FOOD ROUTE TO HEALTHY LIVING

...a guide



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The Fresh Food Route to Healthy Living ... a guide



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

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(see Reference Guide 9, page 101)

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

5 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.

SECT ION





LOW FAT 7.7g per serving

INTRODUCTION



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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

SO TRY TO EAT

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

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

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

- during the day, including snacks. 4 Beans, pulses, fish, eggs, meat and other proteins. Try to eat more plant-based proteins and include oily fish with some meatfree days.
 - S Only use oil in small amounts. Food and drink high in fat, salt and/or sugar are not needed in a healthy diet

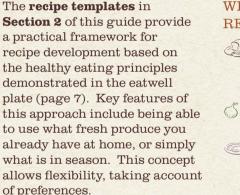
Section 1 Introduction to the Guide



Prepare and cook nutritious food Eat healthily 6666888866 Experiment with what you generally like to eat - trying different combinations and adding new foods!

Section 1 Introduction to the Guide





THE

'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.

TOOLS

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!

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