three or four bags at time), crisps and biscuits, and eat chips most nights for tea. I hardly ever ate fruit or vegetables. Since I've completed the 10-week course, I cook a proper balanced meal every day, and my baby eats what we eat. Thanks to the cookery demonstrations and tips given by the dietitian, I now prepare meals that are quick and easy but still nutritious. I use a lot of pasta now instead of chips which is just as quick, and lots of fresh and frozen vegetables. I also eat fresh fruit every day.

Recently I bought a pressure cooker that cooks all the veg really quickly, while keeping in the vitamins and minerals. My baby daughter never gets chocolate or sweets but gets different types of chopped fruit as sweet treats. She really loves steamed veg, chicken and fish, which she sees her Dad and I eating at the same time. I think it's really important to eat with our daughter at the table because it teaches her social skills.

I've saved a lot of money since starting to eat healthily because the ready meals and takeaways I ate before were expensive. I'm putting the money I've saved in a fund for our baby.

My big tip for healthy eating on a budget is to shop at different supermarkets for different things. I get my fruit and veg, frozen foods, and tinned and dried goods all from different supermarkets and I know what days they usually have special offers on.

I now have loads more energy, I feel great! I go swimming and to the gym weekly and this time I set aside for myself has really helped my depression and I feel I am a great Mum to my baby".

> "I'VE SAVED A LOT OF MONEY SINCE STARTING TO EAT HEALTHILY."

MORE STORIES P8

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Tasty Turkey Topper

SERVES 2

Tasty Turkey Topper

An easy recipe that contains foods from the eatwell plate groups all in one dish.

What you need:

- **2** turkey steaks cut into thin strips or cubes
- **1** onion, chopped
- **1** small bag mixed frozen vegetables - anything you like
- **1** tin condensed mushroom soup
- **1 tsp** dried mixed herbs (optional)
- lots of mashed potato to go on top! (allow **2** medium-sized potatoes for each person)

What to do:

1. Peel and boil the potatoes and mash them with a little semi-skimmed milk and pepper.
2. Heat a little oil in a pan, and gently fry the turkey and onion for at least 8 minutes or when the turkey has been sealed on all sides
3. Add the tin of soup and all of the vegetables and herbs. Allow to simmer for another 10 minutes. You may want to add a little water if it gets too thick. Remember that there is no need to add any salt as the soup contains a lot of salt already.
4. Pour the turkey mixture into a big pie dish or roasting tin and pile the mashed potato on top. Put in the oven at about 200ºC/Gas mark 6 for about 10 minutes or when the potato begins to brown.

Hot Tip No.3

watch out for special offers such as buy one get one free - supermarkets tend to change these on a regular basis to keep their customers.

BEAN CHILLI

A SIMPLE BUT YUMMY VEGETARIAN ALTERNATIVE TO CHILLI CON CARNE - SERVES 4

Bean Chilli

What you need:

- large **(420g)** tin kidney beans (drained)
- small tin butter beans (drained)
- small tin chickpeas (drained)
- large tin baked beans (drained)
- **2** cloves garlic, crushed
- **1** onion
- **1** red pepper chopped
- **1** green pepper chopped
- **1 tbsp** oil
- **1 tsp** chilli powder
- (optional) **1 tsp** ground allspice, **1 tsp** ground cumin **1 tsp** ground coriander

For the salsa (optional):

- onion chopped
- cucumber chopped
- tomatoes chopped
- lemon/lime juice (optional)
- avocado chopped (optional)

What to do:

1. Heat the oil in a saucepan and fry the onion, peppers and garlic for 5 mins.
2. Add all the beans and spices to the mixture and simmer over a low temperature for 15 mins or so. The mixture should thicken but if it sticks to the pan, add a little water.
3. Mix salsa ingredients.

Serve with boiled rice, tortilla wraps or wholemeal pitta bread.

Hot Tip No.4

shop at the end of the day - you will often find fresh foods like bread, meat & veg are reduced in price - keep your eyes peeled!

> I TRY TO BUDGET FOR THE MEALS I EAT, WORKING OUT WHAT I CAN AFFORD. FRUIT AND VEG CAN BE MORE ECONOMICAL IF YOU USE FROZEN OR CANNED AS WELL AS FRESH.

On the right track to a healthy heart

R.B. - 24 - SINGLE - LIVES IN OWN FLAT, RINGLAND, NEWPORT

"I started learning to cook when I was only seven through helping my mum. The first thing I ever made was Yorkshire pudding! Since being on my own I've tended to eat a lot of chips, pies and junk food. It was all the stories in the papers and on TV about diet and health and obesity that made me think about changing my diet. I'm also aware that my risk of heart attack is less if I eat more healthily.

The main change I've made has been to cut down on the fatty foods I eat. I now eat 'proper cooked dinners', including plenty of vegetables, three or four times a week, and I eat quite a lot of pasta. When I make a stew, I cook enough to last a few meals and freeze it. I drink fruit juice instead of 'pop', and I've changed from eating white bread to wholemeal bread sometimes spread with margarine, and sometimes with butter.

I try to budget for the meals I eat, working out what I can afford. Fruit and veg can be more economical if you use frozen or canned as well as fresh.

Since making these changes I feel a lot fitter and healthier and can walk further without getting tired."

Hot Tip No.5

club together with friends or flatmates to buy store cupboard items with a long shelf life like rice, pasta, tea & coffee in bulk - it's cheaper.

MORE STORIES P11

FAST FISH TOASTIE

SERVES AS MANY AS ARE HUNGRY

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Fast Fish Toastie

Peckish and need something quick and tasty? Tuck into this quick and easy alternative to pizza! For this recipe you could use a baguette, muffins or even crumpets instead of bread rolls.

It's as simple as this:

1. Cut a large bread roll in half and spread a large teaspoon (or more!) of tomato pasta sauce on each half.
2. Mash your favourite tinned fish with a fork (salmon/tuna/pilchards are examples) and spread on top of the sauce.
3. Next add some chopped vegetables such as peppers, tinned sweetcorn and/or mushrooms and finish off with a sprinkle of grated low fat cheese.
4. Place under a pre-heated grill for about 1-2 minutes or until the cheese has melted. ENJOY!

cut out those fatty feasts

Tip

Fish is good for you – it is an excellent source of protein and contains essential vitamins and minerals. Oily fish, such as sardines, mackerel, trout, salmon (fresh or canned) and fresh tuna are rich in essential omega 3 fatty acids, which can help prevent heart disease. We should be eating at least two portions of fish a week, including one of oily fish. If you're trying for a baby, are pregnant or breastfeeding, don't eat more than 2 portions of oily fish or 4 cans of tuna a week."

Hot Tip No.6

grate cheese to make it go further and use a strong flavoured cheese like mature cheddar, as you will need to use less of it to add flavour.

FRUIT SMOOTHIE

SERVES 2–4

What you need:

- **300ml (½ pint)** orange juice
- **1** small carton low fat fruit yoghurt
- **1** banana
- a handful of strawberries

remove yoghurt for non-dairy version

What to do:

Blend all ingredients together for about 30 seconds – if all the fruit is not blended, blend for a little longer.

Tips

Smoothies are a good way of getting some of your five portions of fruit and veg a day. Children also like making (and drinking!) them. Banana is good to include as it thickens the smoothie, but you can use lots of other types of fruit – berries, kiwis, pineapples, peaches, pears, nectarines etc.

You can use canned or frozen fruit instead of fresh. But try to make sure that canned fruit is in fruit juice not syrup.

For the non-dairy version, you can experiment using different fruit juices – apple, pineapple, cranberry etc.

Hot Tip No.7

save coupons or money off vouchers for foods that you regularly purchase.

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learn to cook a few quick and simple recipes like the ones in this booklet and you can save money compared to ready meals and takeaways.

Hot Tip No.8

Saucy savings

LLINOS - 20 - SHARES RENTED ACCOMMODATION WITH TWO OTHERS IN BANGOR

"Until recently I've lived at home with my parents, but since leaving home I share a house with two other girls and have to shop and cook for myself. We do try to eat healthily but it is pretty difficult at times and I try to plan in advance. Every Tuesday we get a flyer through our letter box from the local supermarket telling us the offers of the week like 'buy one get one free', and 'buy two for £5'. We always do our shopping on a Wednesday to take advantage of these offers while stocks last.

We tend to buy the supermarket own brands rather than the well-known ones because they're cheaper. When I buy minced beef though, I always spend a little bit extra on the lean mince rather than the economy mince, which contains much more fat.

I try to make my own sauces like curry and pasta sauces rather than use the ready-made ones in jars, because it's far cheaper. Not much goes to waste in this house – we keep all our leftovers in containers in the fridge for the next day or freeze them whenever possible.

My main tip if you are trying to manage on a budget is to try and go back to your parents to eat once in a while, and while you're there, raid their cupboards!"

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> I TRY TO MAKE MY OWN SAUCES LIKE CURRY AND PASTA SAUCES RATHER THAN USE THE READY-MADE ONES.

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back to BASICS

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Ready meals and takeaways can be expensive because you are paying for the processing and preparation. It's much cheaper and often quicker and more nutritious to buy basic ingredients and make your own meals. Try some of the simple and tasty recipes in this guide.

Trimmer Take aways

We all know it's not good for us, but sometimes you just have to eat on the run or feed the family in a hurry. Here are a few handy tips to avoid the worst of the takeaway trouble zones:

- **Remove the batter from fish**
- **Blot chips on some absorbent kitchen roll**
- **Choose a deep pan pizza with extra vegetable topping and less cheese**
- **Opt for smaller burgers –hold the cheese and ditch the shoestring fries**
- **Plain boiled rice is much healthier than pilau rice or egg fried rice**
- **Avoid creamy or oily curries such as korma or biryani – choose dry roasted tandoori meat dishes or tomato or onion based dahls and curries instead**
- **Chinese sauces tend to be lower in fat (but high in salt and sugar) but watch out for spring rolls, prawn crackers and deep-fried dishes.**

Hot Tip No.9

fruit & veg that are in season or from a market will usually be cheaper.

SPEEDY MASALA

FANCY A CURRY IN A HURRY? THIS SHOULD DO THE JOB! – SERVES 2

What you need:

- **225g (8oz)** lean beef, lamb or pork, cut into small cubes
- **2tbsp** tikka curry paste
- **1** onion, sliced
- **1** courgette, diced
- **400g** can chopped tomatoes
- **2tbsp** natural yoghurt
- extra fresh chopped tomatoes (optional)

What to do:

1. In a large saucepan or wok, fry the cubes of meat in curry paste until browned, approximately 3-4 minutes.
2. Add onion and courgette and cook for 4 minutes.
3. Add the chopped tomatoes and cook for further 3-4 minutes.
4. Stir in the yoghurt and extra tomatoes (optional), and heat gently for 1 minute.

Serve with boiled rice

Tips

Have a go at making your own sauces like this one – they usually work out cheaper than ready-made jars or cans of sauce. You also know what goes in them – you can use less oil and salt and can add more veg to make healthier versions.

Use lean meat and remove any skin or visible fat (taking the skin off chicken can reduce the fat content by three-quarters).

You can make this vegetarian by replacing the meat with fresh, frozen or canned vegetables such as broccoli, cauliflower and peas–they're cheaper than meat too. Or why not add the veg into the meat version to help you on your way to five a day.

Hot Tip No.10

frozen veg like peas & sweetcorn allow you to use what you need and store the rest.

Steer your way to healthier choices

USE TRAFFIC LIGHTS

If you want to eat a healthy diet, one of the key things you can do is try to cut down on fat (especially saturated fat), salt and added sugars. When you are checking food labels to choose which product to buy, traffic light colours can help you make that choice quickly and easily.

LOW	FAT	7.7g per serving
LOW	SATURATES	2.0g per serving
HIGH	SUGAR	42.2g per serving
MED	SALT	2.0g per serving

The colours mean:

> **A red light- The food is high in something we should be trying to cut down on. It's fine to have the food occasionally, or as a treat, but try to keep an eye on how often you choose these foods, or try eating them in smaller amounts.**

> **An amber light- the food is an OK choice most of the time, but you might want to go for green for that nutrient some of the time; and**

> **A green light- means the food is a great choice. The more green lights, the healthier the choice**

Many foods with traffic lights have a mixture of red, amber and green. So, when choosing between similar products, try to go for more greens and ambers, and fewer reds to make a healthier choice.

Food for thought!

How much do you know about the real cost of buying, cooking and storing healthy food? Test your knowledge with this quiz.

1. Put the following meal options in approximate order by cost:

a) A portion of chips from the chippie, with curry sauce.

b) A jacket potato with butter and baked beans.

c) Pasta with homemade tomato sauce and cheese.

d) Cornish pasty and two grilled potato waffles.

2. Which of the meal options above provides the most iron and vitamin C?

3. Which of the meal options above has the least energy from fat?

4. Which of the following is the best and cheapest source of iron?

a) Pilchards on toast.

b) Cheese and tomato pizza.

c) Handful of dried apricots.

d) Corned beef sandwich.

5. Which of the following statements are true?

a) Organic vegetables contain more nutrients.

b) Brand goods are better quality than own-brand goods.

c) Economy mince has the same nutritional value as lean mince.

d) There is less calcium and protein in skimmed milk and semi-skimmed milk compared with whole milk.

Hot Tip No.11

buy large bags of potatoes and store them in a dark, dry place to make them last.

try buying supermarket economy and own label brands for basic items like tinned tomatoes - they are always cheaper and usually just as good.

Hot Tip No.12

6) Which is the cheapest method of cooking potatoes?

a) Boiling.

b) Baking in the oven.

c) Roasting.

d) Jacket potato cooked in the microwave.

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7) Approximately how long should you keep left-overs in the fridge before eating or throwing away?

a) 3 days.

b) 2 days.

c) 24 hours.

d) Less than 24 hours.

ANSWERS OVERLEAF

8) It takes about 5 minutes altogether to get a box of frozen microwave French fries ready to eat. Which of the following could you also cook in that time?

a) A boiled egg.

b) A portion of quick cook pasta with pesto sauce.

c) A bacon bagel.

d) A toasted sandwich.

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9) You are buying some chicken joints from the butcher and they're on special offer if you buy two packs. You want to freeze one pack for another day. What question do you need to ask the butcher?

a) When is the sell-by date?

b) How long will the chicken take to defrost?

c) Has the chicken been previously frozen?

The Answers

1. The options in order of cost from cheapest to most expensive:

- **Jacket potato and beans.**
- **Pasta with tomato sauce and cheese.**
- **Cornish pasty and potato waffles.**
- **Chips and curry sauce.**

2. The meal that provides most iron and vitamin C is the jacket potato and baked beans.

3. The meal which provides the least energy from fat is also the jacket potato and baked beans.

4. Pilchards on toast would be the cheapest and best source of iron.

5. a) False. Organic vegetables don't contain any more nutrients.

b) False. Brand goods and own brand goods are much the same quality (and often made by the same manufacturer).

c) False. Economy mince has a high proportion of fat and therefore much less protein, iron, zinc and other nutrients.

d) False. There is at least the same amount of calcium and protein in skimmed and semi skimmed milks as whole milk.

6. The cheapest methods of cooking potatoes are boiling or using the microwave. Using the oven is the most expensive way of cooking.

7. Leftovers should be kept for no more than 24 hours before re-heating.

8. All can be cooked in about 5 minutes.

9. You need to check if the chicken has been previously frozen. Chicken previously frozen should not be re-frozen.

Hot Tip No.13

Make a list before you go shopping but be flexible if a good offer turns up and don't shop when you're hungry!

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cut out that cheeky chocolate!