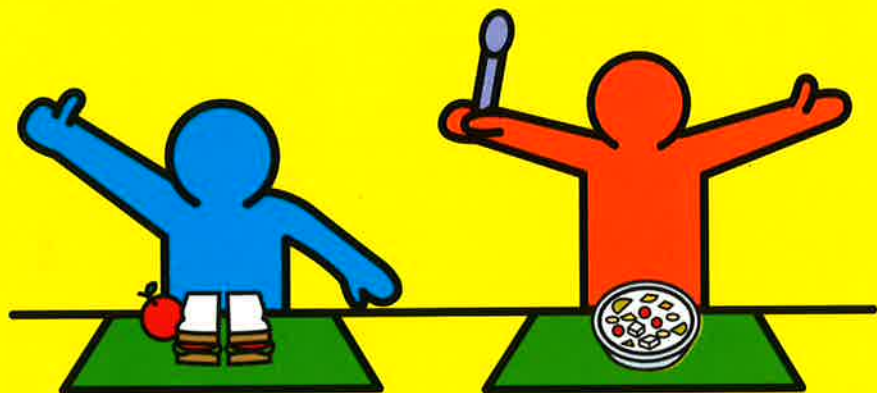




# taster recipes

easy ideas for tasty, healthier meals



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change  
4 life

Eat well Move more Live longer

# it's good to be food smart

When it comes to our food, we all like it to be cheap, easy and tasty. And that often means ready-made foods, snacks and takeaways.

But if you looked inside some of these foods, you'd discover lots of hidden nasties like salt, sugar and fat. We all need to make sure we don't have too much of these in our diets.

The good news is that we don't have to stop enjoying our family favourites. Finding tasty and healthier alternatives is easy. And it's often cheaper (not to mention tastier) to make your own! You just need to be a bit food smart. Use our easy meal ideas, handy hints and tips and you'll be right on track.

## 5 A DAY

Eating enough fruit and veg is really important for our health, as they are good sources of vitamins, minerals and fibre. Aim for a variety of 5 A DAY, but remember, they don't all have to be fresh. Frozen, juiced, dried or canned - it all counts!



## sugar swaps

We'd never eat straight from the sugar bowl... but some food and drinks are so loaded with the sweet stuff you might as well! So next time, try a sugar swap. Swap sugary drinks for no added sugar drinks like water or skimmed or 1% fat milk. Switch sweet snacks for fruit or unsalted popcorn. And why not replace your sugary puds with plain low-fat yoghurts and fruit?



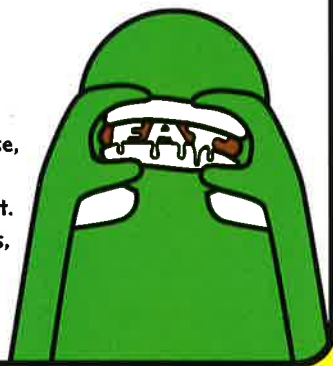
## watch the salt

Many of us don't realise there's a lot of hidden salt in the food we buy every day; even in stuff that doesn't taste that salty, like bread, cereal, pizza and some sauces. It means we're all eating more salt than we think. So go easy with ketchup, soy sauce and mayonnaise, and skip adding salt next time you tuck in. And when you're shopping, compare food labels to help choose ones that are lower in salt.



## cut back fat

We all know that too much fat is bad for us. But what we don't realise is how much fat is hidden in many of the foods we eat. The fat that's really bad for us is saturated fat. That's the one in things like butter, cheese, pies and fatty meats like streaky bacon and sausages. The good news is it's easy to be food smart about fat. Choosing lower-fat spreads, lower-fat dairy products, and leaner cuts of meat such as reduced fat sausages are all great ways to start!



## be calorie smart

Calories are clues to what you should be eating each day. They're also really handy for planning how much to eat and when. Try to aim for 400 calories for breakfast, 600 for lunch and 600 for your evening meal (that includes any drinks and desserts you have with your meal too). That leaves a few for any healthy snacks. Use our meal ideas and you'll be on the right track.

And remember, we don't all need to eat the same amounts. Women don't need as many calories as men. And kids need even less. So try to get into the habit of having 'me-size' meals.



# breakfast

A food smart breakfast sets you up for the day ahead. Use these healthier ideas to put a spring in your step and stay full 'til lunch.



## easy overnight oats



Serves: 4 adults  
294kcal/1230kj per portion



**tip:**  
feeling fruity?  
swap the berries for  
sliced banana or  
chopped apple.

### ingredients:

150g high-fibre porridge oats  
25g dried cranberries  
50g ready-to-eat dried apricots, chopped  
25g sultanas  
300ml (1/2 pint) unsweetened apple juice  
8 tbsp low-fat natural yoghurt  
100g blueberries (fresh or thawed from frozen)  
100g raspberries (fresh or thawed from frozen)

### what to do:

1. Mix the oats, cranberries, apricots and sultanas in a large bowl. Stir in the apple juice. Cover and pop in the fridge overnight.
2. In the morning, share the mixture between 4 bowls.
3. Spoon 2 tbsp of yoghurt on each serving and share the blueberries and raspberries between each bowl.



# a smart start



## the food smart full english

Preparation Time:



Cooking Time:



Serves: 4 adults

262kcal/1096kj per portion

### ingredients:

- 4 lean reduced-salt bacon rashers, trimmed
- 8 tomatoes, halved
- 250g closed-cup mushrooms, thickly sliced
- 50ml water
- 1 x 420g can reduced-sugar & salt baked beans in tomato sauce
- 1 tsp vegetable oil
- 4 eggs
- freshly ground black pepper



**tip:**  
look out for  
baked beans with  
reduced sugar  
and salt.

### what to do:

1. Preheat the grill. Arrange the lean bacon rashers and halved tomatoes on the grill rack and grill for 5-6 minutes, turning the bacon once.
2. Meanwhile, put the mushrooms into a large frying pan with the water. Heat and simmer for 5 minutes, stirring occasionally. At the same time, heat the baked beans in a separate saucepan.
3. Heat the vegetable oil in a non-stick frying pan and crack in the eggs. Cook over a medium heat for about 2 minutes until set, then transfer to the grill to set the surface. At this point, remove the grill pan and share the bacon and tomatoes between 4 warm serving plates.
4. Share out the baked beans and mushrooms, then place one egg onto each plate. Serve, seasoned with black pepper.

# Lunch

Whether you're sitting down or on the go, let's be food smart with your midday meal.

## hearty homemade soup

Preparation Time:



Cooking Time:



Serves: 4 adults

271kcal/1134kJ per portion



**tip:**  
any left over?  
cool it, cover it and  
pop it in the fridge.  
it'll keep for 3 days,  
or 3 months in  
the freezer.

### ingredients:

400g carrots, peeled  
and chopped  
1 large onion, chopped  
1 red pepper, deseeded  
and chopped  
900ml (1 1/2 pints)  
reduced-salt vegetable stock  
50g dried red lentils  
1/4 tsp ground ginger (optional)  
4 tbsp low-fat natural yoghurt  
freshly ground black pepper  
chopped fresh chives (optional)



### what to do:

1. Put the carrots, onion, red pepper, stock, lentils and ginger (if using) into a large saucepan. Bring to the boil, then lower the heat and simmer with a lid half on for 25 minutes, until the vegetables and lentils are tender.
2. Use a liquidizer, food processor, or hand-held stick blender to blend the soup. Reheat and add a little bit of black pepper for seasoning.
3. Spoon the soup into 4 bowls and serve with the yoghurt swirled on top. Add some extra black pepper and, if you're using them, the chopped chives.

# tasty things to munch at lunch



## beefed up sarnies

Preparation Time:



Cooking Time:



Serves: 4 adults  
263kcal/1100kj per portion



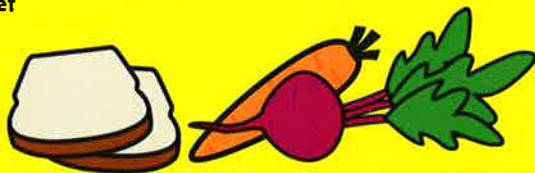
tip:  
why not try  
it with lean roast  
pork or slices  
of ham?

### ingredients:

- 1 carrot, grated
- 4 lettuce leaves
- 1 cooked beetroot (vacuum packed), grated
- 1/2 small red onion, thinly sliced
- 2 tsp vinegar
- 8 medium slices wholemeal bread
- 8 tsp reduced-fat mayonnaise
- 4 x 30g slices of lean roast beef
- freshly ground black pepper

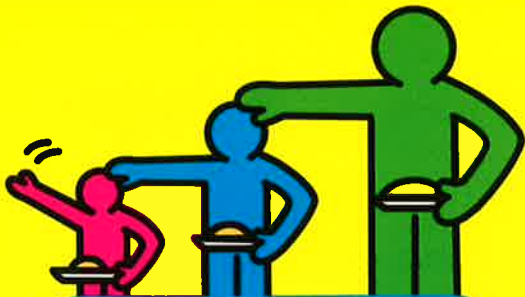
### what to do:

1. In a bowl, mix together the carrot, beetroot and red onion with the vinegar. Add a little black pepper.
2. Spread each slice of bread with 1 tsp mayonnaise, then top 4 of them with a slice of roast beef. Share the salad between them, then cover with the remaining bread to make sandwiches. Cut in half and tuck in.



# evening meal

Eating with your family is a great way to spend time together. Why not try to all sit down for an evening meal, at least once a week?



## burgers with a bite



Serves: 4 adults  
293kcal/1226kJ per portion



tip:  
use damp hands  
to shape your  
burgers,  
it stops you getting  
sticky!

### ingredients:

450g lean minced pork  
1 onion, very finely chopped  
1 carrot, grated  
1 small courgette, grated  
1 tsp finely chopped fresh green chilli  
2 tsp dried mixed herbs  
freshly ground black pepper  
4 standard wholemeal burger buns, sliced in two  
shredded lettuce and sliced tomatoes  
1 small gherkin, thinly sliced

### what to do:

1. Put the minced pork, onion, carrot, courgette, chilli and herbs in a large bowl. Season with black pepper. Mix thoroughly, then shape the mixture into 4 burgers. Cover and chill, if cooking them later.
2. Preheat the grill or a griddle pan. Grill or griddle the burgers for 12-15 minutes, turning them over half way, until browned and cooked through.
3. Lightly toast the burger buns. Put some lettuce onto the bun bases, then add the burgers, sliced tomatoes and gherkin, then pop the bun tops in place.





# a healthier way to end the day



## pasta ratatouille bake

Preparation Time:



Cooking Time:



Serves: 4 adults

293kcal/1226kj per portion



tip:  
use 2 tsp dried  
mixed herbs instead  
of the oregano  
and basil.

### ingredients:

200g macaroni (dry weight)  
1 tbsp olive oil  
2 medium onions, chopped  
1 clove garlic, crushed  
1 tsp fresh or dried oregano  
1 tsp fresh or dried basil  
4 medium tomatoes, chopped  
4 small courgettes, sliced  
200g green beans (fresh,  
frozen or canned)  
125ml reduced-salt vegetable  
stock  
25g Parmesan cheese, grated  
freshly ground black pepper

### what to do:

1. Preheat the oven to Gas Mark 4/180°C/ fan oven 160°C.
2. Cook the macaroni according to pack instructions, then drain. Meanwhile, heat the oil in a large saucepan and cook the onion and garlic slowly until tender and golden. Stir in the herbs, tomatoes, courgettes, beans and stock. Simmer for 5 minutes.
3. Combine the pasta and vegetables. Season with black pepper. Transfer to a baking dish and sprinkle the cheese on top. Bake for 30-35 minutes.



# easy ways to be food smart all day



**Being food smart at breakfast means you'll be less tempted to reach for a mid-morning snack.**

- Pick cereals with no added sugar. You can always sweeten it up with a bit of chopped fruit
- Swap white toast and honey for a banana on wholegrain toast. It'll release enough energy all morning to keep you on the go
- Having baked beans for brekkie? Go for the ones with reduced sugar and salt

**Perk up a packed lunch with these food smart tips.**

- Lower-fat yoghurts always go down well; they're a good source of calcium too
- It's fun to dunk. Cucumber, pepper and carrot sticks are delicious with a lower-fat dip
- Use your loaf and make sandwiches with 50/50 bread (half white, half wholemeal or wholegrain). It's healthier than white and tastier, too
- Tomatoes are tasty! Pop in a handful of the baby ones; kids love them



**If your family raid the cupboards as soon as they get in, try these quick and simple snacks.**

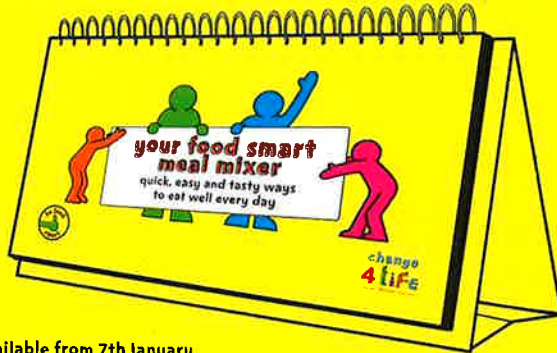
- Snacks don't have to be salty! Swap crisps for plain rice cakes, dunked in lower-fat cream cheese
- Fancy something fizzy? Mix unsweetened fruit juice with sparkling water for a great alternative to sugary fizzy drinks
- Got a sweet tooth? Forget the cakes or biscuits; fresh fruit is great for munching on the go



Want more meal ideas and food smart tips? Search online for **Change4Life**

# hungry for more?

Join **Change4Life** for heaps more ideas and healthy eating tips with a free **Be Food Smart Meal Mixer**. It's packed with quick, easy and tasty meal suggestions and comes with special offers to make being food smart simple. To get yours, fill in your details below, give it a lick and a stick and pop it in the post, for free. Or search online for **Change4Life**. You can even download the free **Be Food Smart** app!



Meal Mixers available from 7th January 2013, subject to availability.

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