



Eat Well and Feel Good





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Eat Well and Feel Good

Eating well, being active and keeping hydrated is really important for our physical and mental wellbeing. There are many ways that foods can affect how we feel, just as how we feel has an influence on what foods we choose.

Eating a healthy varied diet and enjoying our food helps to improve our mood and maintain our energy levels.

This booklet is filled with simple, nutritious recipe ideas which are budget-friendly, suitable for the whole family and can also be taken to work (please see storage ideas on pages 17 - 18).

Some recipes include dairy products, if you wish these can be substituted with unsweetened calcium fortified dairy free alternatives e.g. almond, oat, soya, etc.

If you have a specific food allergy/intolerance - please check the recipe ingredients and use your regular alternatives.

‘Nurture’ is one of the themes in our ‘Six Ways to Be Well’ guide.

How we eat and drink can affect how we feel - eating well can make you feel better, happier, less stressed, sleep better and be more energised.

Could you find a way to nurture yourself - perhaps eat or drink more healthily?





Key Messages

Eat Well

- Eating breakfast gets the day off to a good start
- Enjoy a variety of foods and eat together when you can
- Eat regular planned meals based on carbohydrates – 3 meals a day with healthy snacks in between
- Eat plenty of fruits and vegetables
- Choose whole grains over refined grains
- Limit foods and drinks high in fat, sugar and salt – especially when choosing snacks
- Be mindful of portion sizes
- Follow the Eatwell guide

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

- Stay hydrated 6 - 8 cups/glasses of fluid a day. Water is a free and healthy option. Limit caffeine intake as too much may cause irritability and headaches

Be Active

- Enjoy being active everyday – doing some physical activity is better than none
- Reduce time spent on phones, tablets, PCs and watching TV
- A healthy body is one that whatever shape, is at a state of well being, has enough energy, strength and stamina to be active, allows a person to achieve their goals and participate in life

Feel Good

- Respect and nurture yourself and those around you, be kind to yourself and others
- Being comfortable and happy with your body reduces stress levels and boosts self confidence



Quick and Easy Snack Ideas

Carbohydrates for slow release energy

- Oatcakes or plain crackers
- Plain rice cakes or breadsticks
- Pitta bread fingers
- Plain/savoury popcorn ★

Vegetables and/or fruit (fresh, frozen or tinned in juice) for keeping well

- Carrot, cucumber or celery sticks
- Cherry tomatoes ★
- Peppers (yellow, red or orange) cut into strips
- Apple, banana, satsuma, pear, or plum
- Strawberries, blueberries or raspberries
- Grapes ★, melon, pineapple, peach, nectarine or mango

Dairy or diary free alternative for strong teeth and bones

- Low fat plain natural/Greek yogurt or dairy free alternative
- Cheese e.g. reduced fat Cheddar, Edam (grated, cubed or sliced) or light soft cheese

Dips/spreads

- Reduced fat houmous
- Light soft cheese/cottage cheese
- Mashed avocado or guacamole
- Nut butter (e.g. peanut butter)
- Low fat plain natural/Greek yoghurt dip (e.g. with crushed garlic, herbs or lemon juice)

Remember – dried fruits (e.g. raisins and apricots) are a great source of vitamins and minerals but should only be eaten as part of a meal to help protect teeth.

★ = Choking hazards - always cut grapes and cherry tomatoes into quarters and avoid whole nuts and popcorn for children under 5 years of age.



Lentil Soup

Ingredients - serves 4

- 1 tbsp vegetable oil
- 2 medium potatoes
- 3 medium carrots
- 1 large onion
- 200g of lentils
- 1 vegetable stock cube ★
- 1 litre (1 $\frac{3}{4}$ pints) freshly boiled water

Method

- Peel and chop the vegetables
- Heat the oil in a large saucepan
- Add the chopped onions and cook for 2 - 3 minutes
- Add the chopped carrots and potato, stirring well
- Rinse the lentils in a sieve with cold water, drain and add to the pan
- Pour the water over the vegetables and lentils, crumble in the stock cube and bring to the boil, stirring well
- Turn down the heat, cover and simmer gently for 30 - 40 minutes

Top tip: add a tsp of curry powder with the onions for extra flavour

★ = If sharing with babies 6 - 12 months, leave out the stock cube, as stock cubes can be high in salt





Carrot and Sweet Potato Soup

Ingredients - serves 4

- 1 tbsp vegetable oil
- 2 sweet potatoes
- 1 large onion
- 3 medium carrots
- 1 vegetable stock cube ★
- 1 litre (1¾ pints) water

Method

- Peel and chop the vegetables
- Heat the oil in a large saucepan
- Add the chopped onion and cook for 2 - 3 minutes
- Add the carrots, sweet potatoes, water and crumble in the stock cube
- Bring to the boil stirring well
- Turn down the heat, cover and simmer gently for 30 - 40 minutes
- Remove from the heat, mash or blend to desired consistency

Top tip: try swapping the sweet potatoes for butternut squash, 3 parsnips or a small swede (turnip) - whichever you have available

★ = If sharing with babies 6 - 12 months, leave out the stock cube, as stock cubes can be high in salt





Spaghetti Bolognaise

Ingredients - serves 4

- 1 tbsp vegetable oil
- 250g lean minced beef (5% fat)
- 1 large onion
- 2 - 3 garlic cloves
- 2 medium carrots
- 1 medium pepper
- 2 x 400g tins chopped tomatoes
- 2 tsp dried mixed/Italian herbs
- 300g spaghetti

Method

To make the sauce

- Peel and finely chop the onion and garlic
- Wash, peel and grate or slice the carrots
- Wash and finely chop the pepper
- Heat oil in a large pan and stir in the onion, cooking for 2 - 3 minutes over a medium heat
- Add the mince stirring well to stop it sticking until it starts to brown (3 - 5 minutes)
- Add the garlic, carrots and pepper and cook for a further 5 minutes
- Pour in the tinned tomatoes, add the herbs and seasoning
- Bring the sauce to the boil, cover and turn down the heat
- Allow to simmer gently for 40-60 minutes, stirring occasionally

To cook the spaghetti

Bring a large pan of water to the boil. Stir in the spaghetti and cook for 8 - 10 minutes (or as per packet instruction), drain and serve topped with the sauce

Top tip: you can freeze any leftover sauce or refrigerate it to use the following day as baked potato topper with a little grated cheese





Noodle Pots

Ingredients - serves 4

3 - 4 'blocks' of noodles (approx. 200g)

3 - 4 garlic cloves

Thumb size piece fresh ginger

1 - 2 tbsp vegetable oil

1 onion or 2 - 3 spring onions

1 pepper and a handful of mushrooms

100g sweetcorn (1/2 of a small can) and/or 2 handfuls frozen peas

Method

- Wash/peel the vegetables and cut into thin strips
- Peel the garlic and ginger - crush, grate or chop finely
- Put the oil in large frying pan/wok and bring to heat
- Add the onion, garlic and ginger and fry for 1 minute
- Add all the vegetables, starting with those that take the longest to cook (i.e. peppers) continue to stir well for 5 - 10 minutes
- Meanwhile – cook the noodles for 4 minutes (as per pack instructions)
- Drain and stir into the vegetables
- Stir in a dash of soy sauce or sweet chilli sauce to taste and mix well

Top tip: use frozen vegetables – often cheaper and quick to cook





Tuna Pasta Salad

Ingredients - serves 4 - 6

300g (4 cups) pasta

2 x 180g tins tuna in spring water

1 small tin of sweetcorn

1 red pepper

½ a cucumber

4 spring onions

6 tablespoons light mayonnaise

1 squeeze lemon juice-optional

Method

- Cook the pasta as per packet instructions then rinse with cold water
- Chop pepper, cucumber and spring onions into small pieces
- Drain the tuna and sweet corn
- Place all the vegetables and tuna in a large bowl, adding in the light mayonnaise and lemon juice and mix well together
- Cover and store in the fridge until ready to use

Top tip: keeps refrigerated for 48 hours in an airtight container, instead of tuna try using cooked chicken or cooked or tinned salmon, smoked mackerel or 120g of your choice of grated cheese e.g. Edam, reduced fat cheddar or feta





Sweet Potato and Lentil Curry

Ingredients - serves 4

- | | |
|---------------------------------|--|
| 1 tbsp vegetable oil | 1 large onion |
| 2 - 3 medium sweet potatoes | 1 piece fresh ginger (thumb-size) |
| 3 cloves garlic | 2 tsp medium curry powder |
| 120g dried red lentils | 600ml (just over 1 pint) boiling water |
| 300g Basmati or long grain rice | |

Method

- Peel and chop the onion
- Peel and cut the sweet potatoes into chunks
- Peel and chop (or grate) the ginger and garlic
- Heat the oil in a large cooking pan, add the onions, ginger and garlic, cook over a medium heat for 2 - 3 minutes until soft
- Stir in the sweet potato and curry powder
- Rinse the lentils in a sieve under cold water, drain and add to the pan with the boiled water
- Bring to the boil stirring well, turn down the heat, cover and allow to simmer gently for 30 - 40 minutes

To cook the rice

- Place Basmati or long grain rice in a sieve and rinse well in running cold water
- Add rice to a pan half-filled with boiling water and return to the boil, stir once and reduce the heat, allow to simmer for 10 - 12 minutes (or as per packet instructions) until rice is tender
- Drain in a sieve, rinse with boiling water (from the kettle) and serve immediately ★

Top tip: serve with naan bread or chapattis instead of rice, add a little low fat natural or Greek yogurt for a milder taste for younger family members

★ = Any leftover rice should be cooled as quickly as possible within one hour and refrigerated for no more than 24 hours. When re-heating make sure the rice is piping hot and never re-heat rice more than once.





Vegetable Frittata

Ingredients - serves 4

1 tablespoon vegetable oil

1 red or yellow pepper

110g (2 handfuls) of spinach

1 small tin sweetcorn or 2 handfuls frozen/defrosted sweetcorn

8 large eggs

150ml semi-skimmed milk

125g reduced fat cheddar cheese

Method

- Pre-heat oven to 200C/ Fan 180C/Gas 6
- Grease or line a large baking tin (30cm by 20cm) with baking greaseproof paper
- Wash and finely chop the red pepper
- Wash, drain and chop the spinach
- Open and drain the tinned sweetcorn
- Grate the cheese
- Crack eggs in a large bowl, add milk and whisk together
- Stir in pepper, spinach, sweetcorn and cheese, mixing well
- Pour into the prepared baking tin and bake for 20-25 minutes until golden and eggs are cooked through (set in the middle and not runny)

Top tip: Use leftover cooked vegetables/potatoes or frozen mixed vegetables to save time

Why not try this for breakfast?





Root Veggie Wedges

Ingredients - serves 4

A selection of root vegetables of your choice (approximately 1kg)
(e.g. carrots, parsnips, sweet potatoes or potatoes)

1 - 2 tbsp vegetable oil

1 - 2 tsp paprika or dried mixed herbs (optional)

Method

- Preheat oven to 220°C/fan 200°C/gas mark 7
- Wash chosen vegetables thoroughly
- Pat dry and chop into similar sized chunky wedges
- Place in a large bowl and mix together with vegetable oil and paprika
- Spread out onto baking tray and bake on high shelf for 30 - 40 minutes until golden brown

Top tip: use chilli powder/garlic granules/oregano for other flavours





Pitta Pizza or Speedy French Bread Pizza

Ingredients - serves 4

4 pitta breads

For a batch of Sauce ★

- 1 tbsp vegetable oil
- 1 large onion
- 2 - 3 garlic cloves
- 1 x 500g carton tomato passata
- 2 tsp of mixed/Italian herbs

Pizza Toppings - choose from

Cooked chicken, tinned tuna, sweetcorn, peppers, mushrooms, olives, pineapple, red/spring onion, 30g grated cheese per pizza e.g. reduced-fat Cheddar, Mozzarella or Edam

Method

Pre-heat oven to 200C/Fan 180C/Gas 6

For the sauce

- Chop onion and garlic finely
- Heat oil in a medium saucepan, then add onion and garlic cooking for 2 - 3 minutes, stirring well
- Add the tomato passata and mixed herbs, stirring well and allow to simmer for 10 - 15 minutes

Pizza Topping

- Spread a spoonful of the sauce on each pitta bread
- Sprinkle with grated cheese
- Add your choice of toppings, finely chopped or sliced
- Bake or Grill for approximately 10 minutes

★ = You will have enough sauce leftover to freeze for another day or reheat and stir into cooked pasta for lunch/dinner the next day

Or try a Speedy French Bread Pizza

- Cut a French stick or baguette in half lengthways
- Mix Tomato puree with water (1 tbsp water per tbsp tomato puree)
- Spread along your French bread, top with grated cheese, tinned sweetcorn and chopped tinned pineapple





Peach Crumble

Ingredients - serves 4

2 x 210g tins peaches in juice (not syrup)

200g plain flour

30g sugar

60g sunflower spread

1 tsp ground cinnamon (optional)

Method

- Drain the canned peaches and cut them into pieces-place them in a large ovenproof dish
- Place the flour, sugar and cinnamon into a mixing bowl
- Rub in the spread with your fingertips until it looks like crumbs
- Cover the peaches with the crumble topping
- Bake at 180°C/gas 4 for 30 - 35 minutes or until the crumble is golden

Top tip: serve warm with low-fat natural or Greek yoghurt, try using tinned pears or apples instead of peaches





Banana and Blueberry Muffins

Ingredients - makes 6

100g self raising flour

3 tbsp vegetable oil

40g caster sugar

1 egg

2 tbsp semi-skimmed milk

1 ripe banana, mashed

60g (handful) blueberries (fresh or frozen)

Method

- Preheat oven to 200°C/fan 180°C/gas mark 6
- Place muffin cases into a muffin tin
- Measure flour and sugar into a mixing bowl
- Mix milk, oil and egg together in a measuring jug
- Combine the dry and wet ingredients together-mixing well
- Stir in blueberries and mashed banana
- Spoon the mixture into 6 muffin cases and bake for 15 - 20 minutes, until cooked through and golden brown

Top tip - try making with different berries, grated apples or dried fruits





Food Safety and Storage

Always wash your hands and clean down surfaces before preparing or cooking food.

Keep it Safe

- Avoid touching your face and hair
- Always wash fruit and vegetables
- Use separate chopping boards and utensils for raw and cooked foods or wash thoroughly between use
- **Don't wash poultry** as juices/bacteria may splash kitchen surfaces, always cook poultry thoroughly - juices should run clear and should never be pink
- **Only reheat food once** and make sure it is piping hot ★
★ = *Leftover rice should be cooled as quickly as possible within one hour and refrigerated for no more than 24 hours, when re-heating ensure the rice is piping hot and never re-heat rice more than once*
- Regularly wash your hands, especially after touching raw foods

Food Storage

- Leftover foods can be **refrigerated for 48 hours** (fridge should be 5°C or below) or **frozen for up to 3 months** as a rule of thumb
- Store cooked and raw food separately - **cooked foods should be stored above raw foods** in the fridge
- Freeze fresh foods before the 'Use By' date and ideally on day of purchase
- **Only freeze foods once** - do not refreeze once defrosted
- Follow storage instructions on food labels

Food Storage at Work

- Pack your food in a cool-bag with an ice-block to take to work. Or alternatively store in a fridge on arrival at work until you are ready to eat
- If food is not kept cold, it should be eaten as soon as possible (within 4 hours maximum)

'Use By' and 'Best Before' dates

'Use By'

- These dates are used on foods which can pose a risk to health if eaten after this date (e.g. may cause food poisoning)
- **Never** eat foods past their 'use by' dates, even if you think they smell okay

'Best Before'

- These dates are an indicator of food quality rather than safety
- Foods can be eaten after this date but their quality (taste, texture, colour) may be affected
- **Note** - an exception to this is eggs which are given a best before date but should not be eaten after this

Top Tips for Shopping and Cooking on a Budget



Before You Shop

- Keep a pad and pen in the kitchen - write down essentials as you get low
- Plan your meals for the week ahead choosing ingredients that can be used for several different meals (e.g. carrots for soup, bolognaise, coleslaw etc.)
- Write a shopping list based on the meals you have planned
- Check your fridge, freezer and store cupboard once a week to avoid evening runs to the local shop

Whilst Shopping

- Stick to your list and only buy what you need
- Look for food with the longest 'Use By' date or fresh foods which can be frozen
- Stock up on non-perishable staple foods when they are on offer (e.g. beans, pasta, rice, tinned tomatoes) to build up a store cupboard of items which you use often
- Choose supermarket own brand products which often work out cheaper than branded products

- Always compare products by price per 100g or 100ml, as it is easy to get misled by the overall price rather than the quantity you are buying
- Avoid offers which may tempt you towards less healthy choices

Food for Thought

- Meat can be replaced with pulses (e.g. beans, lentils or chick peas) and extra vegetables to bulk out meals
- Tinned foods such as fruit (in juice not syrup), vegetables (without added salt) and fish (e.g. tuna in spring water) are economical and handy to have in the cupboard
- Frozen fruit and vegetables are often cheaper than fresh, and last much longer, they are just as nutritious as fresh products
- Shops often reduce the cost of products that are due to expire soon - many can be frozen at home before their 'Use By' date
- Always check 'Best Before' dates and use items with the shortest dates first

Be Energy Efficient

- Save energy by using the right sized pan for the ring on your hob, chopping foods smaller to cook quicker, using just enough water to cover food when boiling, using a lid and turning the heat down
- Consider your method of cookery i.e. using the microwave or hob is cheaper than using the oven, so if making a recipe in the oven, make enough for 2 meals or more and refrigerate or freeze to use another day



Wellbeing Point

There is a page on the NHS Borders website that brings together resources and information to help you look after your mental health and wellbeing. This includes our 'Six Ways to Be Well' resources. You can find the online Wellbeing Point at:

www.nhsborders.scot.nhs.uk/wellbeingpoint

If you're juggling a busy work-life, use these tips for eating well on the job

- Be prepared and plan ahead, bulk cooking meals for the week ahead and stocking up on healthy snacks help save you some cash and ensure you've got the right food to give you the right energy when you need it
- Eat a healthy main meal before your shift: whole grains, lean meats, and pulses, along with some fruit and veg will give you a steady release of energy while keeping your cravings at bay
- Go easy on the coffee as it can raise your adrenaline levels, and can make it more difficult to sleep when you come off your shift
- Stay hydrated by drinking plenty of water; dehydration can cause fatigue, making it more difficult to concentrate, if you're going to be out and about for most of your shift, fill a big bottle from the tap beforehand to keep in the car
- Take some healthy snacks with you, such as unsalted nuts, fruit or chopped vegetables, to keep you going between meals
- If you're working nights, don't go to bed hungry, eat a healthy breakfast-style meal following your shift

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