

**SHOP SMART
COOK CLEVER
SAVE MONEY**

**The FoodCycle
guide to
eating well**

Supported by



DANONE
ONE PLANET. ONE HEALTH



WE ARE WHAT WE EAT

What we eat matters at every life stage from childhood right through to old age to protect both physical and mental health. The good news is it isn't always more expensive to eat well.

- ★ This booklet has tips for saving time and money when shopping and cooking and ideas for reducing food waste.
- ★ There are suggestions for easy to prepare meals which you and your friends or family can enjoy whilst supporting your own health and that of the planet. Why not use the notes pages at the end to list a few ideas you'd like to try out?



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HOW DOES DIET INFLUENCE HEALTH?



- ★ Providing the building blocks for growth and repair
- ★ Keeping bones and muscles strong



- ★ Supporting a healthy gut and effective immune system
- ★ Protecting the body



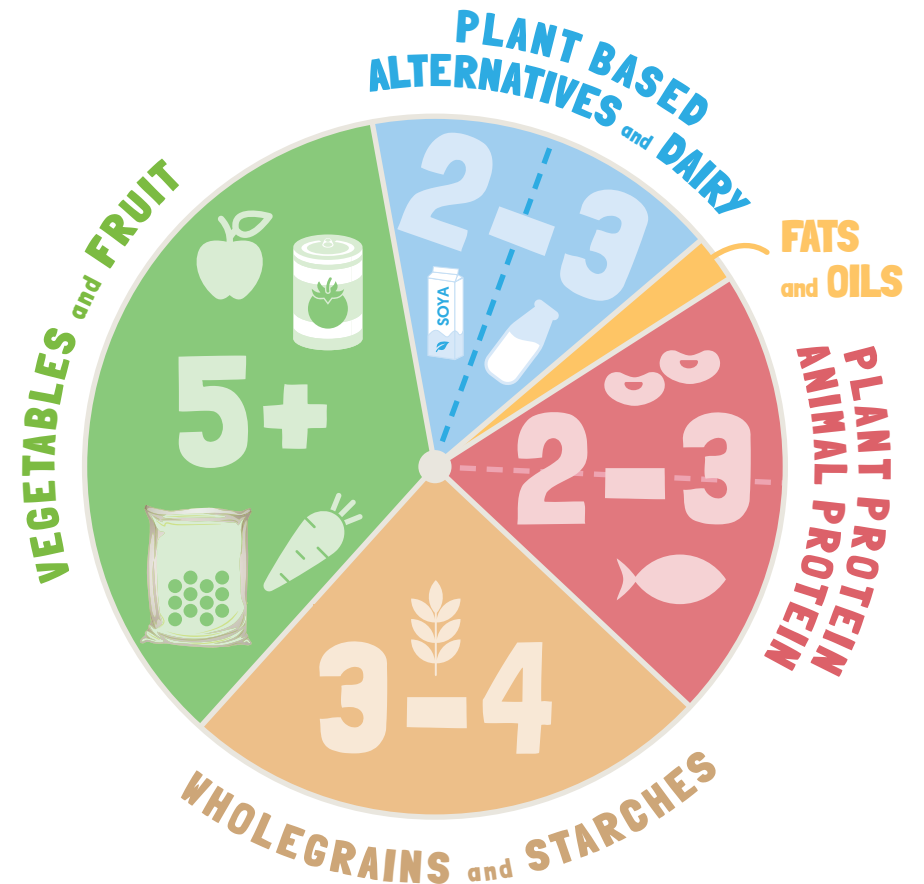
- ★ Reducing the risk of high blood pressure, heart disease, stroke, type 2 diabetes and some cancers



- ★ Promoting good mental health
- ★ Helping our brain to function at its best

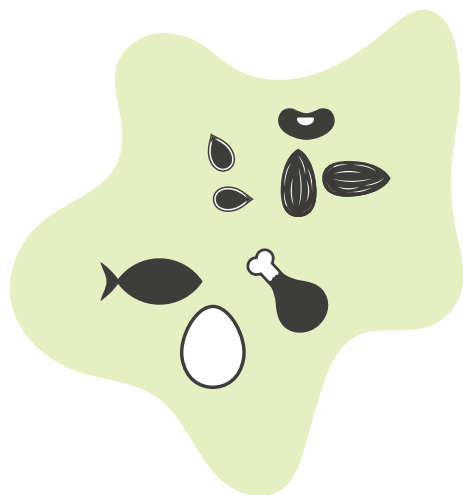
WHAT DOES A HEALTHY DIET LOOK LIKE?

A useful way to picture this is the plate model which shows the main food groups and proportions needed along with guidance on the recommended number of daily servings.



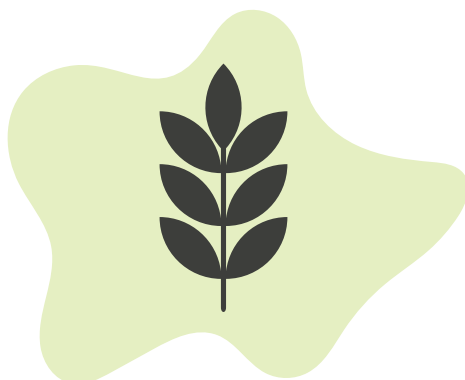
Eating a variety and balance from these different food groups helps us to get the range of nutrients we need.

SOME KEY NUTRIENTS



Protein

- ★ For growth and repair. Most of us get enough protein but children and older adults may need extra.
- ★ Plant protein foods include nuts, seeds, beans and pulses. Animal protein foods include meat, poultry, fish and eggs.
- ★ Proteins consist of amino acids, some of which are essential. Most plant proteins are lower in one or more essential amino acids, but including a mix of plant foods can ensure a good balance of protein.
- ★ Protein is also provided by dairy and plant based alternatives.



Wholegrain and starchy carbohydrates

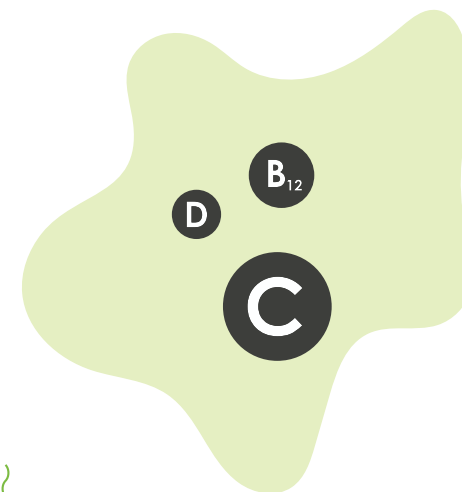
- ★ The main source of energy: around half our daily calories should come from these foods.
- ★ Includes potatoes, yams and plantain as well as cereal foods such as bread, rice and pasta, breakfast cereals and oats.
- ★ Also provide fibre (especially if made from wholegrains) important for gut and heart health. Most people in the UK do not get enough fibre.

NEEDED BY THE BODY



Fats and oils

- ★ Are a source of energy and essential fatty acids. All types of fats are high in calories and can contribute to weight gain.
- ★ The balance of fats matters particularly for heart health. Most people eat too much saturated fat (from butter, ghee and fat in foods such as meats, full fat dairy, cakes and biscuits).
- ★ We are advised to reduce this by choosing lower fat options and swapping to unsaturated fats found in plant foods such as vegetable oils.



Vitamins and minerals

- ★ Are essential for health and come from a variety of food groups.
- ★ Water soluble vitamins include C, folic acid and B12 for our immune system, energy release, nerve and blood function.
- ★ Fat soluble vitamins include vitamin D (to absorb calcium).
- ★ Minerals include iron for healthy blood; calcium for bones and teeth and iodine for bone and brain development in pregnancy and infancy as well as for thyroid function.

A range of different food groups are needed to provide these key nutrients





**AIM FOR
5+
SERVINGS
A DAY**

FRUIT AND VEGETABLES

Fruit and vegetables provide carbohydrate, fibre, vitamins and minerals.

- ★ There is no need to choose expensive superfoods.
- ★ The more affordable types such as apples, bananas, onions, root vegetables and cabbage are just as beneficial.
- ★ Canned and frozen often contain as many nutrients as fresh and have a longer shelf life.
- ★ Choose fruit canned in natural juice rather than syrup and vegetables canned in water without added salt.

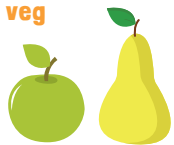
How much do we need?

- Aim for at least 5 servings a day with a variety of different types and colours.
- Try to include some at every meal and as snacks.
- For most fruit and vegetables, a serving is around 80g in weight.
- This is roughly the amount that fits into the palm of the hand.



WHAT'S A PORTION?

1 medium fruit or veg



2+ small fruits or veg



A piece of a big fruit



3 big tablespoons of fruit or veg cooked, canned, frozen



A glass of fruit or veg juice



A bowl of salad



1 tablespoon dried fruit



**AIM FOR
3-4
SERVINGS
A DAY**

WHOLEGRAINS AND STARCHY FOODS



Starchy foods, in particular wholegrain versions, provide carbohydrate, fibre, vitamins, and minerals.

Foods in this group include:

- ★ Bread including roti and chapatti
- ★ Oats and breakfast cereals such as porridge, muesli, Shredded Wheat or bran flakes
- ★ Rice, pasta and noodles
- ★ Couscous, cassava, quinoa and bulgar wheat
- ★ Potatoes, sweet potatoes, yams and plantain

- Try to choose at least half the daily servings in this form e.g. wholemeal bread, brown rice or pasta. Look for the words wholegrain or wholemeal on the label.
- It's a myth that these foods are fattening.
- Weight for weight starchy carbohydrate has less than half the energy of fat.
- Care is needed with adding fat during cooking or serving as this increases the calorie content.

How much do we need?

- Base meals on these foods, aiming for 3 to 4 servings a day. The amount needed will vary according to your energy needs, for example if you are very active you will need more.
- Wholegrain, wholemeal and other higher fibre versions of these foods are more nutritious.



For guidance a serving of cooked rice, pasta, couscous, quinoa, buckwheat or bulgur wheat is the amount that fits in 2 cupped hands.



A serving of bread is 2 slices.



AIM FOR
2-3
SERVINGS
A DAY

PLANT BASED ALTERNATIVES AND DAIRY FOODS

Plant based alternatives and dairy are a source of protein but also provide vitamins and minerals such as calcium.

Foods in this group include:

- ★ Plant based alternatives to dairy made from soya, oats, rice or nuts. Choose unsweetened varieties and those that have been fortified with vitamins and minerals including B12, calcium and iodine
- ★ Milk
- ★ Cheese
- ★ Yoghurt and fromage frais

Lower fat versions such as skimmed or semi skimmed milk or cheese such as quark, fromage frais or reduced fat hard cheese are lower in saturated fat.

Grating cheese makes it go further or choose an extra mature variety as less is needed to give flavour to meals.

How much do we need?

Aim for 2-3 servings a day.

A serving is:

A glass (200ml) of milk or plant based dairy alternative



A match box sized piece of cheese



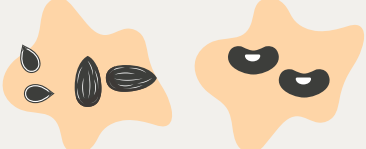
A small pot (125g) yoghurt or plant-based alternative



AIM FOR
2-3
SERVINGS
A DAY

PROTEIN FOODS

Protein foods may be from animal or plant sources and provide a range of vitamins and minerals in addition to protein.



How much do we need?

- Aim for 2-3 servings of protein foods a day.
- Try to spread these out across the day so the body can use the protein most efficiently.

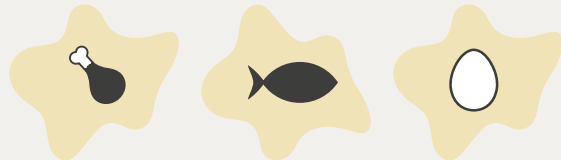
Foods in this group include:

PLANT PROTEINS

- ★ Beans and pulses such as lentils, chickpeas, kidney beans and baked beans
- ★ Unsalted nuts (or peanut butter – choose lower salt varieties)
- ★ Seeds
- ★ Plant alternatives such as soya mince, tofu, tempeh and Quorn™

Benefits of plant proteins

- ★ Plant proteins provide fibre and other nutrients not usually found in animal proteins.
- ★ They are usually lower in saturated fat, more environmentally friendly and more affordable than animal proteins.
- ★ It is not necessary to eat animal foods to get enough protein. Plant sources can provide sufficient if a variety of plant foods is eaten regularly.



ANIMAL PROTEINS

★ Meat, poultry and offal

- Look for lean cuts trimmed of any visible fat, lean mince or chicken with the skin removed.
- If you eat meat incorporate some meat free days each week.
- Keep meat portions small and aim for less than 500g (raw weight) of lean red meat per week.
- Plant proteins can be used to fully or partially replace the meat in favourite dishes.
- Best to avoid: processed meats such as sausages, bacon, ham, salami, meat pies and pasties or canned meats which can be high in saturated fat and salt.

★ Fish

- If you eat fish aim for 2 servings per week which can be fresh, frozen or canned.
- These should be from a sustainable source where possible. You can check labels for guidance or ask at an in-store fish counter.
- Oily fish, such as sardines, pilchards, mackerel, herring or salmon, contain an essential unsaturated fat, omega-3, important for heart & brain health.
- At least one of the servings should be an oily fish.

★ Eggs

For animal proteins a serving is:

- **Lean red meat:** 2-3 thin slices (no more than 100g raw weight)



- **Chicken:** 1-2 thighs or 1 breast



- **Fish:** 1 fillet (140g raw weight)



- **Eggs:** 2



FATS AND OILS

Fats and oils provide energy, essential fatty acids and fat soluble vitamins. Choose unsaturated fats and oils in preference to saturated where possible.

Foods in this group include:

UNSATURATED FATS AND OILS

- ★ Rapeseed oil
- ★ Olive oil
- ★ Sunflower oil
- ★ Corn oil
- ★ Spreads made from these oils

SATURATED FATS AND OILS

- ★ Butter
- ★ Ghee
- ★ Hard or baking margarines
- ★ Lard
- ★ Palm and coconut oil

How much do we need?

- We only need these foods in small amounts so use them sparingly.
- Try cooking methods such as poaching, steaming, baking, grilling or dry roasting which do not require fat.
- When frying measure out the amount of oil carefully.
- For many dishes 1 teaspoon per person or 1 tablespoon for 4 people is usually sufficient.



A WORD ABOUT VITAMIN D



- ★ Vitamin D is essential for the body to absorb calcium.
- ★ It also plays a role in supporting the immune system and maintaining muscle strength.



- ★ In spring and summer, most people in the UK will make vitamin D if they spend some time outdoors in the sunlight.
- ★ In the autumn and winter we need to rely on dietary sources.
- ★ These include oily fish, liver, egg yolk, fortified plant-based alternatives to dairy and some fortified fat spreads and breakfast cereals.



Since it is difficult for people to get enough vitamin D from food alone, everyone should consider taking a daily supplement of vitamin D during autumn and winter. Some groups of people are at higher risk of vitamin D deficiency should consider taking a supplement all year round.

These include:

- People who have little or no exposure to the sun during the summer, or who always cover their skin outdoors.
- Some people with darker skin tones from African, AfroCaribbean, Middle Eastern or Asian backgrounds living in the UK.
- Breast fed or bottle fed infants taking less than 500ml of fortified formula /day, young children and women who are pregnant or breastfeeding.
- Adults over 65 years of age.
- ★ Supplements with doses suitable for different ages and life stages can be bought cheaply over the counter from a pharmacy or supermarket.
- ★ Pregnant women and those with a child under 4 years old who receive benefits may qualify for free vitamin supplements via the Healthy Start scheme (www.healthystart.nhs.uk).

FOODS HIGH IN SATURATED FAT, SUGAR, AND SALT

In the UK we tend to eat too much sugar, saturated fat and salt. High sugar intakes are linked to tooth decay and weight gain. High intakes of saturated fat and salt can increase the risk of heart disease and stroke.

Foods in this group include:

- ★ Biscuits, cakes and confectionery
- ★ Crisps and fried snacks
- ★ Ice cream and desserts
- ★ Pastries and pies
- ★ Takeaways, fast food and some ready meals

How much do we need?

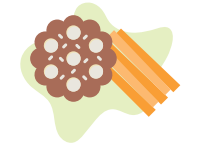
- These foods are not essential. They can be high in calories with few other nutrients.
- Try to limit how often these are eaten and choose in smaller portions.



Ideas for healthy, nutrient rich snacks



Fresh fruit



Vegetable sticks, wholegrain crackers, oatcakes, rice cakes or wholegrain toast with a dip such as hummus, low fat soft cheese or peanut butter



A handful of roasted chickpeas or fresh or dried edamame beans, nuts, seeds or plain popcorn



A plain or fruit scone, crumpet, malt loaf, bagel or currant bun



A bowl of breakfast cereal with plant based alternative or low fat milk or yoghurt

CUTTING DOWN ON SALT

ADULTS SHOULD
EAT NO MORE THAN

6g = 1 TEASPOON
OF SALT A DAY.

CHILDREN SHOULD HAVE EVEN LESS.

To reduce salt intake

- ★ Avoid adding salt to food automatically - taste it first to see if it is necessary.
- ★ Find other ways to add flavour to food such as using pepper, herbs and spices, garlic or lemon juice.
- ★ Look for reduced salt versions of stock cubes, soups and sauces.

WHERE DOES OUR SALT COME FROM?

75%
from processed
foods, take aways
and eating out










25%
from that added in
cooking and at the table

FLUID

The human body is 70% water. It is used as a major component of the blood and for sweat production. Even mild dehydration can also impact on the brain, affecting mood, concentration and fatigue. Some fluid is provided by food but most comes from drinks.

Healthy drink choices include:

	Tap water: safe, healthy and cheap and naturally free of calories.
	Bottled water: still or sparkling and naturally free of calories.
	Plant based alternatives to dairy (unsweetened and fortified with vitamins and minerals) or skimmed or semi skimmed milk.
	Teas including herbal – made without sugar and with lower fat milk or fortified plant based alternatives.
	Coffee: keep below 400mg caffeine per day (the equivalent of 4 mugs of instant coffee or 8 cups of tea). <ul style="list-style-type: none"> • Drinks made from ground coffee typically contain higher levels so it may be wise to check the labelling and downsize. • In pregnancy keep to less than 200mg caffeine per day. • Try to avoid added syrups or cream in coffee shop drinks and ask for lower fat milks or plant based alternatives to be used in your drinks. • Avoid energy drinks which are high in both caffeine and sugar.
	100% Fruit juice and smoothies. These are high in sugar so limit to 1 small (150ml) glass per day with a meal.
	New research suggests that, for health and environmental reasons, it may be best to avoid soft drinks – both low calorie and sugared varieties. This can help save money too.

How much do we need?

- Try to aim for 6 to 8 mugs or glasses of fluid per day. More is needed in hot weather or if you are unwell, very active, pregnant or breastfeeding.
- Alcoholic drinks do not count towards this total and tend to be a source of calories but few other nutrients. High intakes are linked to an increased risk of some cancers and liver disease and can impair mood. If alcohol is a problem a good first step may be to ask a GP what services and treatments available locally.



FOOD LABELS

Colour coded front of pack labels on many foods display the nutrient content per portion and can help identify those that are lower in energy, saturated fat, sugar and salt.

They show whether a food is high, medium or low for these nutrients. For a healthier choice, pick products with more greens and ambers and fewer reds.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake



- ★ Make a list so you don't over buy.
- ★ Check the cupboards and fridge first there might even be enough to make another meal.
- ★ Taking a photo on the phone can be a handy reminder.



- ★ Look out for the best price per weight for things on your shopping list.



- ★ Buying some foods loose packed or from a greengrocer, butcher, fishmonger or market means can buy just the amount you need.



- ★ Shopping on a full stomach or without young children can help avoid impulse buys.

SHOP SMART: Planning



When food shopping it's easy to buy the same items again and again out of habit. Looking at your basket or trolley with fresh eyes may improve your diet and save you money.



- ★ Some items with a long shelf life (such as cereals, pasta, rice, beans, flour, vegetable oil or herbs and spices) may be cheaper in bulk especially in the international aisle of a supermarket or in an ethnic food shop.
- ★ You could split these with a neighbour or friend.



- ★ Local shops can be handy for top ups but a larger supermarket may have more choice at lower prices.
- ★ Doing most of your shopping at once can save on transport costs.



- ★ Loyalty card holders can often get lower prices and collect points for money off vouchers.



- ★ Online shopping may help with sticking to a list.
- ★ Home delivery saves transport costs but there may be a minimum order and delivery charge.
- ★ It is often possible to get these cheaper at off peak times or with a store delivery pass.



Comparing prices



- ★ It can be useful to compare foods by the “unit price”.
- ★ This is usually shown for a specific weight, such as per kg, and can help you get the best value for money.



- ★ Many items on promotion tend to be from the high fat, sugar and salt food group so make sure you really need them.
- ★ Special offers and price reductions can be found on items from the key food groups but are only useful if you can use them in time or freeze them.



- ★ Cheaper and healthier products are not always at eye level or positioned obviously in food stores.
- ★ Check out all the shelves (including top and bottom) for best value.



- ★ Fresh items which are imperfect in shape or size are usually just as nutritious as premium quality and often cost much less.



- ★ Prepared items such as bagged salad or chopped vegetables are often expensive and tend to have a short shelf life.



- ★ Buy some of your fruit ready to eat and some to ripen so it lasts longer.

Top tips for buying fruit and vegetables



- ★ Frozen and canned fruit, vegetables and beans or pulses are nutritious, economical and very versatile.



- ★ Items in season (such as strawberries in the summer or parsnips in the winter) are often cheaper.
- ★ In summer a local allotment or community garden may have good value products for sale.



- ★ Growing your own vegetables or even a pot of herbs on the windowsill can be easy and cheap.
- ★ You could swap any excess with a friend or neighbour.



- ★ Pregnant women and those with a child under 4 years old who receive benefits may qualify for help to buy fruit and vegetables (and milk) via the Healthy Start scheme (www.healthystart.nhs.uk).



COOK CLEVER

Preparing our own nutritious and healthy meals doesn't have to be complicated or time consuming. It can save money especially when feeding more than one person. Cooking can also build confidence and can be fun, especially if it involves the whole family.

- ★ Making meals ourselves gives more control over the saturated fat, sugar and salt levels in the dish.
- ★ Home-made versions of favourite ready meals or takeaways such as pizza, stir fry noodles or curries can be surprisingly tasty and easy. You may get ideas from the way FoodCycle volunteers use the ingredients to prepare dishes.
- ★ To increase variety try to think of new ways to cook foods you enjoy and can afford or experiment with some new foods.
- ★ There are some ideas in this booklet and in the resources section.
- ★ Often the quantities can be increased or decreased and alternative ingredients used to make them more convenient or appealing.
- ★ Rather than using the oven it can save fuel costs to use the hob, grill or even a microwave or slow cooker if you have one.
- ★ However, batch cooking several dishes at once in the oven for eating later or freezing in labelled portions is energy efficient.

STORE CUPBOARD FOODS

A well-stocked store cupboard and freezer can help with home cooking and make it easier to rustle up a meal with leftovers. It can be more affordable to build one gradually by adding a couple of extra items to your shopping list each week.

Some nutritious and value for money ideas include:



FRUIT AND VEGETABLES

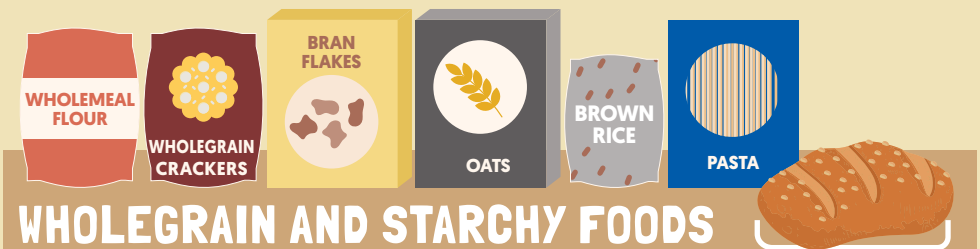
Canned vegetables: add to stews, bakes, curries.

Dried or canned fruit in juice: add to breakfast cereals, porridge or plain yogurt.

Frozen fruit and vegetables: are often ready prepared which saves time.

Frozen berries can be added to cereal or a smoothie.

Frozen spinach, soya beans, sweetcorn, peppers, mixed vegetables or peas can be added to cooked rice, soups or casseroles.



WHOLEGRAIN AND STARCHY FOODS

Grains: add to stir fries and salads. Follow packet guidance for amounts and cooking time.

Breakfast cereals: also great as a snack.

Oats: mix with plain yogurt (or plant based alternative), fruit and nuts - chill and use as a snack. They can also be used as a topping in a sweet or savoury crumble.

Canned potatoes: add to an omelette or frittata.

Instant mashed potatoes: use in fish cakes or as a topping for pies.

Wholemeal flour: use in pancakes or sauces.

Wholegrain breads, pitta or wraps: can be used as croutons in soup or salads or as a pizza base.



PLANT BASED ALTERNATIVES AND DAIRY

Long life plant based alternatives to dairy: soya, almond, rice, oat or cashew (always choose those that are fortified).

Long life milk.

Custard and desserts made from plant based alternatives or dairy milk.

Soya single cream alternative.



PROTEIN FOODS

Tinned and dried beans and lentils: in a salad, dip, soup or pasta sauce. Excellent protein sources and good for the planet. Use these to replace half the meat in recipes, add to stews, casseroles, curries.

Dried beans are cheaper than canned but most need soaking and cooking for longer. Lentils need no soaking and can be used to make a curry.

Tinned oil-rich fish: on toast or sandwich filler. Canned fish can be used in a dip, a pasta sauce or as a filling for jacket potato.

Peanut butter: great on toast or crackers.

Eggs: can be used in a variety of dishes such as omelettes or a frittata.



OILS AND CONDIMENTS

Oils: opt for olive oil, sunflower and rapeseed oil - avoid palm or coconut oil.

Dried herbs and spices: use to add flavour to your dishes.

Stocks and sauces: tomato puree, reduced salt stock cubes. Try low salt varieties.

70% Around 70% of all avoidable food waste comes from the home rather than from shops or restaurants.

17% This costs a **single person** around **£20 a month (£280 /year)** and a **family £60 a month (£720/year)** which is around **17%** of our total income.

15% On average we bin around 15% of all the food we buy.

WASTE LESS

Too much food waste is also bad for the environment and contributes significantly to greenhouse gases and global warming. Doing our own small part to reduce this makes a worthwhile difference.

MOST WASTED FOODS ARE:

<p>Fresh vegetables and salad</p> <p>1/3 of all food wasted</p>	<p>Fruit, fruit juice and smoothies</p>	<p>Potatoes, bread and milk</p>	<p>Home cooked and ready meals</p>
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One of the main reasons for food waste is buying too much. Some of the shopping tips in this booklet can help reduce this.

OTHER TIPS TO HELP AVOID FOOD WASTE



Checking portion sizes so you only cook what is needed

Food packs often have guidance. For example an adult a portion of dried pasta or rice is 75g (2 handfuls) which is equivalent to the amount of cooked pasta or rice that would fit in 2 hands cupped together.



Storing food correctly

Check the fridge and freezer are at the correct temperatures and follow food storage guidance where shown. Many fruits and vegetables can be stored in the fridge in their packaging, but bread, potatoes and bananas are best stored in a cupboard.

Understanding date labels

BEST BEFORE

refers to quality rather than safety and food should be safe to eat after the date shown but may no longer be at its best.

Many foods now have the "Look Smell Taste Don't Waste" picture to help sense check if you could still use them.

USE-BY

refers to safety and food should not be eaten after the date shown.

Choose the longest use by date and freeze before the date if not frozen previously.

IDEAS FOR USING LEFTOVERS



Cooked meals can be cooled, refrigerated and used quickly in another meal such as a packed lunch. They can also be labelled and frozen for later use.



Cooked potatoes can be used in bubble and squeak or a curry.



Vegetables or pasta can be made into a soup.



Bread can be frozen in individual slices or used for breadcrumbs or croutons.



Ripe fruit can be stewed in dessert, on cereal or in a smoothie.



Cheese can be grated and frozen.



Fresh herbs can be frozen in ice cube trays.



It can be helpful to check if you regularly waste certain foods by checking till receipts to see what wasn't used or keeping a food waste diary.



Some apps help with monitoring of food waste and meal planning even suggesting ways to use leftovers (e.g. NoWaste; Kitchē). Others allow you to connect with neighbours, shops or restaurants who have spare food (e.g. Olio, Too Good To Go).





SOME OTHER DIETARY CONSIDERATIONS

Some groups of people have additional nutritional needs. This section covers examples which might apply to you or those you are shopping or cooking for.

CHILDREN

- ★ Children have high nutritional needs while they are growing and need foods from each of the main food groups.
- ★ If there are concerns about fussy eating or food refusal it is sensible to make sure a child is not snacking too much between meals.
- ★ Changing how food is served such as offering raw rather than cooked vegetables or adding them to a pasta sauce or pizza topping can help.
- ★ It is a good idea to introduce new foods as tastes can change. Involving children in the preparation of meals can also be helpful.

OLDER ADULTS AND MALNUTRITION

- ★ Malnutrition can occur at any age and occurs when the body doesn't get enough of the right nutrients. This can be related to disease or difficulties accessing or incorporating nutritious foods in the diet. Older adults can be at higher risk.
- ★ Being undernourished can affect health and make it difficult to stay independent and carry out normal daily activities.
- ★ If someone has lost weight without intending to, has a poor appetite, lack of interest in food or difficulty shopping or cooking they may be at risk of malnutrition. An easy-to-use self-screening tool is available at www.malnutritionselfscreening.org



Tips for preventing malnutrition

- Aim for little and often with nutritious, easy to prepare meals, desserts and snacks especially at times of day when appetite is at its best.
- Fortify dishes with extra calories and protein from foods such as grated cheese, milk powder, Greek yoghurt, ground nuts or nut butters.
- Include drinks made with whole milk or fortified plant based alternatives such as milky coffee, milk shakes, smoothies or build up style drinks which can be bought over the counter.
- Keep a range of quick and easy foods in the store cupboard or freezer for times when shopping or cooking is difficult.
- Online shopping or home meal delivery services (private or local authority) can also be useful.
- Eating with others increases food intake. Try sharing meals with a neighbour or friend taking it in turns to cook or joining a lunch club.
- Monitor weight and consult a GP if these steps do not help. They may be able to prescribe supplement drinks or refer to a dietitian for more advice.
- They may also be able to access support from an occupational therapist to adapt equipment in the home if food preparation and eating is difficult.
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PLANT BASED DIETS

A plant based diet may be chosen for a variety of reasons including the health benefits, animal welfare, environmental concerns or personal preference.

There are several different types of plant based diet:



Flexitarians eat some meat, fish, dairy and eggs but in small amounts and less often.



Pescatarians eat no meat or poultry but include shellfish and fish.



Vegetarians eat no meat, poultry or fish but may include dairy and/or eggs.



Vegans exclude all animal derived foods and ingredients such as gelatine and honey.

Plant based diets can support health at every age and life stage.

CARE IS NEEDED TO ENSURE THE DIET INCLUDES:

A variety of plant sources of **protein** (see page 11).

Sources of **calcium** such as a **fortified plant based alternatives to dairy**.

Plant source of **iron** such as **dried fruits, wholegrains, nuts or seeds, green leafy vegetables, beans or pulses**. The iron from plant foods is less well absorbed than that from animal sources so it is useful to include a source of **vitamin C** (such as **citrus fruits, berries, green leafy vegetables or peppers**) with meals to enhance absorption.

Plant sources of omega 3 if fish is not eaten.

Examples include **walnuts, flaxseeds (linseeds), chia seeds** and **rapeseed oil** or supplements made from **algae**.

A regular source of **iodine** and **vitamin B12** if no animal foods are eaten. Examples include fortified foods such as **fortified plant based alternatives to dairy**, some **soya products** and **breakfast cereals**.

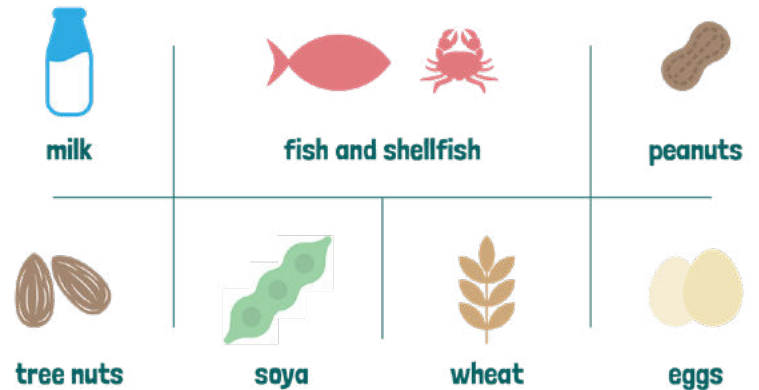
Alternatively **B12 supplements** can be taken.

For more information please see www.vegansociety.com

FOOD INTOLERANCES AND ALLERGIES

- ★ For some people certain foods can cause an unpleasant or dangerous reaction. For example many people with lactose intolerance cannot digest the sugar in dairy foods.
- ★ People with coeliac disease have an intolerance to the gluten found in wheat, barley, rye, some oats and foods made from these and need to follow a strict gluten free diet. Even tiny amounts cause their immune system to react and damage its own tissues.
- ★ The most common allergens are milk, fish and shellfish, peanuts, tree nuts, soya, wheat and eggs but other foods may also cause an allergic reaction.
- ★ At FoodCycle we ask guests to let us know when they arrive if they have an allergy or intolerance to any foods.

THE MOST COMMON ALLERGENS:



MAKING DIETARY CHANGES

If you need support to make dietary changes it can be helpful to explore the benefits with a health care professional or one of the FoodCycle volunteers.

- Set regular achievable and realistic goals such as increasing your daily servings of fruit and vegetables or having 1-2 meat free days per week.
- Think about any barriers you have faced when changing diet in the past and how you might overcome them.
- Some of the tips in this booklet and resources listed below may help.



USEFUL RESOURCES

- ★ Volunteers and guests at **FoodCycle** have a wealth of ideas, recipes and tips they can share. **FoodCycle** also has over 50 inspiring suggestions for ways to use up food you might otherwise throw away- including many that can be cooked without an oven. <https://foodcycle.org.uk/recipes>
- ★ The **Love Food Hate Waste** website also has great ideas for reducing food waste in the home. www.lovefoodhatewaste.com/good-food-habits
- ★ Recipes may be found on food packs, via online sites (such as BBC Food) www.bbc.co.uk/food/budget; or Alpro <https://www.alpro.com/uk/recipes>, in free supermarket magazines, via a library or from browsing second hand book shops. You might also get inspiration by sharing ideas with family or friends.
- ★ The **Association of UK Dietitians** (BDA) has a range of free to download fact sheets which cover different food types, population groups and medical conditions such as type 2 diabetes, heart health and food intolerance. <https://www.bda.uk.com/food-health/food-facts.html>
- ★ For information on healthy hydration: <https://www.hydratationforhealth.com/en>
- ★ **BAPEN** has a useful self-screening tool to help people assess whether they are at risk of malnutrition and how to manage this. www.malnutritionselfscreening.org
- ★ The **NHS 12 Week Weight Loss Plan** provides practical information to help people lose weight safely and effectively. www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan
- ★ **Citizen's Advice** offers support and guidance on financial advice and food budgeting. www.citizensadvice.org.uk/debt-and-money



RECIPES



This section has healthy, tasty and affordable recipes with tips for adapting them to meet different preferences and as a way to use up ingredients or leftovers you may have to avoid food waste.



SYMBOLS USED IN THE RECIPES:



The number of people it will serve



Vegan



Vegetarian



The time it will take you to prepare



Presence of allergens



Hob



Oven

ENERGY 1529kJ 364kcal 18%	FAT 11.3g 16%	SATURATES 1.9g 9%	SUGARS* 16.3g 18%	SALT 0.18g 3%
------------------------------------	---------------------	-------------------------	-------------------------	---------------------

Traffic light nutritional information

Per portion (333g) (including the berries)
*Includes sugars naturally present in the fruit.



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OVERNIGHT OATS



Serves 2



Vegan



10 mins +
overnight chilling

A!

Oats (check the food label for gluten), sesame seeds (if using), soya and milk (if using dairy milk or yogurt).

Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

ENERGY 1529kJ 364kcal 18%	FAT 11.3g 16%	SATURATES 1.9g 9%	SUGARS* 16.3g 18%	SALT 0.18g 3%
------------------------------------	---------------------	-------------------------	-------------------------	---------------------

Per portion (333g) (including the berries)

*Includes sugars naturally present in the fruit.

Ingredients

- 100g porridge oats
- 100ml Alpro Oat Original drink
OR low-fat dairy milk
- 1 apple
- 250g Alpro Plain No Sugars
alternative to yogurt OR plain low
fat dairy yogurt
- 1 tablespoon of chopped dried
fruit (any type)
- 1 tablespoon seeds any type
(optional)

SERVE WITH 80g seasonal fresh or
frozen berries e.g. strawberries,
raspberries, blackberries

Method

1. Finely chop (or coarsely grate) the apple
removing the core but leaving the skin on.
2. Place the chopped apple in a bowl with the
dried fruit, the porridge oats, the milk (or oat
milk alternative), the yoghurt (or plant based
alternative) and the seeds (if using). Mix well.
3. Cover with cling film or an airtight lid and chill
overnight in the fridge.
4. Eat the next morning topped with berries.
If using frozen berries defrost overnight
beforehand in the fridge.

Prepare now, eat later

*Overnight oats can stay in the
fridge for up to 3 days!*



Change up the ingredients

- ★ Instead of Alpro Oat Original drink, you can replace with another plant based drink such as Alpro Soya Original or Almond No Sugars.
- ★ Instead of Alpro Plain No Sugars alternative to yogurt, you can replace with an Alpro flavoured alternative to yogurt or plain low fat dairy yogurt.
- ★ When berries are out of season, use frozen berries or use other seasonal fruit such as chopped up plums or stewed rhubarb. You can also use canned fruit in natural juice.
- ★ You can replace the apple with a pear.
- ★ Add spices – check what you have in your store cupboard. Add a ¼ teaspoon of cinnamon, mixed spice or a good pinch of ground ginger or nutmeg.



FRITTATA

A bright, fresh and versatile light meal option. It's a great way to use up any leftover cooked vegetables and bits of cheese.



Serves 6



Vegetarian



50 mins



Egg, milk and soya. Presence of allergens can vary by brand- always check product labels. If you serve food outside the home you must make allergen information available when asked.



Hob



Oven

TOP TIPS

✓ While you have a hot oven you could pop in another dish to bake alongside. You could eat that the next day or freeze. You could even cook a dessert such as a Fruit Crumble or some Baked Apples filled with dried fruit.

✓ The frittata can be eaten cold the next day for lunch. To store allow the frittata to cool, wrap in foil and place in the fridge.

ENERGY 1302kJ 311kcal 16%	FAT 17.6g 25%	SATURATES 4.9g 25%	SUGARS 6.8g 8%	SALT 1.15g 19%
------------------------------------	---------------------	--------------------------	----------------------	----------------------

Per portion (248g)

Ingredients

- 350g (2 medium) sweet potatoes
- 100g washed fresh spinach fresh or 2 blocks of frozen spinach with the water squeezed out
- 300g (2 teacups) frozen peas
- ½ bunch of fresh mint OR ¼ teaspoon dried mint OR ¼ teaspoon dried mixed herbs
- 200g (1 block) lower fat feta cheese
- 8 eggs
- 100ml Alpro Soya Original drink OR semi-skimmed milk
- Black pepper (optional)
- 2½ x 15ml tablespoons vegetable oil

Method

1. Defrost the peas in boiling water for 5 minutes and drain.
2. Pre heat the oven to 170 °C/140 °C fan/ Gas mark 3.
3. Peel the sweet potatoes and chop into small cubes.
4. Heat ½ a tablespoon of the oil in a frying pan and cook the spinach for a few minutes. Remove from the heat, allow to cool slightly then chop roughly.
5. Crack the eggs into a bowl. Add the milk (or soya alternative), the herbs, peas and spinach. Season with some pepper.
6. Crumble in the half the feta cheese and mix with a fork.
7. Place a tablespoon of oil into the frying pan and gently fry the sweet potatoes cubes for 10 to 15 minutes stirring occasionally to make sure they do not stick.
8. Add the remaining tablespoon of oil to the frying pan along with the egg mixture and cook gently for 5 minutes until the base begins to set.
9. Remove from the heat and using a fish slice or spatula transfer the frittata to an oven proof dish.
10. Crumble over the rest of the feta cheese. Place the dish in the oven and bake for 10 -15 minutes until the eggs are set with no runny bits.
11. Remove from the oven and allow to cool for 5 minutes before serving.

Prepare now, eat later

You can chop and cook any vegetables you are using the day before if you wish. Allow them to cool and store in an airtight container or food bag in the fridge ready to use on the day.

Change up the ingredients

- ★ Use any combination of vegetables you may have leftover from a previous dish or in the fridge or vegetable rack. Examples include peppers, aubergine, courgettes, herbs, cooked potatoes, parsnips or butternut squash. Choose vegetables in season or locally sourced where possible.
- ★ Chop the vegetables into small chunks and cook first in the oil following the instructions from step 7 above.
- ★ Potatoes can be used to replace sweet potatoes.



VEGGIE CHILLI

A plant based twist on the classic chilli con carne.



Serves 4



Vegetarian or vegan (depending on whether dairy or plant based alternatives used).



A! Soya. Milk (if using dairy yogurt). Wheat (gluten) (if serving with bread). Presence of allergens can vary by brand- always check product labels. If you serve food outside the home you must make allergen information available when asked.



45 mins



Hob



TOP TIPS

✓ Prepare all your vegetables first, before you start cooking.

✓ If you like your chilli spicy, add a little more chilli powder. It's best to start with a small amount, and gradually add more if desired, tasting each time. You can also use finely chopped fresh chillies instead of chilli powder if you prefer.

✓ Serving the chilli with any of the Alpro Plain Alternatives to yogurt or low fat dairy yogurt can help to bring the heat down a little.

ENERGY
1231kJ
293kcal
14%

FAT
6.4g
9%

SATURATES
0.8g
4%

SUGARS
12g
13%

SALT
0.25g
4%

Per portion (387g)
not incl. rice or bread

Ingredients

- 1 red pepper
- 1 large onion
- 2 cloves garlic
- 1x 400g can kidney beans
- 1x 400g can black beans
- 1 tbsp vegetable oil
- 1 tbsp tomato puree
- 1-2 tsp chilli powder (mild or hot depending on your preference)
- 1 tsp ground cumin
- 1x 400g can chopped tomatoes
- 250g mushrooms
- Black pepper
- 150g Alpro Plain No Sugars alternative to yogurt or plain low fat dairy yogurt

SERVE WITH plain boiled rice or bread and salad. You can add a few tortilla chips as an optional garnish if available.

Prepare now, eat later

- ▶ *Prepare the vegetables the day before and keep in sealed bags or an airtight container in the fridge.*
- ▶ *If not eating on the same day, allow the chilli to cool completely, place into a large airtight container and label with the date it was made and what it is. You can keep it in the fridge for 2-3 days or in the freezer for up to a month. To defrost the chilli, take it out the night before and place in the fridge overnight. Re-heat the chilli in a saucepan over medium heat until piping hot.*

Method

1. Remove the stalk and seeds from the pepper and chop into small chunks.
2. Peel and chop the onion. Slice the mushrooms.
3. Peel the garlic and crush or finely chop.
4. Drain and rinse the canned beans.
5. Heat the oil in a saucepan and fry the onions and peppers for 10 minutes stirring occasionally. Add the garlic and cook for a further 2 minutes.
6. Add the tomato puree, chilli powder and cumin stirring well.
7. Add the canned tomatoes. Fill the empty tomato can with water and add along with the mushrooms.
8. Season with pepper and stir well to combine ingredients.
9. Bring the sauce mixture to the boil then turn down the heat to simmer gently for 20 minutes with a lid on top. Check from time to time the sauce is not sticking adding a little water to loosen if needed.
10. After 20 minutes add the canned beans and allow to simmer without a lid for another 15 minutes.
11. Meanwhile cooked some plain rice according to pack instructions.
12. Serve the chilli over rice or bread and top with a spoonful of the plant based yogurt alternative or low fat plain yogurt.



Change up the ingredients

- ★ You can add any vegetables you may have available or any that are in season. Examples include canned sweetcorn, green beans, carrots, sweet potato, butternut squash, parsnips, turnips etc.
- ★ Instead of black beans, you can use any other canned bean such as chickpeas, black-eyed beans or green lentils.



VERSATILE BOLOGNESE SAUCE

A rich and versatile sauce to use in lasagne, spaghetti bolognese or a cottage or shepherd's pie.



Serves 4



Vegetarian (if using soya mince instead of beef mince).



1 hr 30 mins



Celery, mustard, wheat or barley (gluten) (check stock cube label). Soya if using soya mince (also check for added wheat or barley (gluten), celery, mustard, sesame, nuts or peanuts). Presence of allergens can vary by brand- always check product labels. If you serve food outside the home, you must make allergen information available when asked.



Hob



TOP TIPS

- ✓ You can use dried red lentils as an alternative in this recipe. Before step 1 place 200g red lentils in a separate sauce pan, cover with boiling water and simmer on low heat for 15-20 minutes until soft. Drain and add at step 11 above.
- ✓ For cottage pie use the bolognese sauce as a base and top with the mashed potato. Bake at 200 °C/180 °C Fan /Gas mark 6 for around 25 minutes until hot in the middle.

ENERGY
912kJ
217kcal
11%

FAT
6.2g
9%

SATURATES
1.4g
7%

SUGARS
11.1g
12%

SALT
0.24g
4%

Per portion (222g)

Ingredients

- 1 large onion
- 2 cloves garlic
- 2 carrots
- 1x 400g can green lentils
- 1 tbsp vegetable oil
- 250g lean minced beef or soya mince
- 2 tbsp tomato puree
- 1x 400g can chopped tomatoes
- 2 tsp dried mixed herbs
- Black pepper
- ½ a reduced salt stock cube (beef or vegetable)

Method

1. Peel and finely chop the onion and carrots.
2. Crush or finely slice the garlic.
3. Drain and rinse the canned lentils.
4. Heat the oil in a saucepan and cook the carrots and onions for 10 minutes stirring occasionally. Add the garlic and cook for a further 2 minutes stirring well.
5. Add the mince (or soya mince) breaking it up with a wooden spoon and cook until browned.
6. Add the tomato puree and cook for another minute or 2.
7. Add the canned tomatoes and herbs and season with pepper.
8. Fill the empty tomato can with water and add this liquid to the pan.
9. Dissolve the stock cube in a cup of boiling water and add to pan stirring well.
10. Bring to the boil then reduce heat to simmer with a lid on for 20 minutes stirring from time to time.
11. Add the drained lentils and simmer for another 10 to 15 minutes mixing well to prevent sticking.
12. The dish can be served with wholegrain pasta or used in a lasagne or mashed potato topped pie.

Prepare now, eat later

You can batch cook this recipe. Once cooled, divide into preferred portions, place in airtight containers, clearly labelled with the date and contents. Consume within 3 months of freezing- defrost in the fridge overnight before using. Ensure when you reheat, it is hot all the way through.



Change up the ingredients

- ★ Experiment by adding more vegetables to the sauce- see what is in season or any you have to use up at home. Examples include finely chopped parsnips, turnips, courgettes or aubergine, these can be added at step 4 with the other vegetables. Broccoli or cauliflower florets or frozen peas can be added to the sauce at Step 11.
- ★ Instead of lentils you can use any canned beans of your choice such as cannellini, borlotti or even baked beans.
- ★ To add some heat to the sauce you can add a pinch of chilli flakes or powder or 1-2 finely chopped fresh chillies. Add them with the onions.

High in fibre

2 of your
5-a-day



SPINACH, SQUASH AND LENTIL DAHL WITH RAITA

Perfect as a vegetarian or vegan main dish or as a side dish, this hearty red lentil dahl uses butternut squash for a healthy twist on an Indian classic. Served with yogurt raita, (and accompanied by rice, naan bread or chapattis) it makes a tasty meal combining all the main food groups.



Serves 8



Vegetarian or vegan (depending on whether dairy or plant based alternatives used).



55 mins



Nuts, Soya and Milk (if using dairy milk or yogurt). Celery, mustard, wheat and barley (gluten) (check stock cube label). Presence of allergens can vary by brand- always check product labels. If you serve food outside the home you must make allergen information available when asked.



Hob

ENERGY
1603kJ
380kcal
19%

FAT
6.5g
9%

SATURATES
1.4g
7%

SUGARS
14g
15%

SALT
0.62g
10%

Per portion (320g)

Ingredients

- 2 tbsp oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- Large piece ginger, peeled and finely chopped
- 2 red chillies, finely chopped
- 2 tsp ground turmeric
- 2 tsp ground cumin
- 2 tsp ground coriander
- 800 g butternut squash, peeled and deseeded and cut into small (1 cm) cubes
- 500g dried red lentils
- 600ml reduced salt vegetable stock
- 600ml Alpro Almond No Sugars drink or dairy milk
- 160g fresh or frozen spinach
- Fresh coriander for garnish (optional)

For the raita

- Handful of fresh mint, finely chopped
- Half a cucumber, seeds removed and diced
- 1 green chilli, finely chopped
- 200g Alpro Plain No Sugars alternative to yogurt or plain dairy yogurt
- Black pepper to season

Method

1. Heat the oil in a large pan with a tight-fitting lid. Add the chopped onion and cook over a low heat for 5 minutes, stirring occasionally until softened.
2. Add the crushed garlic, chopped ginger and chillies and cook for a further minute. Add the turmeric, cumin and coriander and cook for another minute.
3. Turn up the heat to medium, add the cubed squash and stir everything together so the squash is coated in the spice mixture.
4. Stir in the dried lentils, stock and Alpro No Added Sugars Almond drink or dairy milk. Bring to the boil, then reduce the heat, cover and cook for 30 minutes until the lentils are tender.
5. Meanwhile, mix together all the ingredients for the raita. Cover with cling film and chill in the fridge until ready to serve.
6. To finish, taste and adjust the seasoning of the dahl if necessary. Gently stir in the spinach and continue for another few minutes until spinach is cooked through.
7. Top with the chopped coriander leaves (if using), a dollop of raita and serve with naan bread, rice or chapatti.

 **NOTES**

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 **NOTES**

Lined writing area with a red margin line on the left and a grey corner tab at the bottom right.

