



# THE FRESH FOOD ROUTE TO HEALTHY LIVING

...a guide







SALAD

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EAT





EAT



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Remember,  
however, the  
homemade  
meal is only as  
healthy as the  
ingredients you  
choose and the  
cooking method  
you use!

(see Reference Guide 9,  
page 101)



FRESH



# INTRODUCTION



## WHY COOK FRESH?

Using fresh produce from your garden/allotment or from a local market to make homemade meals offers control over sourcing and the variety and quantities of ingredients used. Additionally, fresh produce provides a range of other potential benefits including:

- ✿ Increased levels of nutrients
- ✿ Less additives

- ✿ Lower salt, sugar and saturated/trans-fat levels (if you make careful selections)
- ✿ Reduced impact on the environment through carbon emissions (15 times more energy is required to produce processed compared to equivalent raw food)

- ✿ Fresher
- ✿ Better taste

Moreover, cooking fresh improves skill levels and provides a great sense of achievement.

This contrasts with prepared packaged foods which tend to be highly processed and high in fat sugar and/or salt.

**LOW** SATURATES  
2.0g per serving

**MED** SALT  
2.0g per serving

**LOW** FAT  
7.7g per serving

**HIGH** SUGAR  
42.2g per serving





# THE BIG IDEA



This resource will take you on a 'guided tour' to discover how to use fresh food to produce appetising and nutritious meals for good health!

We need to know what we are specifically trying to achieve to be sure we are heading in the right direction. The eatwell plate opposite provides this information by visually illustrating the basic principles of healthy eating.

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

## SO TRY TO EAT...

**1** **Plenty of fruit and vegetables,**  
at least 5 portions per day.



**2** **Around a third of the food we eat should come from potatoes, bread, rice, pasta and other starchy carbohydrates.** Choose wholegrain varieties whenever you can.

**3** **Some milk and dairy foods.** Choose lower fat options whenever possible or eat higher fat versions infrequently in smaller amounts.

**4** **Beans, pulses, fish, eggs, meat and other proteins.** Try to eat more plant-based proteins and include oily fish with some meat-free days.

**5** **Only use oil in small amounts.** Food and drink high in fat, salt and/or sugar are not needed in a healthy diet



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

#### Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated fat	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	36%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Fruit and vegetables

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Choose wholegrain or higher fibre versions with less added fat, salt and sugar  
Potatoes, bread, rice, pasta and other starchy carbohydrates

Dairy and alternatives  
Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.


Limit fruit juice and/or smoothies to a total of 150ml a day.

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

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Prepare and  
cook nutritious  
food



Eat healthily

Experiment with  
what you generally like  
to eat - trying different  
combinations and adding  
new foods!





# THE 'HOW TO' TOOLS

The **recipe templates** in **Section 2** of this guide provide a practical framework for recipe development based on the healthy eating principles demonstrated in the eatwell plate (page 7). Key features of this approach include being able to use what fresh produce you already have at home, or simply what is in season. This concept allows flexibility, taking account of preferences.

'Stir' the creative process within a healthy eating framework.

## WHAT'S IN THE RECIPE TEMPLATES?



Description of base starchy carbohydrate, nutritional profile, and guidance on how to cook it.



Recipe examples to use and adapt.



Suggestions for alternative (or additional) ingredients eg. vegetables, protein sources, herbs and spices that may be used based on preferences or to add variety - getting you started in the creative process.

**Food waste** is a major problem in relation to fresh food (**Section 3**). For this reason we have added a section which provides a Food Smart Plan to help you to make the best use of all your fresh produce. This makes sense nutritionally and economically.

A full range of useful **reference materials** have also been included (**Section 4**) to compliment the recipe templates. These guides will help you at a practical level to successfully negotiate the 'path' to sustainable healthy eating!

