
Eat Cle✓er

...where healthy eating just got smarter!



Module 3 – The Topics

- Plan Ahead
- Menu Planning
- Food Shopping
- Food Labels



Plan Ahead



- Prepare food in advance
- Select one new recipe to try every week
- Come up with a menu plan

Plan ahead – the big picture

1. Work out your food budget
2. Check what cooking equipment you have
3. Consider your weekly activities



Menu planning



The image shows a 'WEEKLY MEAL PLAN' template. At the top left, the title 'WEEKLY MEAL PLAN' is in bold orange letters, followed by 'WEEK OF' and a blank line. To the right is an illustration of a coconut drink with a red umbrella and a yellow flower. The plan is organized into two columns: the left column lists the days of the week (Monday through Thursday) and the right column lists Friday through Sunday, with a 'NOTES' section at the bottom right. Each day has three horizontal lines for writing.

WEEKLY MEAL PLAN	
WEEK OF _____	
MONDAY	FRIDAY
_____	_____
_____	_____
TUESDAY	SATURDAY
_____	_____
_____	_____
WEDNESDAY	SUNDAY
_____	_____
_____	_____
THURSDAY	NOTES
_____	_____
_____	_____

- This is deciding what you will eat for a week
- A plan usually covers breakfast, lunch, dinner & snacks
- Think about your weekly activities



Why menu plan?

- Easier to make healthy choices
- Handy – you know what you're eating that day
- Efficient – you know when to shop and what for
- Impulse purchases are easier to resist!



How to menu plan



- See what is in your cupboards
- Find out what's on sale that week
- Think seasonal – hot soup or cold fresh salad?
- Have you time to batch, cook or reheat?
- Create a shopping list from your menu plan

Menu planning tips

- Use up leftovers – add extra rice into a salad for lunch
- Add a theme – for example pasta night
- Recycle menus - make changes such as meat free days
- Swap your menu plan around to suit when 'life happens'



Food shopping

When food shopping, it is important to know ...

- when to shop
- how to shop
- what to shop for

This will help support a healthy diet and enable healthier eating at home.



Shopping with a list

- Make a shopping list based on your menu plan
- Try not to shop when hungry, tired, or emotional
- Bring the list when you're shopping and keep it for future shops



Fruit and Vegetables



- Buy local when available
- Check what is in season
- Don't buy special offers if the food will go to waste
- Unwashed vegetables will keep longer & can be cheaper
- Don't forget about tinned and frozen veg



Grains & Dairy

- Pasta and rice have a long shelf-life. They are cheap to buy & keep you fuller for longer
- Choose low fat dairy products, such as semi-skimmed milk and natural yoghurt



Protein



- Tins of sardines, mackerel and salmon are high in omega 3 fats.
- Buy canned pulses with no added salt or sugar



Be price-wise and good to the environment

- Measure portions
- Don't stockpile less healthy options
- Compare prices for similar products
- Seasonal vegetables are usually cheaper to buy
- Only buy as much fresh food as you need



Special offers

- Avoid special offers on less healthy foods
- Stock up on products with a long shelf life when on offer
- Don't buy food just because it is on offer



Ultra-processed food

'very low-cost ingredients in a very attractive product'

(Prof Carlos Monteiro)

- **high sugar, salt, fat & calories**
- **low proteins, minerals & vitamins**
- **56%** of the calories eaten in the UK come from ultra-processed foods!



Batch cooking



Base your meals on starchy carbohydrates.

Batch cook larger quantities of basic recipes

Home cooked meals are healthier and cheaper



Food labels

- We can use food labels to make healthier choice
- What is on a food label?



Date marks



Use by Date

- If kept for too long foods can cause food poisoning even if they don't taste different.

Best Before Date

- After this date foods should still be safe to eat if stored according to the instructions on the label.



Nutrition label (back of pack)

- Energy, fat, saturates, carbohydrate, sugars, protein & salt
- Amounts of these must be provided, **per 100g/ml**
- Amounts of these **per portion** may be included.

Nutrition				
Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g
This pack contains 16 servings				
*Reference intake of an average adult (8400kJ / 2000kcal)				

