

Swap
WHEN YOU **COOK**

Swap
WHEN YOU **SHOP**

Swap
WHEN YOU **SNACK**



What's In My Cupboard?

Try to keep a store of the tinned, dry or fresh foods listed below in your cupboard, fridge or freezer. This will help if you are short of time and can also reduce anxiety when times are hard, as you will always have ingredients to make a tasty, healthy meal.

Useful foods to have in your cupboard:

- Wholemeal pasta
- Couscous
- Tinned vegetables
- Wholegrain cereal
- Sugar free jelly cubes
- Herbs and spices
- Tinned or dry chickpeas
- Butter beans, baked beans, kidney beans
- Crispbread/crackers
- Vegetable soup
- Tinned tomatoes
- Tinned fish
- Tinned fruit in juice
- Wholemeal bread
- Brown rice
- Vegetable oil
- Dried fruit
- Noodles
- Porridge oats



Useful foods to have in your fridge and freezer:

- Sliced lean meats (e.g. chicken, turkey)
- Lean mince (e.g. beef, turkey)
- Eggs
- Natural low-fat yoghurt
- Cottage cheese
- Low-fat spread (instead of butter)
- Semi-skimmed/skimmed milk
- Low fat crème fraîche or quark
- Plant based proteins (e.g. tofu, soya chickpeas, lentils, beans, split peas)
- Extra light mayonnaise
- Reduced fat cheese
- Frozen Quorn mince
- Frozen fruits
- Frozen vegetables
- Frozen garlic or paste
- Frozen ginger or paste
- Frozen chillies or paste
- Frozen coriander



Here's a few of our favourite swaps to help you get started:

Breakfast



- Swap sugar-coated cereal for wholegrain cereal like shredded wheat or porridge.
- Swap whole milk for semi-skimmed or skimmed milk.
- Swap plain flour for wholemeal flour if you're making rotis or chapattis

Lunch



- Swap cake for a slice of malt loaf
- Swap white bread, bagels and pittas for wholegrain versions
- Swap sugary fizzy drinks for water

Dinner

- Swap the frying pan for your grill when cooking meat
- Swap cream in sauces for a low-fat crème fraîche, low fat cheese, or choose a tomato-based sauce
- Swap ghee or butter for vegetable or olive oil – you only need to use small amounts



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Good for your body - Good for your mind



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Eating Well: Food Groups

To be at our best we all need a balance of different foods. Eating a variety of things from the main food groups will make sure you eat a balanced diet and give you enough energy. To find out more about the Eatwell Guide please search online for: The Eatwell Guide - NHS..

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.

Check the label on packaged foods

Each serving (150g) contains

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

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

Choose foods lower
in fat, salt and sugars

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



Foods high in fat, salt and sugars

Eat less often and in small amounts

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

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



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.

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



Dairy and alternatives
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

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

A third of the food we eat each day should be fruit and vegetables. Just over a third should be starchy food like wholewheat pasta, brown rice or potatoes.

The rest should be a good balance of calcium-rich foods such as milk, cheese, yogurt, and dairy-free alternatives, and protein foods, such as beans, lentils, lean meat, fish, nuts, seeds, eggs, and meatfree alternatives. Only a small amount of fat or oils should be used for cooking.

Small changes all add up to a big difference. Making simple swaps can help you eat well, stay fuller for longer, and boost your energy. Whether you're at home, out and about, making packed lunches or family dinners – making a swap is easy!

Combination foods

Some of the foods we eat are a mixture of the main food groups. For example, pasta dishes have pasta which is a carbohydrate and provides us with energy. They also have a sauce which might contain protein and vegetables. Try to check the ingredients in things like sauces to keep an eye out for how much sugar, fat and salt they contain

Mighty wholegrains!

Wholegrain food is packed with more fibre and nutrients than white or refined starchy food. Our bodies digest it more slowly, so it makes us feel fuller for longer.

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