

A guide to healthy eating

British Heart Foundation

14 Fitzhardinge Street, London W1H 6DH

T • 020 7935 0185

W • [bhf.org.uk](http://bhf.org.uk)

Heart Information Line • 08450 70 80 70  
a local rate number

**Food should be fun  
... and healthy!**



As a leading provider of Group Risk policies for employers, Legal & General is pleased to support this booklet. For information on Group Risk at Legal & General, please call 01737 376 140 or email [group.risk@LandG.com](mailto:group.risk@LandG.com)

## Contents

Introduction	3	Alcohol	20	Eating fast	34
Why eat healthily?	4	What does a healthy diet for a day look like?	21	Food from around the world	35
Motivated to eat healthily?	4	– A day of eating 2,000 k calories	22	Staying on top of it	40
Get the 'Balance' right	5	– A day of eating 2,500 k calories	23	Losing weight	42
– Fruit and vegetables	8	Shopping	24	Recipes	43
– Bread, cereals and potatoes	9	A cooking style	27	Weights and measures	75
– Milk and dairy foods	10	Food for the family	28	Index	76
– Meat, fish and alternatives	11	Eating out	29		
– Fatty and sugary foods	13	Packing it up	32		
A special word about fat	15				
Salt	18				

## Introduction

The great thing about healthy eating these days is it's not just a passing phase for people. Everyone's thinking about it and many people are successfully doing it. And with a bit of careful planning you can enjoy filling tasty food that's not only good for your heart, but also for all round good health. It's ideal for the whole family too.

The British Heart Foundation wants to help you choose the best sorts of foods for healthy eating. This booklet guides you through the ever-growing range of food choices, whether you're eating in, eating out or eating 'on the run'. With our help you can choose wisely from your kitchen cupboards, in the shops, at cafes, restaurants and even at your favourite takeaway.

Food is everywhere! And these days, being tempted by less-healthy foods is all too easy. This booklet offers you tips from the British Heart Foundation on overcoming those temptations. It will give you the knowledge and confidence to really stay in charge of your food choices.

If you're keen on losing some weight, the British Heart Foundation's 'So you want to lose weight... for good' booklet is most suitable for you. This guide, 'Food should be fun...and healthy!', is for anyone who wants to look after their health and reduce their risk of developing coronary heart disease, whether you're overweight or not. It focuses on reducing your intake of fat, especially saturated fat, cutting back on the salt in your diet and increasing your intake of fruit and vegetables.



## Why eat healthily?

A better diet can have a big impact on your health – now and in the years to come. It can help reduce your risk of coronary heart disease as well as some cancers. It can also stop you gaining weight, which is great news because being

obese means a higher risk of diabetes, arthritis and high blood pressure. Along with stopping smoking and being more active, eating healthily really is one of the best opportunities you have to help keep disease at bay.



## Motivated to eat healthily?

Helping to protect yourself from health problems is one very good reason to think about eating healthily. There may be other reasons that are just as important to you personally. People often say they want to feel better, have more energy, sleep better, and

generally have a more positive sense of well-being. Fill out the 'pros' and 'cons' of eating more healthily on the chart below and find out which way the balance tips for you. Whatever the result, you've made an important first step by getting hold of this booklet.



	Pros (good things)	Cons (bad things)
Eating more healthily	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
Staying as I am	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>

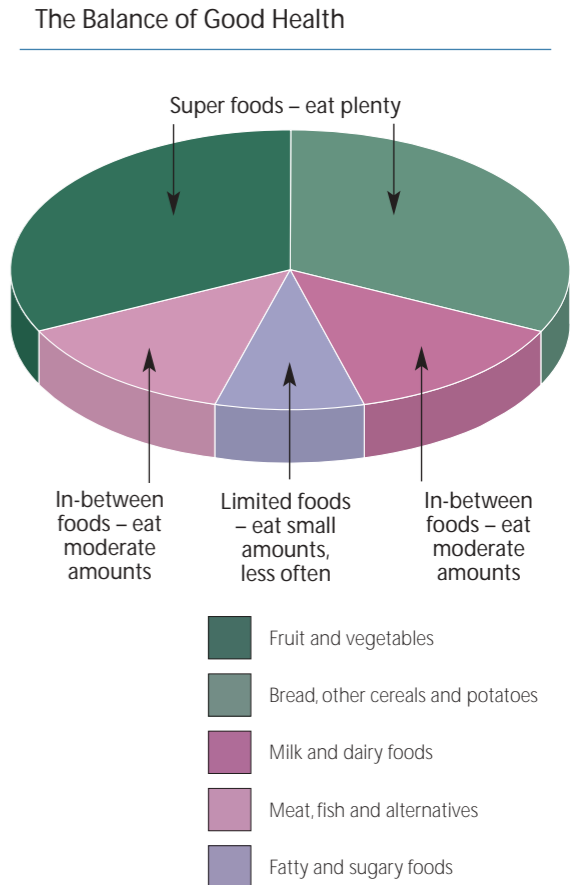
## Get the 'Balance' right

What does eating healthily really mean? A lot of people say it just involves eating all foods in moderation. At the British Heart Foundation we don't believe that's the best way to try to eat healthily. The problem with the idea of moderation is everyone thinks they already do just that, so they don't need to change! We reckon many people could eat more healthily, quite easily, by following the simple themes of 'The Balance of Good Health' shown in the diagram.

This shows how the 'moderation' message doesn't follow for all types of foods. In fact, there are some foods we could all do to eat more of – moderate amounts are just not enough! These are fruit and vegetables and bread, cereals (like pasta, rice or breakfast cereals) and potatoes. The foods

we should try to eat less often or have only small portions of are those from the 'Fatty and sugary foods' group. The moderation message really only applies to the two 'in between' food groups – milk and dairy foods and meat, fish and alternatives. Foods from these two groups are best eaten in moderate amounts, and the lower fat versions are definitely the better choices.

Using 'The Balance of Good Health' to guide what you eat means a diet packed with all the nourishing vitamins and minerals you need for good health, without too much of the damaging foods containing high levels of fat, sugar and salt. The chart sums up which nutrients are provided by each food group and shows why the first four groups in particular are vital for all round nourishment.



	Food group	Main nutrients	Message
Super foods	1. Fruit and vegetables	Vitamin C Carotenes Folate Fibre	Eat plenty.  Avoid adding fat, sugar and salt in cooking and serving.
	2. Bread, cereals and potatoes	Carbohydrate (starch) Fibre Some calcium and iron B vitamins	
In-between foods	3. Milk and dairy foods	Calcium Protein Vitamin B12 Vitamin A Vitamin D	Eat moderate amounts.  Choose low fat and/or lean versions whenever you can.  Avoid adding too much fat and salt in cooking and serving.
	4. Meat, fish and alternatives	Iron Protein B vitamins, especially B12 Zinc Magnesium	
Limited foods	5. Fatty and sugary foods (and alcoholic drinks)	Fat Sugar Salt Some vitamins and essential fatty acids	Eat sparingly – small amounts, less often.



Some people say there are no 'healthy' or 'unhealthy' foods, only healthy and unhealthy diets. Although strictly true, this can be a bit misleading. 'The Balance of Good Health' clearly

shows that some foods are better and some are worse for our health than others. The next few pages will take each food group in turn and help you choose the best possible choices for good health.

## Fruit and vegetables

---

• includes fresh, frozen, dried and canned fruits, vegetables and salads, but not potatoes which are starchy foods. One portion a day can be fruit juice.

---

• aim for at least five portions every day, with meals and as snacks, watching out for sugar or syrup in some canned fruits.

---

Granny was spot on when she said 'eat your greens'. She just didn't know about the reds, oranges and yellows too! Variety is important to get a good mixture of the vitamins and minerals they contain so eat as many different types of fruit and vegetables as you can. The National Food Survey shows the average person in Britain currently eats only 3 portions a day. If that's you, go for more to reach the five a day minimum.

Store vegetables carefully and boil or microwave them in as little water as you can to retain the nourishment. Steaming is even better. Roasted vegetables are tasty but use as little oil as you can get away with – the spray oils use the least and you can even dry roast them.



## Bread, cereals and potatoes



---

• includes breads, chapatti, breakfast cereals, rice, pasta, noodles, cereals (eg. oats, cornmeal, cous-cous), grains (eg. maize, millet) and potatoes (including sweet potato, yam and plantain).

---

• aim to base all meals on a good sized serving from this group, choosing wholegrain types when you can. Have bread or bread products as healthy snacks eg. breadsticks, bagels.

---

Despite what some people think, these starchy foods are not necessarily stodgy and unhealthy! Quite the opposite. If cooked and served without added fat they are perhaps the most filling and nourishing foods we can eat. Watch out for some breads which have butter added, such as garlic bread or fat used in cooking such as chapatti. Wholegrain breads, pasta and brown rice are a particularly good choice because of the fibre they provide, which prevents constipation. A slightly different type of fibre – soluble fibre – found in oats, (also in fruit, vegetables and beans), has a further benefit of helping to reduce your blood cholesterol level.



## Milk and dairy foods

- includes milk, cheese, yoghurt and fromage frais, but not eggs which are in the 'meat, fish and alternatives' group and not butter or cream which are 'fatty foods'
- aim to have 2 to 3 portions a day, as a drink or in meals/snacks, choosing skimmed or low fat versions. Vegetarians should not rely too heavily on high fat cheeses.

Low fat dairy foods contain just as much calcium and protein as their high fat relatives and there is a growing range of low fat products on the supermarket shelves. You may already use semi-skimmed or even better, fully skimmed milk.

Also choosing low fat cheeses, yoghurts and fromage frais can make a vast difference to the amount of fat you eat. See the charts on pages 25 and 26. Try to shop wisely and when cooking, use yoghurt instead of cream in recipes.



## Meat, fish and alternatives

- includes meat, meat products (sausages, meatballs, burgers), poultry, offal
- fish, fish products (fish fingers, fish cakes)
- eggs
- beans and pulses (tinned baked beans in tomato sauce, red kidney beans, black eyed beans, lentils, chickpeas)
- nuts, peanut and other nut butters
- soya, tofu and Quorn.

- aim to have 2 to 3 portions a day from this group, choosing low fat wherever you can and a good mix of fish and non-meat options even if you are not vegetarian.

### Meat and meat products

The carcass composition of animals has changed a lot over recent years so red meat is now naturally much less fatty. Lean pork, ham, lamb and beef are all good sources of iron and protein, without too much fat. Steer clear of the fatty cuts like belly pork or breast of lamb or treated meat like bacon and salami which are high in both fat and salt. For healthy eating, buy the leanest cuts of meat you can afford.

Meat products such as sausages, burgers, meatballs, faggots and pâté tend to be much higher in fat (mainly saturated fat) than cuts of lean meat so are best avoided unless labelled 'low fat'. Even 'low fat' meat products can be relatively high in fat compared to lean ham or chicken without skin. The luxury meat products are not necessarily any better for healthy eating. They might be based on lean meat but often have added fat in the form of butter or cream for richness. Beware!

The British Heart Foundation's leaflet 'Guide to food labelling' will help you make sense of product information on food labels.

### Poultry and poultry products

Chicken and turkey are low in fat as long as the skin is removed. Duck is more fatty so best avoided. A growing range of poultry products, particularly frozen items like chicken nuggets are now available, but many of these have added ingredients, including fat, making them a much less healthy product than plain poultry. Choose with care.



## Offal

Although not everyone's favourite, liver and kidney are very nourishing and excellent value for money. Some people are concerned about the cholesterol in offal, but we now know that cholesterol in foods has little impact on the level of cholesterol in the bloodstream, **providing** the overall diet is low in saturated fat. For healthy eating, have liver or kidney once a week for a unique boost of iron as well as other vitamins and minerals. They're delicious cooked in a casserole with a mixture of vegetables and tinned tomatoes. Or include a small portion of liver (chopped in tiny pieces) in a lean minced beef dish like shepherds pie or chilli.

## Fish and fish products

Aim to eat at least two portions of fish a week. This can be fresh, frozen or canned and include fish fingers or fish cakes, but preferably not fish in batter, which is very high in fat. One of the week's fish portions should be oily fish like sardines, salmon, pilchard, mackerel, herring, trout

or fresh tuna. These fish are rich in omega-3 fatty acids, which are especially good for heart health. Note that canned tuna does not contain the same high levels of omega-3 fatty acids found in fresh tuna, but is still a nourishing food ideal for sandwich fillings, in salads or with pasta as a main meal.

Shellfish like prawns, shrimps and scampi are quite low in total and saturated fat but the small amount of fat present is in the form of cholesterol. Enjoy them occasionally as dietary cholesterol is not a problem if the diet overall is low in saturated fat. Avoid the rich sauces like hollandaise or lobster sauce, which contain butter, eggs and/or cream so are particularly high in saturated fat.

## Alternatives for vegetarians

The non-meat alternatives from the 'Meat, fish and alternatives' group include pulses, beans, eggs, nuts (and nut butters), soya, tofu and mycoprotein like

Quorn. These foods are an important source of protein and iron, which are sometimes lacking in a meat-free diet. And you don't have to be a vegetarian to enjoy meat-free meals. For example, vegetarian sausages and burgers tend to be lower in fat than their meaty equivalents so are a great choice for family meals, but it's worth checking the label as fat content varies greatly.

Vegetarian dishes are an easy way to include more vegetables in your diet too. Notice that because cheese is calcium rich, it is classed as a 'milk and dairy' food and is therefore not considered an alternative from this food group for vegetarians. On the grounds of its high fat content, too much cheese is not advised. Eggs are fine, up to 3 or 4 a week, as long as they're not cooked in fat. Although not high in fat, or saturated fat, they do contain dietary cholesterol. As mentioned previously, cholesterol in foods has a minimal effect on your blood cholesterol levels, **providing** your diet is low in saturated fat.

## Fatty and sugary foods

- includes butter, margarine, other spreading fats and low fat spreads, cooking oils, ghee, lard, dripping, rich sauces and gravies, oil-based salad dressings, mayonnaise, cream, ice-cream, savoury snack foods (eg. crisps, Bombay mix), cakes, pastries (sweet and savoury), biscuits, chocolate, sugar, sugar confectionery, jellies, preserves and all non-diet soft drinks.
- aim only to have these: in small amounts daily to help make other foods more enjoyable (eg. spreading fats, oil, sauces/gravies, salad dressings)  
OR  
as occasional treats (eg. crisps, pastries, biscuits, cakes, chocolate).

Of course you'll eat some of these fat-rich foods in small amounts every day. But even with daily use, go easy. Spread your spreading fat on bread or crackers thinly, use as little oil in cooking as you can get away with and choose lower fat sauces, gravies and salad dressings wherever you can.

The other foods in this group are best kept limited. Have no more than one or two a day, or perhaps try to avoid them altogether on some days so you can save them up for special

occasions or weekends. Have crisps as an occasional treat with your sandwich lunch or a small bar of chocolate as a treat, rather than eating them as a regular habit. Try low fat alternatives whenever you can. Have any food and drinks containing sugar mainly at mealtimes to reduce your risk of tooth decay.

Because cutting down on fat is such an important part of eating healthily, there's much more about fats in the next section.



## A special word about fat

You can't help but notice everyone talking about trying to cut down on fat. It really is an important part of eating healthily, particularly for reducing your risk of developing coronary heart disease. So important, in fact, this whole section is about how you can reduce your intake of fat, especially saturated fat.

**Fat appears in our diet in many different chemical forms, but the main three types are:**

**SATURATED** – avoid wherever possible

Main dietary sources: butter, margarine, lard, dripping, suet, fatty meat, meat products, full fat dairy products, cakes, biscuits, pastries and savoury snacks.

**MONOUNSATURATED** – have in small amounts

Main dietary sources: olive oil, rapeseed oil, spreading fats made from these oils, meat, some nuts (eg. hazelnuts, peanuts) and seeds.

**POLYUNSATURATED** – have in small amounts

Vegetable oils: soya oil, sunflower oil, safflower oil and corn oil, spreading fats made from these oils, nuts, seeds, meat, oil rich fish like salmon, pilchard, mackerel, sardines, herring, fresh tuna and trout.



High overall fat intake and particularly high saturated fat consumption is linked with raised blood cholesterol levels. This in turn is a major risk factor for coronary heart disease, so turning a blind eye is not an option. Genetics play a part, as does lifestyle, but it's difficult to find out who has a greater genetic tendency to coronary

heart disease. It's wise and healthier all round for everyone to eat a good, nourishing diet low in total and saturated fat. 'The Balance of Good Health' shown on page 5 will give you just that if you choose lower fat options within each food group whenever you can.

## How much fat?

We should aim to have about 35% of our energy (calories) from fat and less than 10% from saturated fat. This means an average woman having about 2,000k calories a day should try not to have more than 70g total fat and 20g saturated fat daily. An average man having about 2,500k calories should keep to a limit of 95g total fat and 30g saturated fat a day. Checking labels on foods is the only way to tot up your fat intake. Use the following numbers as a guide:

Total fat

A lot is	A little is
More than 20g total fat per portion (or per 100g for main meals).	Less than 3g total fat per portion (or per 100g for main meals).



Saturated fat

A lot is	A little is
More than 5g saturated fat per portion (or per 100g for main meals).	Less than 1g saturated fat per portion (or per 100g for main meals).



## What to spread on bread

Choosing the right spreading fat isn't easy with so many to choose from at the chilled food counter. It's better to go for one with a low amount of fat as well as the best type of fat, which is unsaturated (polyunsaturated or monounsaturated). Use the chart to guide you, as well as your palate. Different people prefer different tastes. And whatever you choose, spread sparingly.



### Choosing a spreading fat

Low fat spreads	Fat spreads and soft margarines	Butter and hard margarines
ADVISED	CHOOSE VERY CAREFULLY	AVOID
Choose those with the least saturated fat. Low fat spreads with mainly polyunsaturated or monounsaturated fats are both fine.	The total fat content varies widely. Unlike spreads, all margarines, are as high in fat as butter but some will be mainly polyunsaturated or monounsaturated fat. Fat spreads are slightly lower in total fat but may be highly saturated.	Butter is high in saturated fat. Hard margarines may be based on vegetable oil, but are hydrogenated to make them solid. This makes them high in trans-fatty acids, which behave like saturated fatty acids in the body.

## What about fat for 'the little ones'?

The gradual transition to this low fat eating plan in young children can start from about the age of 2 years, providing the child is growing and thriving well. However, babies and toddlers up to the age of 2 years depend on high fat foods like whole milk and margarine, for the fat-soluble vitamins A, D and E they contain. Between

the ages of 2 and 5 years they can make a gradual transition to lower fat products and start to adopt more adult-type eating habits. By the age of 5 years, the routine use of lower fat everyday foods, will set children well on the way to achieving the lower fat intakes we all aspire to. For example, semi-skimmed milk, low fat

yoghurts, reduced/low fat spreads, lean meats and low fat meat products are all tasty foods that young children can eat regularly. You can seek further advice about a healthy diet for the under fives from a health visitor or if you have any concerns about a young child's growth or weight, ask your doctor to refer you to a dietitian.



# Salt

A healthy diet contains no more than 6g of salt a day and on average, adults in Britain eat 9g daily. Our current high salt intakes are linked with high blood pressure, which is the main cause of strokes and one of the major reasons for heart attacks. A high salt diet has also been linked with stomach cancer and asthma.

Although many families have stopped adding salt to food at the table or during cooking, up to 80% of the salt we eat is hidden in processed foods.

Just one portion of the following favourites can give you as much as two thirds of your 6g daily salt allowance:

In one average portion of	Amount of salt
Instant soup (individual sachet)	2.2g
Canned soup (200ml)	2.2g
Canned cook-in sauce (100g)	2.4g
Pork sausages (2), grilled (90g)	2.4g
Vegetable lasagne (300g)	2.9g
Baked beans in tomato sauce (225g)	3.0g
Shepherd's pie (340g)	3.4g
Deep and crispy pizza (225g)	4.1g
Chicken and mushroom flavour pot noodle	4.5g

(The values for salt are averages of different brands)



The good news is that some equally popular foods contain very little salt:

In one average portion of:	Amount of salt
Bananas and apples (1)	0.01g
Cream crackers (2)	0.2g
Weet-bix type cereal (2)	0.2g
Puffed or shredded wheat	trace
Muesli type cereal (35g)	0.08g
Dried apricots (100g)	trace
Raisins/sultanas (100g)	trace
Instant potato mix (100g)	0.1g
Oven chips (100g)	0.1g
Fresh broccoli, carrots or peas (boiled in unsalted water) (100g)	0.01g
Raw tomatoes, green salad, or cucumber (50g)	0.01g

The supermarkets are now asking their suppliers to reduce the amount of salt in their own brand products and have been pleasantly surprised by the results. In many cases, salt has been reduced without any loss of taste or increase in price. Some supermarkets have also produced 'reduced salt' products for popular foods like bread, baked beans and tomato sauce.

### High salt foods. Try to avoid them.

- Packet and canned soups
- Instant noodles
- Ketchups and sauces
- Sausages and burgers
- Salty savoury snacks

### Salt or sodium – checking the label

Most food labels show the amount of sodium per 100g, rather than salt per serving. This is the present legal requirement, but changes are afoot and manufacturers will soon be showing 'salt' levels too.

To convert sodium to salt you need to multiply the amount of sodium by 2.5g. 1 gram of sodium = 2.5g of salt. An adult should have a maximum 6g of salt (which is 2.4g sodium) a day.

A quick guide:

**A lot of salt in food is more than 0.5g sodium per portion (or per 100g for main meals).**

**A little salt in food is less than 0.1g sodium per portion (or per 100g for main meals).**



## Alcohol

Most people enjoy a drink or two and there's no reason why you shouldn't have an occasional drink whilst following a healthy diet. Remember though, that alcoholic drinks are low on nourishment and because it's an appetite stimulant, drinking alcohol can lead you on to overindulge in the wrong sorts of foods! High fat crisps and cheese nibbles aren't great. Worse still, a late night takeaway can do a lot of damage to healthy eating plans.

Of course, the message about alcohol and safety applies to everyone, whether you're trying to eat healthily or not. That's safety for your own health – and that of others. If you choose to drink alcohol, keep within the safe limits of no more than 14 units a week for women and 21 units a week for men. The daily maximum is three units for women and four units for men.

The following amounts count as one UNIT (or portion) of alcohol

**Beers**  
*(Assuming 5% alcohol by volume. Strong ale and premium lager are half as strong again)*  
1 small 300ml (1/2 pint) bitter beer, lager or cider, or just 1/3 pint strong ale or premium lager.

**Wine**  
1 very small glass of red or white wine, 100ml (4 fl oz)  
*(Note that a large pub measure of wine, at 250ml, provides 2 1/2 units of alcohol).*

**Spirits**  
1 pub measure of gin, vodka, whisky, rum or brandy, 25ml (1 fl oz).

**Fortified wine**  
1 small glass of sherry, 50ml (2 fl oz).

### Isn't alcohol good for your heart – especially red wine?

The protection alcohol seems to offer against the development of coronary heart disease, is based on people drinking between just one and two units of alcohol a day. However there's no case for non-drinkers to start drinking alcohol. Better to consider other courses of action such as getting more active or making more of the dietary changes suggested throughout this booklet.

The French eat food high in saturated fat yet their levels of coronary heart disease are much lower than those in the UK. Scientists are currently investigating this so-called 'French paradox'. This is the possibility that their lower rates of coronary heart disease may be somehow linked to the larger amounts of red wine and garlic consumed in France. At present there is no clear-cut answer as to whether red wine has any specific benefits over and above other alcoholic drinks.



## What does a healthy diet for a day look like?

We eat such a wide range of foods these days that no two days are ever the same. The charts on pages 22 and 23 show examples of healthy eating for a day. The first chart is based on an average woman's needs of about 2,000k calories and the second is an average man's needs of about 2,500k calories. Remember that these are just average figures and everyone is different depending on their genetic predisposition. Some people will need a bit less and others a little more.

The charts are based on the proportions of foods set out in 'The Balance of Good Health' described earlier in this booklet. They provide no more than 35% of calories from fat and no more than 10% of calories from saturated fat.

If you want to lose weight, your daily energy needs would be a little less, and plans for 1,500k calories and 1,800k calories a day are set out in the British Heart Foundation's booklet 'So you want to lose weight... for good!'



### A day's eating plan – 2,000k calories – an example

Meals for 2,000k calories	Serving size	Food group					
		Fruit and vegetables (up to 8 portions)	Bread, other cereals & potatoes (up to 8 portions)	Milk and dairy foods (3 portions)	Meat, fish & alternatives (3 portions)	Fats (2 portions)	Fatty and sugary foods (2 portions) & alcohol (1 portion)
<b>Breakfast</b>							
Weet-bix with semi-skimmed milk	2		2	1			
Toast with low fat spread and jam	1 slice		1			1/2	
Orange juice	Small glass	1					
<b>Mid morning</b>							
Dried apricots	3	1					
<b>Lunch</b>							
Tuna and cucumber sandwich, with low fat spread on bread	2 slices bread	1	2		1		
Malt loaf or scone (no spread)	1		1				
Banana	1	1					
<b>Mid afternoon</b>							
Rich tea biscuits	2					1	
<b>Dinner</b>							
Chilli (lean minced beef or an alternative eg. soya mince, Quorn) cooked in small amount of oil and tinned tomatoes	Medium serving	1			2	1/2	
Baked potato (no butter)	1 medium		2				
Broccoli		1					
Carrots		1					
Fresh fruit salad or fruit tinned in natural juice		1					
Yoghurt (low fat)	150g tub			1			
<b>During evening</b>							
Mini bar of chocolate	50g					1/2	
Glass of wine (small)	125ml					1	
<b>Throughout day</b>							
Milk in drinks	Total 1/3 pint			1			
		8	8	3	3	2	
						2/1	

### A day's eating plan – 2,500k calories – an example

Meals for 2,500k calories	Serving size	Food group					
		Fruit and vegetables (up to 10 portions)	Bread, other cereals & potatoes (up to 10 portions)	Milk and dairy foods (3 portions)	Meat, fish & alternatives (3 portions)	Fats (3 portions)	Fatty and sugary foods (3 portions) & alcohol (1 portion)
<b>Breakfast</b>							
Shredded wheat with semi-skimmed milk	2		2	1			
Slice of bread with low fat spread			1			1	
Poached egg	1				1/2		
Grilled unsalted bacon	1 rasher				1/2		
Banana	1 banana	1					
<b>Mid morning</b>							
Apple	1	1					
Oatcakes	2		1				
<b>Lunch</b>							
Vegetable soup		2					
Bagel with low fat spread, cheese and pickle	1 bagel and matchbox size piece of cheese,		2	1		1	
						1/2	
Melon or satsuma		1					
<b>Mid afternoon</b>							
Plain crackers	2		1				
<b>Dinner</b>							
Oily fish – salmon or mackerel	100g				1		
Rice	6 tablespoons		3				
Tomato and basil sauce (spray oil to cook)	2 tablespoons	1				1/2	
Roasted peppers, onions and courgettes (spray oil to cook)	Large helping	1				1/2	
Green beans	2 tablespoons	1					
Fruit crumble and ice cream		1				2 1/2	
<b>During evening</b>							
Nuts and raisins	Small bag (80g)	1			1		
Glass of wine (small)	125 ml glass					1	
<b>Throughout day</b>							
Milk in drinks	Total 1/3 pint			1			
		10	10	3	3	3	
						3/1	

# Shopping

Busy lifestyles and a growing range of convenience foods on the supermarket shelves mean we buy more pre-prepared or part-prepared foods nowadays than ever before. Checking the labels on processed foods and ready meals – and rejecting those high in fat – can make a big difference to your fat intake. Pre-prepared products vary widely in their fat content and you might get some surprises – some pleasant but many less pleasant. The packaging, the name of the product and other features of the label might give you a clue: ‘low fat’, ‘healthy eating’ or ‘diet’ products are more likely to contain less fat. But **beware** – although a low fat product sounds healthier it may still be quite high in fat compared with other foods. Sausages are a prime example. Low fat sausages are still considerably higher in fat than lean ham or chicken. Look out for vegetarian sausages, as they tend to be lower in fat and just as tasty.

Both total and saturated fats are the problem nutrients but saturated fat can be more difficult to spot, as many products still don’t list the amount on the nutrition label. Even so, comparing similar products and always choosing the one with the least fat, can soon start to bring down your total daily intake.

Try to get some numbers fixed in your memory for fat, saturated fat and salt – see pages 15 and 19 – to help you get the most out of every shopping trip. For more information read the British Heart Foundation’s leaflet called ‘Guide to food labelling’.

The dairy shelves can be a real danger area when shopping, so choose cheeses, cream and yoghurt with great care. Use the charts on pages 25 and 26 showing fat content, to guide you, and remember that more fat means more calories too.

## Fat – check before you buy

### Ingredients list

Check the ingredients list for signs of fat. Ingredients must be listed in descending order so if fat appears in the top three or four items, you know the product is quite high in fat.

### Hydrogenation

Watch out for hydrogenated vegetable oil. It’s used to harden vegetable oil and widely used in biscuits, cakes and pastries. The adding of hydrogen makes the oil more spreadable but it also becomes more saturated so it may as well be butter or lard. Steer clear of it if you can.

### Vegetable oils

Beware: Coconut oil, palm oil and cottonseed oil, although vegetable oils, are exceptions to the rule. They are all high in saturated fatty acids. Choose rapeseed oil, olive oil, sunflower, safflower or soya.

The British Heart Foundation’s wall chart ‘Cut the saturated fat from your diet’ takes you through the best food choices (the go ahead foods) in each of the food groups in ‘The Balance of Good Health’. It also suggests which foods to limit and those to avoid completely.

Cream and yoghurts: Choose with care. Look at the difference!

## Creams, crème fraiche, fromage frais and yoghurts (per 100g)

Product	Total fat per 100g	Saturated fat per 100g
<b>Cream</b>		
Clotted	64g	40g
Double cream	54g	33g
Whipping cream	40g	25g
Soured cream	20g	13g
Single cream	19g	12g
Half cream	14g	9g
Cream alternative (buttermilk/vegetable oil): Double	36g	24g
Cream alternative (buttermilk/vegetable oil): Whipping	30g	26g
Cream alternative (buttermilk/vegetable oil): Single	15g	9g
<b>Crème fraiche</b>		
Crème fraiche	40g	27g
Half fat crème fraiche	15g	10g
<b>Fromage frais</b>		
Natural creamy fromage frais	8g	6g
Virtually fat free fromage frais	0.1g	0.1g
<b>Yoghurt</b>		
Greek style yoghurt	10g	7g
Greek yoghurt, sheep	6g	4g
Thick and creamy yoghurts	6g	4g
Greek half fat yoghurt	4g	3g
Whole milk yoghurt	3g	2g
Soya alternatives to yoghurt	2g	0.3g
Low fat yoghurt	1g	0.7g
Diet yoghurt	Trace	Trace



## Cheeses – from high to low fat content

Type of cheese	Total fat per 100g	Saturated fat per 100g
<b>High fat (30g or more fat per 100g)</b>		
Cream cheese	47g	30g
Mascarpone	44g	29g
Boursin	41g	*
Stilton, blue	35g	23g
Hard red cheese like English Cheddar, Red Leicester, Double Gloucester	35g	22g
Hard white cheese like Cheshire, Lancashire, Wensleydale	32g	21g
Vegetarian cheddar	32g	21g
Soft white spreadable cheese, full fat (eg. 30%)	32g	21g
Gouda	31g	20g
Parmesan	30g	19g
<b>Medium fat (16 – 29.9g fat per 100g)</b>		
Danish Blue	29g	19g
Brie	29g	18g
Leerdammer	28g	*
Soft goat's cheese, full fat	26g	18g
Edam	26g	16g
Cheese spread, plain	23g	16g
Camembert	23g	14g
Processed cheese	23g	14g
Yorkshire Blue	23g	*
Feta	20g	14g
Mozzarella	20g	14g
Soft white spreadable cheese, medium fat (eg. 15% light)	16g	11g
Half fat cheddar	16g	10g
<b>Low fat (15g or less fat per 100g)</b>		
Reduced fat processed cheese (eg. slices)	13g	8g
Curd cheese	12g	9g
Half-fat Edam	11g	7g
Reduced fat cheese spread	10g	7g
Ricotta	8g	5g
Soft white spreadable cheese, low fat (eg. extra light)	8g	5g
Cottage cheese plain or with additions (eg. pineapple)	4g	2g
Reduced fat cottage cheese, plain	2g	1g
Quark	0.2g	0.1g



\* Data not available from manufacturer.

## A cooking style

Despite the popularity of celebrity TV chefs we now spend less time in our kitchens than ever before. Home prepared meals are not only much more tasty than pre-prepared food – but can be much more healthy too. And at least you know exactly what's in them. So in the interest of healthy eating, try to invest a little more time in home cooking. Enjoy time spent in the kitchen and make it a social time by sharing the cooking with others. Cook double the amount you need and freeze what's left for another time. Often the simplest meals – and the quickest to prepare – are the best.



Try some of the following tips.

### For less fat

Try microwaving, steaming, poaching or boiling – these methods need no fat or oil.

Use as little oil as you can get away with. Measure it out with a tablespoon rather than just pouring it out of the bottle. Even better, use spray oil – these are excellent.

If frying or roasting use a non-stick pan so you need less oil. Or dry roast without any oil at all.

Chips – use oven chips rather than deep-frying. Oven-bake your own by chopping potatoes into thick wedges and spraying with oil.

Use puréed potatoes or vegetables as a thickener in savoury sauces, soups or stews rather than using butter or margarine in a roux sauce. Alternatively use arrowroot or cornflour to thicken.

Make salad dressings with natural yoghurt, herbs, spices, tomato juice, vinegar or lemon juice rather than using mayonnaise or salad cream.

Use a trivet when cooking meat and poultry so the fat can drain off.

### For more fruit and vegetables

Casseroles – use less meat than normal and bulk out the casserole with more vegetables.

Stir-fry – use a steep sided round-bottomed pan like a wok so there's plenty of room for more vegetables.

Lean braising and stewing are perfect for cheaper cuts of meat and you can add extra vegetables for texture and flavour.

### For less salt

Cook from scratch. Use onions, garlic, herbs, spices and lemon juice for flavour instead of salt and stock cubes.

## Food for the family

Children and grandchildren today are being brought up to eat very differently from young people twenty or thirty years ago. Fast foods and fast lifestyles mean that food on the run is the norm and there is less and less time for proper home-cooking. Yet, healthy eating is just as important for young people as it is for older people\*. And the same messages apply, so that by the age of 5, children are already enjoying a tasty, filling diet based on 'The Balance of Good Health'.

The big bonus about healthy eating today is that the whole family can eat the same meals. Involving younger children as well as teenagers in the preparation of healthy food will help them understand more of what good eating is all about. Make the kitchen the 'action centre' of your home, and at least a couple of times a week, use the dining table as the place for everyone to get together, chat about their day and plan for tomorrow.



---

\* Although healthy eating applies to everyone, there are some groups for whom some special dietary rules may apply. This includes: babies and young children under the age of 2 years, women who are pregnant and breastfeeding, frail elderly people and people who are chronically ill. Ask your doctor, nurse or health visitor if you're unsure about whether healthy eating applies to you and your whole family.

---

### Fat and the under fives

Babies have a very high fat diet – breast milk has over 50% energy from fat! After the age of 2 years, toddlers' diets should begin to move gradually, to the much lower 35% energy from fat recommended by the age of 5 years. The introduction of lower fat foods and adult-style eating habits can begin from 2 years. By their fifth birthday all children should be eating a mixed and varied diet, which includes low fat products such as semi-skimmed milk, low fat cheese/yoghurt and lean meats, as the norm.

## Eating out

Food eaten outside the home is usually less healthy than food eaten at home – in particular it is often higher in fat. If you're eating out for a really special occasion, go ahead and indulge! But if, like many people these days, you tend to eat out regularly, even daily, choose with care. You may have little choice about where you can eat - the staff dining room at work, the college canteen if you're a student, on a train, or the café at the motorway service station. Even when your choice is really limited you can usually find something suitable for healthy eating. If you have the choice of where to go, find a favourite place to eat where you know you'll be able to make healthy choices. Let them know you appreciate their healthy food so they know it's good for business.

Here are a few ideas of things you could choose in a café, canteen or dining room:

### A light meal or snack

---

Home-made vegetable-based soups with a crusty bread roll. Mixed vegetable, leek and potato or minestrone soups are delicious and low in fat

Baked potato without butter, but with a delicious hot vegetable chilli, baked beans or tuna and sweetcorn. Avoid coleslaw, mayonnaise or too much cheese

Baked beans on toast are a great standby and most places can do it

Chicken or ham salad sandwich

Baguette filled with roasted vegetables and a sprinkling of cheese.

---

### A more substantial meal

---

Roast chicken and apple sauce with mashed potato, broccoli, carrots and gravy

Vegetable bake with boiled potatoes and mixed salad

Pork and bean casserole with rice, green beans and sweetcorn

Salmon and pasta in red pepper and tomato sauce with crusty bread and green salad

Courgette and feta cheese bake on bulghar wheat with tomato and red onion salad.

---

### For dessert

---

Summer fruits crumble and custard (made with skimmed milk)

Scone with jam or a currant bun

Ice cream with a fresh fruit salad of kiwi, satsumas and chopped bananas

Apricot flan served with a drizzle of single or half-fat cream

Baked apple with raisins, cinnamon and honey served with low fat custard.

---

## Restaurant meals

Many restaurant dishes contain hidden fat so you may not know it's there. The following words mean extra fat, often in the form of butter, cream or cheese, has been added. Learn to scan the menu and reject these where you can:

**A la crème, alfredo, au gratin, batter-dipped, battered, béarnaise, béchamel, beurre blanc, breaded, buttered, crispy, cordon-bleu, creamed, en croute, escalloped, flaky, Florentine, fried, hollandaise, meuniere, milanese, pan-fried, parmigiana, puffed, rich, sauté, smothered in, and tempura.**

Instead, look out for the following words on the menu, which suggest a dish lower in fat:

**Baked, broiled, char-grilled, flame-cooked, grilled, in its own juice, with jus, poached, raw or steamed.**



## Pub Food

In Britain, traditional pub food conjures up thoughts of large platefuls of stodgy, filling food, often with lashings of gravy – and always with chips! But times are changing and many pubs are

now offering a much wider range of meals to appeal to all tastes. Choose wisely from the following favourites and you might be pleasantly surprised how tasty the healthy options are.



### For a healthy starter or light bite

*Instead of:*

Cream of stilton or mushroom soup  
Chicken wings with dips  
Cheese ploughmans  
Jacket potato with cheese and coleslaw.

*Choose:*

French onion soup or carrot & coriander soup  
Spicy potato wedges  
Ham, chicken or tuna sandwich with a side salad  
Jacket potato with baked beans or vegetable chilli.

### For a healthy main course meal

*Instead of:*

Fish or scampi and chips  
  
Lasagne, garlic bread and coleslaw  
Steak & kidney pie, roast potatoes and gravy  
Mixed grill, onion rings, chips and peas.

*Choose:*

Salmon with roasted tomato sauce, new potatoes and peas  
Moussaka, baked potato in the jacket and a large salad  
Beef casserole, mashed potato, broccoli and green beans  
Small fillet/rump steak, potato wedges, peas and carrots.

### For a healthier dessert

*Instead of:*

Chocolate gateau with cream  
Sticky toffee pudding with butterscotch sauce  
Treacle tart and custard  
Cheese and biscuits.

*Choose:*

Fresh fruit salad with ice cream  
Meringue with raspberries  
Small portion of apple crumble with custard  
Small portion of chocolate profiteroles.



# Packing it up

The best way to be sure you get something healthy when you eat out is to take your own! Keep it balanced by including something from the main four food groups. Emphasise the 'superfoods' – starchy staples (bread, other cereals and potatoes) and fruit and vegetables. Try to include no more than one fatty/sugary item. Always include a drink, as fluid is so important for a balanced diet. Bottled water, very weak fruit squash or fruit juice are all good choices.



Here are some things you could include in the lunch box:

## Bread, other cereals and potatoes

*(as the basis of the lunch):*

Choose from: Bread – white, granary or wholemeal as a crusty roll, plain sliced or a soft bap, a bagel, pitta bread. Crackers or bread sticks. Cold cooked rice, pasta or cold potatoes (plain or as a salad base), bulghar wheat as tabbouleh.

## Vegetables and fruit

*(aim for two from this group, perhaps one savoury and one sweet)*

For example: Carrot sticks, cucumber slices, baby tomatoes, banana, raisins, apple, satsuma, grapes, dried apricots, tinned/potted fruit in juice (eg. peaches, mandarin oranges).

## Meat, fish and alternatives

*(as a filling, spread or dip with breads or mixed with pasta, rice or potatoes and vegetables as a main course salad)*

For example: Lean ham, pork or beef, cold cooked low fat/healthy eating/vegetarian sausages/meatballs (if less than 5g total fat per 100g), chicken or turkey (without skin), tuna, sardines, mackerel, fish paste, low fat liver pâté, nut butter (eg. almond or peanut), low fat hummus, bean pâté, or egg (hard boiled, grated and mixed with yoghurt and low fat mayonnaise).

## Milk and dairy foods

*(have with main course, as dessert or as a drink)*

For example: Cheese (choose medium or low fat varieties) in a sandwich, low fat yoghurt or fromage frais for dessert, semi-skimmed milk or a milk shake drink made with skimmed milk and a banana.

## Fatty and sugary foods

Apart from a tiny amount of fat spread on bread, these need not be part of your packed lunch. Perhaps have just one occasionally as a treat: either a bag of crisps/savoury snack or a cake/bun/sweet pastry. The lower the fat and sugar, the better. Choose a cake or pudding containing fruit (eg. apple, banana) because it's likely to have less fat and sugar, especially if it's homemade.

Here's how the lunch box might look:

- 
- 1 Ham sandwiches  
Carrot sticks  
Yoghurt (low fat)  
Raisin flapjack (home-made using as little fat as possible)  
Beaker of water.

---

  - 2 Peanut butter or hummus on crackers or pitta bread  
Cucumber slices  
Orange or satsuma (pre-peeled)  
Apricot cookies  
Milk shake drink (low fat) or plain semi-skimmed milk.

---

  - 3 Chopped chicken in rice with sweetcorn and raisins  
Bread sticks  
A small chunk of cheese  
Carrot cake  
Bottle of chilled water.

---

  - 4 Cheese roll  
Apple coleslaw  
Crisps (low fat)  
Banana  
Beaker of diluted sugar free squash.
- 



## Eating fast

Eating fast doesn't have to mean eating badly. Look out for sandwich bars, baked potato booths and hot soup kiosks where you can buy tasty, filling and wholesome food.

It's tricky to choose really healthily at the burger bar though many chains are starting to offer healthy choices like chicken breast in a bap – with no mayonnaise and interesting side salads. Grilled chicken, fish or vegetarian burgers are a better bet than a beefburger for fat. The small burger (child's portion), because of the smaller portion size,

means a lot less fat. Avoid fries if you can although thick cut chunky chips are lower in fat than thin fries. If you can't resist, choose a small portion or better still, share with a friend. Have sparkling water or fruit juice rather than a high fat milk shake.

Unfortunately, there are some fast foods that just can't have a regular place in your diet if you're serious about eating healthily. Fried chicken and fish and chips are swimming in fat and healthy alternatives don't feature on the menu. Keep these as a very rare treat.



## Food from around the world

Whether eating out or in, our meals nowadays reflect the many different tastes and cooking styles from around the globe. However tasty they are, some dishes are based on heavy doses of fat, especially saturated fat and salt. Here are some tips for choosing healthily whilst still enjoying your favourite cuisine:



### Italian food

Pizzas, pasta dishes and garlic bread are probably the most popular meals amongst families today and on balance many of these dishes have a firm place in a healthy diet. Whether home-cooked from raw ingredients, shop bought, from the takeaway or eaten at a restaurant, the same guidelines for healthy eating Italian style apply.

	Choose	Avoid
<b>Bread</b>	Go for bread sticks or plain crusty bread. If you really can't resist garlic bread, make your own using as little low fat spread or oil as you can, or choose the pre-prepared 'healthy eating' version at the supermarket.	Resist garlic bread – it's very high in fat.
<b>Salad</b>	Enjoy wonderful mixed salads or tomato salads with only a tiny amount of dressing.	Watch out for the lashings of mayonnaise and other dressing on prepared salads in takeaway bars. Ask for it on the side so you can control the amount you have.
<b>Pasta dishes</b>	Choose pasta with tomato, onion and basil based sauces, roasted vegetables or tuna. Have only a tiny sprinkling of fresh Parmesan cheese for flavour without too much fat.	Avoid creamy or cheese sauces and watch out for too much pesto. Carbonara is very high in fat.
<b>Pizzas</b>	Choose thin-based pizzas with vegetable toppings, ham, chicken or tuna.	Avoid high fat meats like salami or pepperoni and watch out for too much cheese on top.
<b>Lasagne and bolognese</b>	Make your own lasagne or spaghetti bolognese using very lean minced beef/steak and as little oil as you can get away with. Try the vegetarian version or have cannelloni instead as the spinach replaces some of the fatty meat.	Traditional Italian meat dishes, cooked the Italian way, are very high in fat.

### Indian food

It has been said that Chicken Tikka Massala is now the most popular meal eaten in British homes! Choose your Indian takeaway or ready meal with caution. Here are some guidelines:



	Choose	Avoid
<b>Starters</b>	Enjoy a very light starter of pappadums with cucumber raita and lime pickle. Save your appetite for the main course.	Avoid oily dishes such as bhaji, samosa or pakhora.
<b>Bread</b>	Have a chapatti or plain naan bread though both typically contain some fat. Ask for chapatti made without fat – it makes a ten-fold difference to the fat content!	Avoid any breads made with added fat such as peshwari, paratha and puris.
<b>Ghee</b>	An alternative to ghee such as tiny amounts of oil in cooking.	The Indian cooking fat is similar to butter in its saturated fat content. Ask how things are cooked and avoid ghee wherever you can.
<b>Main dishes</b>	Choose drier dishes such as Tandoori, Tikka (but not Tikka Masala), Karia and Bhuna. Spinach based dishes (Saag -) are usually not too high in fat either.	Avoid creamy dishes such as Korma, Masala and Dhansak and watch out for the ghee in Dupiaza, Madras and Vindaloo.
<b>Rice</b>	Choose plain boiled rice to make a huge fat saving on your meal.	Pilau, biryani or fried rice are incredibly high in fat.
<b>Vegetables</b>	Vegetable dishes such as Aloo Gobi (Potato and cauliflower curry) can be reasonably low in fat but check if they're cooked in ghee.	Dahl is lentil-based but typically cooked in ghee. Make your own chick-pea dahl using little or no oil, instead of ghee.

### Chinese food

This is the most popular takeaway food in the UK but unfortunately also the worst overall for fat. Chinese food is also very salty because soy sauce is used liberally. Choose as healthily as you can using the following guidelines:



	Choose	Avoid
<b>Starters</b>	Have won-ton soup for starters.	Avoid prawn crackers, pancake roll or sesame prawn roll – both are deep fried. Watch out for the dim-sum unless you know it's steamed rather than fried.
<b>Main course</b>	Choose stir-fried rather than deep fried or battered dishes. Have stir-fried vegetables, chicken and mushroom or chicken in black bean sauce. Satay and chow mein dishes have a medium fat content, so choose only as a special treat.	Avoid sweet and sour dishes, lemon chicken or crispy fried beef or duck.
<b>Vegetables</b>	Have steamed vegetables or a stir-fried vegetable as a side dish.	Avoid vegetables if they are deep fried in batter eg. sweet and sour.
<b>Rice/noodles</b>	Go for plain rice or noodles.	Avoid fried rice – it adds a huge amount of fat to your meal.

## Mexican food

Mexican food has great potential to be healthy as it is based on rice and beans. Unfortunately these are often fried and served with high fat soured cream. Choose with care for a healthy meal with the Mexican kick.

	Choose	Avoid
<b>Main course</b>	Fajitas (tortilla wraps) filled with chicken, fish or vegetables are a great choice. Cajun chicken is spicy without too much fat. Grilled fish and chicken are perfect.	Steer clear of enchiladas even if they're filled with healthy-sounding chicken or vegetables. They're very rich and come smothered in lots of melted cheese.
<b>Accompaniments</b>	Enjoy the tomato-based salsa, sauces and dips. Refried beans and guacamole (avocado and tomato) are both double-edged swords. They have some good nutritional qualities but overall are high in fat, so go easy.	Watch out for sour cream, which is very high in fat.



## Thai food

Traditional Thai food is based on fish, steamed rice, steamed vegetables, lemon and garlic so ideal for healthy eating. Restaurant and take-away Thai food in Britain is slightly different but still one of the healthier cuisines to choose and always cooked to order so is very fresh. There are still some things to watch out for so follow our tips:

	Choose	Avoid
<b>Main course</b>	The wok-fried dishes tend to be lower in fat. Choose stir-fried chicken or stir fried vegetables with bean curd.	Beware of Thai curries which contain coconut cream so are high in saturated fat. Avoid Thai green curry and vegetable curries. Ask how they steam the fish – it's sometimes also cooked in pork fat so best avoided.
<b>Rice</b>	Always choose plain steamed rice or noodles. Only have half a portion of sticky rice or fried noodles – they're a bit higher in fat.	Avoid coconut rice, as the added coconut cream makes it very high in saturated fat.
<b>Vegetables</b>	Thai salads are a good choice – fresh, colourful and often with a bite!	



## Staying on top of it

At first, eating healthily, involves a lot of careful planning. After a while it gets easier as you become familiar with all the things you can eat and enjoy – as well as the things to steer clear of. Your commitment to healthy eating will probably get stronger as you start to feel the benefits of eating a more healthy diet.

Of course, there will be times when it's very difficult to stay on track. Holiday times and parties come around. Family crises happen. Or you just have a bad day when eating well is not your top priority. You can plan ahead for some of these things but others will come from out of the blue. Don't be too hard on yourself. If you break your healthy eating plan for a few hours or days, it's not the end of the world. If it was unplanned, try to learn from what went wrong and get back on track as soon as you feel ready.

Sometimes people who've successfully changed to a healthier diet say that others try to spoil it for them. People tempt them with high fat snacks or nibbles, try to persuade them to go to the takeaway, or urge them to choose the most gluttonous dish on the menu when they eat out.

Keeping in control under this sort of pressure is a great test of your commitment to healthy eating. Imagine a likely scenario and rehearse your reply (see below). You'll want to be polite but firm and it's a great feeling if you can pull it off.

---

**"No thanks, it would spoil what I've already had."**

---

**"Oh, not for me thanks, I'm on the straight and narrow these days!"**

---

**"Count me out thanks. Fish and chips just aren't my sort of thing."**

---

**"It's a nice idea but I've done so well these last few weeks and I really don't want to ruin all the good work!"**

---

You might find you're getting pressure from someone who has a lot of influence on you. It may well be someone close to you like a partner, friend or close relative or someone you spend a lot of time with like a colleague. Whoever it is, try to set aside some time to have a brief chat with them about how important healthy eating is to you. Explain why you want to keep to a healthy diet and let them know that you would really like their support. Gently but firmly, tell them how upsetting it is when they try to tempt you with unhealthy choices. Finish your chat with a smile so they know you're in control of your healthy eating – and feeling good about it.

## Losing weight



### Too thin?

If you start out at a healthy weight, cutting down the fat in your diet, without replacing the lost calories, might result in unwanted weight loss. No-one wants to be too thin, so try consciously eating larger portions of food – a little extra at each meal and some between-meal snacks if you can fit them in.

At mealtimes try eating bigger helpings of breads, cereals (eg. breakfast cereals, pasta, rice, cous-cous) and potatoes and include more of the foods containing unsaturated fat – oily fish, avocado pears and olive or rapeseed oil. Also, have between-meal snacks of breads, crackers, unsalted nuts (almonds, hazelnuts, walnuts, peanuts, pistachio and pecan), and dried fruit (raisins, dried apricots, prunes).

### Overweight?

People who are overweight can reduce their calorie intake by eating more healthily but will also need to watch portion sizes of some foods. If you're overweight – which applies to well over half of all adults in the UK – much of this booklet is relevant for you. However, controlling your weight will mean restricting your total calorie intake a little – usually by about 500k calories a day. The daily eating plans shown on pages 22 and 23 are based on 2,000k calories and 2,500k calories. For losing weight you would probably only need to consume 1,500k calories or 1,800k calories a day. The British Heart Foundation booklet 'So you want to lose weight ... for good' takes you through the practicalities of losing weight and keeping it off – whether you're male or female.



Before you begin cooking these mouthwatering recipes you may find it helpful to read through the following points.

Both metric and imperial measurements are given for the recipes. Follow either set of measures, not a mixture of both, as they are not interchangeable.



All spoon measures are level unless otherwise stated. Sets of measuring spoons are available in metric and imperial for accurate measurements.

All eggs used in the recipes are medium, unless otherwise stated.



Some of the recipes may contain raw or lightly cooked eggs – these recipes are not recommended for babies and young children, pregnant mums, the elderly and those convalescing.

Some of the recipes may contain nuts or dairy products.

When choosing canned fish, remember that these are now available in spring water rather than brine or oil. Try to buy chick peas, kidney beans etc in water. If you do buy them in salted water, rinse them in water and drain before using.

If you can't get fresh vegetables, choose frozen rather than vegetables canned in salted water.

Where necessary, we recommend the use of home made stock or water in our recipes as most proprietary stock cubes made up with water contain large amounts of salt. Add herbs and freshly ground black pepper for extra flavour, but remember not to add salt to taste. By adding salt you will be increasing the salt content of the recipe. See page 18 for more information on salt.



## Recipes

### Soups and starters

Carrot and coriander soup	44
Leek and potato soup	45
Herby chicken liver paté	46
Grilled vegetable bruschetta	47

### Main meals

Oven-baked salmon with lemon and fresh herbs	48
Fisherman's pie	49
Chicken paprika	50
Lamb and pepper kebabs	51
Country beef casserole	52
Spaghetti bolognese	53
Chunky vegetable chilli	54

### Light meals and lunches

Chicken rice salad	55
Two fillings and toppings for baked potatoes and baguettes	56
Three-bean pasta twist salad	57
Tasty cheese and tomato pizza	58

### Desserts

Apple and raspberry oatmeal crumble	59
Spicy grilled fruit with vanilla yoghurt	60
Summer pudding	61
Lemon delicious	62

### Healthy snacks and bakes

Fruity breakfast muffins	63
Banana and honey teabread	64

### Recipes from around the world

Plain naan bread (without fat)	65
Vegetable biryani	66
Chick peas and potatoes	67
Split mung dahl (dry dahl)	68
Curried meatballs	69
Special vegetarian stir-fried rice	70
Shredded chicken and beansprouts served on a bed of crispy noodles	71
Sweet potato and callaloo (or spinach) pie	72
Rice and peas	73
Jerk chicken	74

## Carrot and coriander soup

2 teaspoons olive oil  
 2 onions, chopped  
 1 teaspoon ground coriander  
 700g (1lb 9oz) carrots, sliced  
 850ml (1½ pints) home-made vegetable stock  
 Freshly ground black pepper, to taste  
 2 tablespoons chopped fresh coriander  
 Fresh coriander sprigs, to garnish



**1** Heat oil in large saucepan. Add onions and sauté gently for 5 minutes or until softened. Add ground coriander and cook for 1 minute, stirring.

**2** Add carrots, stock and black pepper. Bring to boil, then reduce heat, cover and simmer for 25-30 minutes, or until carrots are tender.

**3** Remove pan from heat and cool slightly, then purée mixture in blender or food processor until smooth.

**4** Return soup to rinsed-out pan. Stir in chopped coriander and reheat gently until hot. Ladle into soup bowls and garnish with coriander sprigs. Serve with warm fresh bread rolls or crusty bread.

*Serves 6*

**Cook's Tip:** Stir in finely grated zest and juice of 1 orange, just before serving, if desired.

## Leek and potato soup

450g (1lb) leeks  
 2 teaspoons sunflower oil  
 1 onion, thinly sliced  
 350g (12oz) potatoes, scrubbed and coarsely chopped  
 850ml (1½ pints) home-made vegetable or chicken stock  
 1 bay leaf  
 300ml (½ pint) semi-skimmed milk  
 Freshly ground black pepper, to taste  
 2 tablespoons chopped fresh chives, to garnish

**1** Wash leeks thoroughly under running water, then slice leeks. Heat oil in non-stick saucepan, add leeks and onion, cover and cook gently for 8-10 minutes, or until softened, stirring occasionally.

**2** Stir in potatoes, add stock and bay leaf and bring to boil. Reduce heat, cover and simmer for 25-30 minutes or until vegetables are cooked and tender. Remove and discard bay leaf.

**3** Remove pan from heat and cool slightly, then purée mixture in blender or food processor until smooth.

**4** Return soup to rinsed-out pan. Stir in milk and season to taste with black pepper. Re-heat gently until hot, stirring. Ladle into soup bowls, garnish with a sprinkling of chives and serve with fresh crusty bread.

*Serves 6*

## Herby chicken liver paté

2 teaspoons olive oil  
 1 small red onion, chopped  
 2 cloves garlic, crushed  
 400g (14oz) chicken livers, cleaned,  
 trimmed and roughly chopped  
 1 tablespoon brandy (optional)  
 3 tablespoons low fat plain fromage frais  
 2 tablespoons chopped fresh mixed herbs  
 Freshly ground black pepper, to taste  
 Fresh herb sprigs, to garnish

**1** Heat oil in non-stick saucepan. Add onion and garlic and sauté for 5 minutes or until soft. Add livers and sauté for 5-7 minutes, or until cooked.

**2** Remove pan from heat and cool slightly. Stir in brandy, if using, fromage frais, chopped herbs and black pepper and mix well.

**3** Put mixture in blender or food processor and blend until smooth. Transfer to a serving dish, cool, then cover and chill before serving (mixture will firm up a little once cooled and chilled).

**4** Garnish with herb sprigs and serve with toast, oatcakes or crackers.

*Serves 6*

---

**Cook's Tip:** Use lamb's livers, cut into thin strips, in place of chicken livers.

---

## Grilled vegetable bruschetta

1 red or yellow pepper, seeded and sliced into strips  
 1 courgette, halved and thinly sliced lengthways  
 1 red onion, thinly sliced  
 2 large plum or vine tomatoes, thickly sliced  
 1 tablespoon olive oil  
 2 teaspoons wholegrain mustard  
 Freshly ground black pepper, to taste  
 1 ciabatta loaf, cut into 8 equal portions,  
 or 8 slices from a large baguette  
 1 clove garlic, halved  
 Shredded fresh basil leaves, to garnish

**1** Preheat grill to high and line grill rack with foil. Place pepper, courgette, onion and tomatoes in large bowl. Whisk together oil, mustard and black pepper, then drizzle over vegetables and toss gently to mix.

**2** Spread vegetables in single layer on grill rack. Grill for 4-5 minutes on each side, or until lightly browned. Set aside and keep warm.

**3** Toast bread slices on both sides under grill and, while still hot, rub garlic halves over one side of each piece of toast.

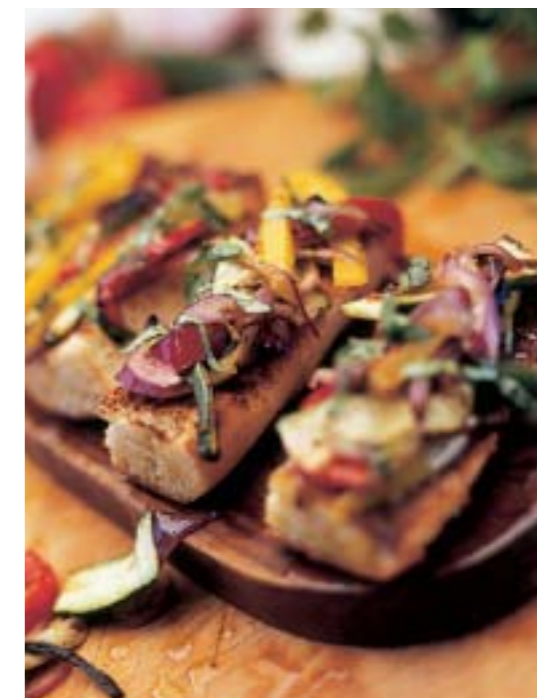
**4** Divide grilled vegetables between toast slices, piling them onto garlicky sides. Garnish with shredded basil and serve immediately.

*Serves 8*

---

**Cook's Tips:** If your grill pan is not big enough to cook all the vegetables at the same time, simply grill half the vegetables as instructed, then remove them and keep warm, while grilling remaining vegetables. The same applies to toasting the bread – toast it in two batches, if necessary.

---





## Oven-baked salmon with lemon and fresh herbs

Finely grated zest and juice of 1 large lemon  
 2 teaspoons olive oil  
 1 teaspoon clear honey  
 1 tablespoon chopped fresh tarragon  
 1 tablespoon chopped fresh parsley  
 Freshly ground black pepper, to taste  
 4 salmon steaks, about 140-175g (5-6oz) each  
 Fresh tarragon sprigs and lemon slices, to garnish



**1** Preheat oven to 200°C/400°F/Gas Mark 6. Place lemon zest and juice, oil, honey, chopped herbs and black pepper in small bowl and whisk together until thoroughly mixed.

**2** Place salmon in ovenproof dish and pour over lemon mixture. Cover dish loosely with foil, making sure it does not touch the fish.

**3** Bake in oven for 20-25 minutes or until fish is cooked and tender and flesh is just beginning to flake.

**4** Using a fish slice, place fish on serving plates; drizzle a little of cooking juices over fish and garnish with tarragon sprigs and lemon slices. Serve with cooked vegetables such as green beans, baby sweetcorn and new potatoes.

*Serves 4*

**Cook's Tip:** Use cod steaks in place of salmon steaks.

## Fisherman's pie

700g (1lb 9oz) potatoes, washed and chopped  
 300g (10½oz) skinless boneless cod or haddock fillet  
 300g (10½oz) skinless salmon fillet  
 300ml (½ pint) semi-skimmed milk, plus a little extra for mashed potatoes  
 2 bay leaves  
 25g (1oz) unsaturated margarine  
 2 small leeks, washed and sliced  
 115g (4oz) mushrooms, sliced  
 25g (1oz) plain flour (white or wholemeal)  
 115g (4oz) frozen peas  
 2 tablespoons chopped fresh parsley  
 Freshly ground black pepper, to taste  
 Fresh parsley sprigs, to garnish

**1** Preheat oven to 190°C/375°F/Gas Mark 5. Grease an ovenproof pie dish and set aside. Cook potatoes in a saucepan of boiling water until tender. Drain well, set aside and keep hot.

**2** Meanwhile, place fish in saucepan with milk and bay leaves. Bring slowly to boil, then poach gently for about 8-10 minutes, or until fish is tender and flakes easily. Remove fish to a plate using slotted spoon. Flake fish; set aside.

Strain cooking liquid into jug; discard bay leaves. Set aside.

**3** Melt margarine in saucepan, add leeks and mushrooms and sauté for 5 minutes. Stir in flour and cook gently for 1 minute. Gradually stir in flavoured milk, stirring until sauce is thickened and smooth. Simmer for 2 minutes, stirring.

**4** Remove pan from heat and stir in flaked fish, peas, chopped parsley and black pepper.

Spoon fish mixture into prepared dish. Mash potatoes with a little milk until soft and creamy; season to taste with black pepper. Pile or pipe potatoes on top of fish mixture.

**5** Bake in oven for about 30 minutes or until golden brown and piping hot. Garnish with parsley sprigs and serve with cooked vegetables such as broccoli florets and baby carrots.

*Serves 6*

## Chicken paprika

4 chicken portions such as chicken breasts or legs

Plain flour, for coating chicken

Freshly ground black pepper, to taste

2 teaspoons olive oil

2 red onions, chopped

1 clove garlic, crushed

1 tablespoon paprika, plus extra to garnish

150ml (1/4 pint) hot home-made chicken stock

150ml (1/4 pint) low fat natural yoghurt

Chopped fresh parsley, to garnish

**1** Skin chicken portions and remove and discard all visible fat. Coat chicken in flour seasoned with black pepper. Heat oil in large non-stick pan. Add chicken portions and sauté until golden all over, turning once. Remove chicken to a plate and set aside.

**2** Add onions and garlic to pan and sauté for 5 minutes. Stir in paprika and half of the stock. Transfer to blender or food processor; blend until well mixed.

**3** Return chicken to pan and add blended sauce. Bring to boil, then reduce heat, cover and simmer for 20 minutes. Add remaining stock and simmer, uncovered, for a further 10 minutes or until chicken is cooked and tender.

**4** Remove chicken to warmed serving platter using slotted spoon; keep hot. Stir yoghurt into sauce and heat gently for about 5 minutes or until hot, but do not allow sauce to boil. Taste and adjust seasoning.

**5** Pour sauce over chicken and garnish with chopped parsley and a sprinkling of paprika. Serve with baked potatoes and cooked vegetables such as cauliflower and peas.

*Serves 4*

## Lamb and pepper kebabs

4 tablespoons red wine

2 teaspoons olive oil

Juice of 1 lemon

1 tablespoon chopped fresh rosemary

Freshly ground black pepper, to taste

350g (12oz) lean boneless leg of lamb, cut into 2.5cm (1in) cubes

1 red and 1 yellow pepper, each seeded and cut into 8-12 pieces

16 button mushrooms

**1** In non-metallic bowl, combine red wine, oil, lemon juice, chopped rosemary and black pepper. Add lamb, turn to coat all over, then cover and refrigerate for at least 2 hours.

**2** Preheat grill to high. Thread lamb, peppers and mushrooms alternately onto 4 metal skewers, dividing evenly. Reserve marinade.

**3** Grill kebabs for 12-18 minutes, or until lamb is cooked and tender, turning occasionally and basting with marinade throughout cooking. Serve with fresh tomato or chilli salsa, baked potatoes and a mixed leaf salad.

*Serves 4*

**Cook's Tips:** Use lean beef or pork in place of lamb. Use chopped fresh mint in place of rosemary.



## Country beef casserole

- 1 tablespoon sunflower oil
- 350g (12oz) lean stewing steak,  
cut into 2.5cm (1in) cubes
- 1 onion, chopped
- 3 tablespoons plain flour
- 450ml (16fl oz) home-made beef stock
- 150ml (1/4 pint) red wine
- 2 tablespoons hot horseradish relish or sauce
- 2 leeks, washed and sliced
- 4 carrots, sliced
- 225g (8oz) button mushrooms
- Freshly ground black pepper, to taste
- Fresh herb sprigs, to garnish



**1** Preheat oven to 170°C/325°F/Gas Mark 3. Heat oil in flameproof, ovenproof casserole dish on hob, add beef and cook for about 5 minutes, or until lightly browned all over. Remove beef to a plate using slotted spoon and keep warm.

**2** Add onion to juices in dish and sauté gently for 5 minutes. Return beef to dish with flour and cook gently for 1 minute, stirring.

**3** Gradually stir in stock and wine and bring to boil, stirring. Stir in horseradish relish or sauce, leeks, carrots, mushrooms and black pepper and mix well.

**4** Cover and cook in oven for about 2 hours, or until beef is cooked and tender. Garnish with herb sprigs and serve with mashed potatoes and cooked vegetables such as peas and green beans.

*Serves 4*

---

**Cook's Tips:** Use lean lamb and home-made lamb stock in place of beef and home-made beef stock. Use home-made beef stock in place of red wine, if desired.

---

## Spaghetti bolognese

- 500g (1lb 2oz) extra-lean minced beef
- 1 onion, chopped
- 1 clove garlic, crushed
- 2 carrots, finely chopped
- 175g (6oz) mushrooms, finely chopped
- 3 sticks celery, finely chopped
- 400g (14oz) can chopped tomatoes
- 2 tablespoons tomato purée
- 2 teaspoons dried Italian herb seasoning or dried mixed herbs
- 300ml (1/2 pint) home-made beef stock
- 150ml (1/4 pint) red wine
- Freshly ground black pepper, to taste
- 400g (14oz) dried spaghetti (white or wholemeal)
- Chopped fresh parsley, to garnish

**1** Place minced beef, onion and garlic in large saucepan and cook gently, stirring occasionally, until mince is lightly browned all over.

**2** Add carrots, mushrooms and celery to pan and cook for 5 minutes. Stir in tomatoes, tomato purée, dried herbs, stock, wine and black pepper.

**3** Bring to boil, then reduce heat, cover and simmer for 1 hour. Uncover pan, increase heat slightly and simmer for 20-30 minutes, to thicken sauce, stirring occasionally.

**4** Meanwhile, cook spaghetti in large saucepan of boiling water until pasta is just cooked or *al dente*. Drain thoroughly.

**5** Pile cooked spaghetti onto warmed serving plates and spoon bolognese sauce over top. Garnish with chopped parsley and serve with mixed green salad.

*Serves 6*

---

**Cook's Tips:** Use home-made beef stock in place of red wine, if desired. Sprinkle bolognese sauce with a little freshly grated or shaved Parmesan cheese, just before serving, if desired.

---

## Chunky vegetable chilli

2 teaspoons sunflower oil  
 1 onion, chopped  
 1 green or red pepper, seeded and diced  
 2 cloves garlic, crushed  
 1 large fresh green chilli, seeded and finely chopped  
 2 teaspoons ground cumin  
 1 teaspoon hot chilli powder  
 400g (14oz) can chopped tomatoes  
 1 tablespoon tomato purée  
 3 carrots, diced  
 175g (6oz) swede, diced  
 175g (6oz) mushrooms, sliced  
 3 sticks celery, finely chopped  
 250ml (9fl oz) home-made vegetable stock  
 Freshly ground black pepper, to taste  
 420g (15oz) can red kidney beans, rinsed and drained  
 Chopped fresh coriander, to garnish



**1** Preheat oven to 180°C/350°F/Gas Mark 4. Heat oil in large flameproof, ovenproof casserole dish on hob. Add onion, pepper, garlic and green chilli and sauté for 5 minutes or until softened.

**2** Add cumin and chilli powder and cook gently for 1 minute, stirring. Stir in tomatoes, tomato purée, carrots, swede, mushrooms, celery, stock and black pepper.

**3** Bring to boil, then cover and cook in oven for 1 hour, stirring once. Stir in kidney beans, cover again and cook in oven for a further 20-30 minutes or until vegetables are tender. Garnish with chopped coriander and serve with boiled brown or white rice.

*Serves 6*

## Chicken rice salad

225g (8oz) long grain brown rice  
 350g (12oz) cooked skinless, boneless chicken, chopped  
 ½ cucumber, halved and thinly sliced  
 1 bunch of spring onions, chopped  
 1 red pepper, seeded and chopped  
 115g (4oz) sugar-snap peas, chopped  
 200g (7oz) can sweetcorn kernels, rinsed and drained  
 8-10 tablespoons low fat ready-made French-style dressing  
 2 tablespoons chopped fresh basil or flat-leaf parsley  
 Freshly ground black pepper, to taste  
 Fresh basil or flat-leaf parsley sprigs, to garnish

**1** Cook rice in pan of boiling water until just tender. Drain, rinse under cold running water, and drain again. Transfer to a salad bowl.

**2** Add chicken, cucumber, spring onions, red pepper, sugar-snap peas and sweetcorn kernels and stir to mix.

**3** Add French-style dressing, chopped herbs and black pepper and toss together to mix well.

**4** Garnish with herb sprigs and serve with mixed green salad and fresh crusty bread.

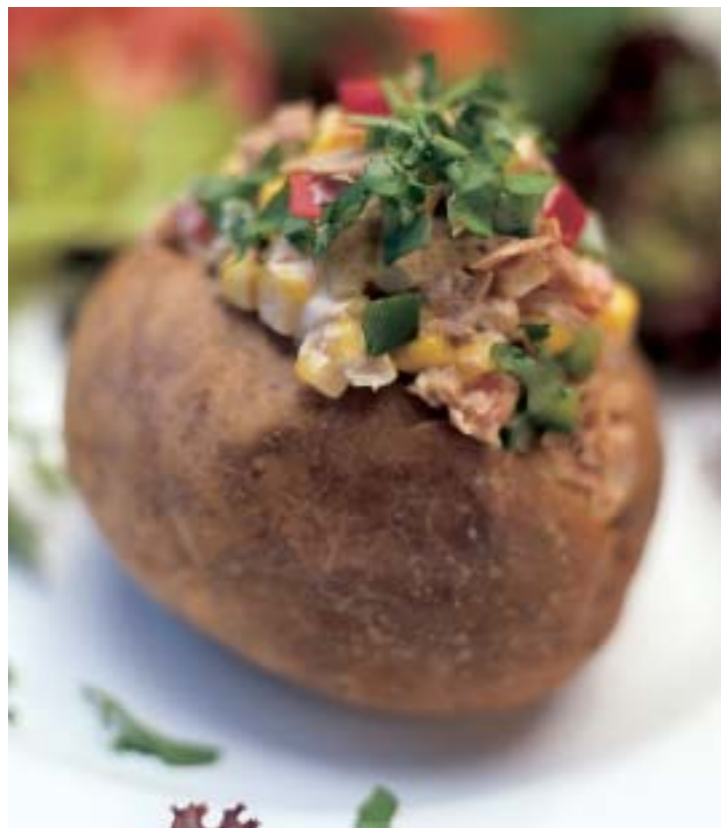
*Serves 6*

**Cook's Tips:** Use canned (drained) flaked tuna, or chopped cooked turkey or lean ham in place of chicken. Use ready-made low fat salad dressing of your choice, such as thousand island, herb and garlic or honey and mustard, in place of French-style dressing.

## Two fillings/toppings for baked potatoes and baguettes

The following can be used for filling/topping baked potatoes, warm or cold petit baguettes, warm panini, warm ciabatta rolls and toasted bagels.

Simply make up filling/topping as directed and use to top or fill baked potatoes, baguettes, etc. Each filling/topping is enough for 2 servings i.e. to fill/top 2 baked potatoes, to fill 2 petit baguettes.



### Suggested Fillings/toppings

#### Cheese, tomato and chives

85g (3oz) finely grated reduced-fat cheddar or reduced-fat red Leicester cheese combined with 2 chopped plum tomatoes and 2 tablespoons chopped fresh chives.

#### Tuna, sweetcorn and pepper

200g (7oz) can tuna fish or salmon (canned in spring water), drained and flaked, combined with 200g (7oz) can mixed sweetcorn and peppers (drained), 3 tablespoons low-fat mayonnaise or salad cream and 1-2 tablespoons chopped fresh parsley.

**Cook's Tip:** To serve 4 people, simply double-up on the ingredients given for each filling/topping.

## Three-bean pasta twist salad

### For pasta salad:

225g (8oz) fusilli pasta  
(white or whole-wheat)  
175g (6oz) frozen baby broad beans  
420g (15oz) can black-eye beans,  
rinsed and drained  
220g (8oz) can red kidney beans,  
rinsed and drained  
1 red or yellow pepper, seeded and diced  
1 bunch of spring onions, chopped

### For dressing:

150ml (1/4 pint) tomato juice  
2 teaspoons olive oil  
2 teaspoons balsamic vinegar  
2 teaspoons Dijon mustard  
1 clove garlic, crushed  
2 tablespoons chopped fresh coriander  
Freshly ground black pepper, to taste  
Fresh coriander sprigs, to garnish

**1** Make dressing. Place all dressing ingredients in small bowl and whisk together until thoroughly mixed. Set aside.

**2** Prepare salad. Cook pasta in large saucepan of boiling water until just cooked or *al dente*. Meanwhile, cook baby broad beans in saucepan of boiling water for 3-5 minutes, or until tender. Rinse broad beans under cold running water and drain. Drain pasta and place in salad bowl.

**3** Give dressing a quick whisk, then pour over warm pasta and toss to mix well. Add broad beans, black-eye beans, kidney beans, red or yellow pepper and spring onions and toss to mix well.

**4** Serve warm or cold. Garnish with coriander sprigs and serve with fresh crusty bread.

### Serves 6

**Cook's Tips:** Use chopped fresh basil and basil sprigs in place of coriander. Use passata in place of tomato juice.

## Tasty cheese and tomato pizza

2 teaspoons olive oil  
 1 red onion, thinly sliced  
 225g (8oz) plain flour (white or wholemeal)  
 2 teaspoons baking powder  
 55g (2oz) unsaturated margarine  
 About 100ml (3½ fl oz) semi-skimmed milk  
 4 tablespoons passata  
 1 tablespoon tomato purée  
 1½ teaspoons dried Italian herb seasoning or dried mixed herbs  
 Freshly ground black pepper, to taste  
 3 small plum tomatoes, sliced  
 85g (3oz) reduced-fat mature cheddar cheese, finely grated  
 Fresh basil sprigs, to garnish

**1** Preheat oven to 200°F/400°F/Gas Mark 6. Lightly grease baking sheet or pizza plate and set aside. Heat oil in pan, add onion and sauté for 5 minutes or until softened. Remove pan from heat; set aside.

**2** Make scone dough. Sift flour and baking powder into bowl and lightly rub in margarine until mixture resembles breadcrumbs. Stir in enough milk to form a soft dough; knead lightly.

**3** Roll out dough on lightly floured surface to form a circle about 25cm (10in) in diameter. Place dough round on prepared baking sheet or pizza plate.

**4** Mix together passata, tomato purée, mixed herbs and black pepper and spread evenly over dough. Top with sautéed onion. Arrange tomato slices on top and sprinkle with cheese.

**5** Bake for about 30-35 minutes or until pizza base is cooked and cheese is golden and bubbling. Garnish with basil sprigs, cut into wedges and serve with mixed baby leaf salad.

**Serves 6**

**Cook's Tips:** Use standard onion in place of red onion. Add 1 crushed clove garlic with onion, if desired.

## Apple and raspberry oatmeal crumble

85g (3oz) plain flour (white or wholemeal)  
 55g (2oz) medium oatmeal  
 55g (2oz) unsaturated margarine  
 70g (2½ oz) light soft brown sugar  
 1 teaspoon ground cinnamon  
 3 eating apples, peeled, cored and thinly sliced  
 225g (8oz) fresh raspberries  
 2 tablespoons unsweetened apple juice  
 1 tablespoon clear honey

**1** Preheat oven to 180°C/350°F/Gas Mark 4. Put flour and oatmeal in bowl and stir to mix. Lightly rub in margarine until mixture resembles breadcrumbs. Stir in sugar and cinnamon.

**2** Place apples and raspberries in ovenproof dish. Mix together apple juice and honey, pour over fruit and stir gently to mix. Spoon crumble mixture evenly over fruit so that it is completely covered.

**3** Bake in oven for about 45 minutes, or until golden brown. Serve hot or cold with low fat custard or ice cream.

**Serves 6**

**Cook's Tips:** Use fresh blueberries in place of raspberries. Use dessert pears in place of apples. Use ground mixed spice or ginger in place of cinnamon.



## Spicy grilled fruit with vanilla yoghurt

3 tablespoons clear honey  
 2 tablespoons unsweetened apple juice  
 2 teaspoons ground mixed spice  
 1 ripe mango, peeled and flesh sliced off the stone  
 1 small pineapple, peeled, cored and sliced  
 2 eating apples, peeled, cored and sliced  
 2 pears, peeled, cored and sliced  
 175g (6oz) half-fat Greek-style natural yoghurt  
 150g (5½ oz) pot low fat natural yoghurt  
 Few drops of vanilla extract or essence

**1** Preheat grill to high. In small bowl, mix together 2 tablespoons honey with the apple juice and mixed spice; set aside.

**2** Cover grill rack with foil. Lay half the prepared fruit slices on grill rack. Drizzle over half the spiced honey mixture. Grill for about 10 minutes or until slightly softened, turning fruit once. Remove fruit to a serving platter and keep warm while you repeat with remaining fruit and honey mixture.

**3** Meanwhile, put Greek-style and low fat natural yoghurts in bowl with vanilla extract or essence and remaining honey. Stir gently to mix well.

**4** Serve warm grilled fruit with vanilla yoghurt spooned alongside.

**Serves 6**

**Cook's Tips:** Use ground cinnamon or ginger in place of mixed spice. Replace 1 tablespoon apple juice with brandy, if desired. This grilled fruit is also delicious served for breakfast or brunch.



## Summer pudding

225g (8oz) fresh or frozen mixed fruit such as raspberries, loganberries, blackcurrants and redcurrants  
 150ml (¼ pint) water  
 Caster sugar, to taste  
 4-6 medium slices of bread from a large loaf (white or wholemeal), crusts removed  
 Fresh redcurrant sprigs and mint leaves, to decorate

**1** Put fruit into saucepan, add water, cover and cook gently until fruit is tender. Remove pan from heat and add enough sugar to sweeten to taste.

**2** Reserve 1 slice of bread. Cut remaining bread slices into fingers and use about two-thirds of bread fingers to line a 600ml (1 pint) pudding basin.

**3** Half-fill bread-lined basin with half of fruit and top with layer of remaining bread fingers. Spoon remaining fruit into basin and top this with lid of bread using reserved slice of bread, shaped to fit.

**4** Pour over any remaining fruit juices and cover with a plate that just fits inside basin. Place a weight on top of plate, cool, then chill for several hours or overnight before serving.

**5** Carefully unmould pudding onto serving plate and decorate with redcurrant sprigs and mint leaves. Serve with low fat custard or fromage frais.

**Serves 4**

## Lemon delicious

55g (2oz) unsaturated margarine  
 115g (4oz) caster sugar  
 2 eggs, separated  
 85g (3oz) self-raising flour, sifted  
 Finely grated zest and juice of 1 large lemon  
 300ml (1/2 pint) semi-skimmed milk

**1** Preheat oven to 180°C/350°F/Gas Mark 4. Grease an 850ml (1 1/2 pint) ovenproof dish and set aside.

**2** Put margarine, sugar, egg yolks, flour, lemon zest and juice and milk into blender or food processor and blend until well mixed. Pour mixture into bowl and set aside.

**3** In separate bowl, whisk egg whites until stiff; fold them into blended mixture. Transfer mixture into prepared dish. Stand dish in roasting tin and add enough cold water to come halfway up sides of dish.

**4** Bake in oven for about 45 minutes or until top is pale golden, set and spongy to touch (this pudding separates out during cooking into a lemon custard layer with a sponge topping). Serve with fresh fruit such as raspberries or sliced strawberries.

*Serves 6*

## Fruity breakfast muffins

200g (7oz) plain flour (white or wholemeal)  
 1 tablespoon baking powder  
 1 1/2 teaspoons ground cinnamon  
 115g (4oz) small fresh raspberries  
 55g (2oz) unsaturated margarine, melted  
 55g (2oz) light soft brown sugar  
 1 egg, beaten  
 200ml (7fl oz) semi-skimmed milk



**1** Preheat oven to 200°C/400°F/Gas Mark 6. Line nine muffin tins with paper cases; set aside. Combine flour, baking powder and cinnamon in large bowl; stir in raspberries.

**2** Mix together melted margarine, sugar, egg and milk in separate bowl, then pour this over flour mixture.

**3** Gently fold ingredients together – just enough to combine them. (The mixture will look quite lumpy; this is correct, as over-mixing will produce heavy muffins).

**4** Divide mixture evenly between muffin cases. Bake in oven for about 20 minutes or until risen and golden brown. Transfer to wire rack to cool. Serve warm.

*Makes 9 muffins*

**Cook's Tips:** Use 115g (4oz) fresh blueberries or blackberries or 1 cooking apple, peeled, cored and chopped, in place of raspberries. Use ground mixed spice in place of cinnamon.



## Banana and honey teabread

115g (4oz) unsaturated margarine  
 115g (4oz) light soft brown sugar  
 115g (4oz) set honey  
 2 eggs, beaten  
 225g (8oz) self-raising flour (white or wholemeal)  
 ½ teaspoon ground nutmeg or cinnamon  
 2 large bananas  
 Squeeze of lemon juice

**1** Preheat oven to 180°C/350°F/Gas Mark 4. Lightly grease and line a 900g (2lb) loaf tin. Beat together margarine, sugar and honey in bowl, until light and fluffy. Gradually beat in eggs, then fold in flour and nutmeg or cinnamon.

**2** Peel bananas; mash flesh with a little lemon juice. Fold mashed bananas into teabread mixture until well mixed. Spoon mixture into prepared tin and level surface.

**3** Bake in oven for 1-1¼ hours or until risen, golden brown and firm to touch. If necessary, cover lightly with non-stick baking paper or foil towards end of cooking time to prevent top of loaf over-browning.

**4** Cool for few minutes in tin; turn out onto wire rack and serve warm or cold in slices.

*Makes 12 slices*

**Cook's Tip:** Fold in 55g (2oz) chopped walnuts or chopped pitted dried dates with mashed bananas, if desired.



## Plain naan bread (without fat)

175g (6oz) self-raising white flour  
 55g (2oz) self-raising wholemeal flour  
 Lukewarm water, to mix

**1** Put flours in bowl and stir to mix. Stir in enough lukewarm water, mixing to form a dough.

**2** Knead dough well until smooth. Place dough in bowl, cover and leave to rise in warm place for about 2 hours or until doubled in size.

**3** Preheat grill and grill pan to its highest temperature. Divide dough into 4 equal balls. Roll out each dough ball on lightly floured surface to an oval or tear-shape.

**4** Put naan breads on hot grill pan and grill until they puff up and are speckled with brown spots. Naan cook very quickly so watch them constantly. Turn over and cook second side.

**5** Wrap cooked naan breads in clean tea towel until ready to serve. Serve warm with curry.

*Makes 4 naan bread*

## Vegetable biryani

225g (8oz) basmati rice  
 55g (2oz) fresh peas (shelled weight)  
 25g (1oz) each of carrots and potatoes, diced  
 25g (1oz) each of seeded red and green pepper, chopped  
 55g (2oz) French beans, chopped  
 1 small onion, finely chopped  
 1 teaspoon tomato purée  
 1 teaspoon garam masala  
 ½ teaspoon each of hot chilli powder and ground turmeric  
 ½ teaspoon toasted cumin seeds  
 4 cashew nuts, toasted and chopped  
 Fresh herb sprigs, to garnish



**1** Preheat oven to 150°C/300°F/Gas Mark 2. Lightly grease an ovenproof dish and set aside. Rinse rice and place it in saucepan. Cover with boiling water, bring to boil, then reduce heat, cover and cook until tender. Drain well, set aside and keep hot.

**2** Cook peas, carrots, potatoes, peppers and French beans in pan of boiling water until tender. Drain well and return to pan. Add onion, tomato purée and ground spices to vegetables and stir to mix.

**3** Put half of the rice in prepared dish; spread vegetable mixture on top. Spoon remaining rice on top, spreading it evenly and covering vegetables completely.

**4** Sprinkle with cumin seeds and chopped cashew nuts; cover with foil. Warm through in oven for about 20 minutes before serving. Garnish with herb sprigs and serve with warm chapattis.

*Serves 4*

## Chick peas and potatoes

2 teaspoons sunflower oil  
 1 teaspoon cumin seeds  
 3 x 2.5cm (1in) cinnamon sticks  
 3 whole cloves  
 1 whole dried red chilli  
 1 small onion, chopped  
 2 small green chillies, seeded and finely chopped  
 2 teaspoons grated fresh root ginger  
 1 clove garlic, crushed  
 1 tablespoon tamarind paste

400ml (14fl oz) canned tomatoes (liquidised) or passata  
 1 teaspoon garam masala  
 ½ teaspoon each of ground cumin and ground coriander  
 ½ teaspoon ground cinnamon  
 ½ teaspoon ground cloves  
 115g (4oz) potatoes, diced  
 400g (14oz) can chick peas, rinsed and drained  
 1 tablespoon chopped fresh coriander  
 Fresh coriander sprigs, to garnish

**1** Heat oil in large non-stick pan. Add cumin seeds, cinnamon sticks, whole cloves and dried red chilli and sauté until lightly browned.

**2** Add onion and sauté until softened. Add green chillies, ginger and garlic and sauté for 1 minute.

**3** Add tamarind paste, tomatoes or passata and ground spices and cook until specks of oil can be seen floating on top of mixture. Add potatoes and chick peas and mix well.

**4** Bring to boil, then reduce heat, cover and simmer for about 15-20 minutes, or until potatoes are cooked and tender.

**5** Stir in chopped coriander. Garnish with coriander sprigs and serve with warm naan bread.

*Serves 4*

**Cook's Tip:** Use sweet potatoes in place of standard potatoes.

## Split mung dhal (dry dhal)

225g (8oz) split mung dhal  
 2 teaspoons rapeseed oil  
 1 whole dried red chilli  
 1 teaspoon each of mustard seeds and fenugreek seeds  
 3 x 2.5cm (1in) cinnamon sticks  
 4 whole cloves  
 ½ teaspoon asafoetida  
 1 small onion, chopped  
 1 teaspoon grated fresh root ginger

1 large cooking apple, peeled, cored and chopped  
 2 tomatoes, skinned and chopped  
 1 teaspoon each of ground coriander and ground cumin  
 1 teaspoon garam masala  
 ½ teaspoon ground turmeric  
 ½ teaspoon crushed dried red chillies or chilli powder  
 50ml (2fl oz) water  
 2 tablespoons chopped fresh coriander

**1** Rinse and drain dhal. Place dhal in large bowl, cover with cold water and leave to soak for 2 hours. Rinse and drain thoroughly.

**2** Heat oil in large non-stick pan, add dried red chilli, mustard and fenugreek seeds, cinnamon sticks, whole cloves, asafoetida and onion and sauté until onions are lightly browned. Add ginger and sauté for 1 minute.

**3** Add soaked dhal, apple and tomatoes and mix well. Add ground spices, crushed chillies or chilli powder and water and mix well. Bring to boil, then reduce heat, cover and simmer for about 15 minutes, or until cooked.

**4** Stir in chopped coriander. Serve with warm naan bread or chapattis.

*Serves 4*

## Curried meatballs

500g (1lb 2oz) extra lean minced beef or lamb  
 1 clove garlic, crushed  
 1 onion, finely chopped  
 1 teaspoon garam masala  
 ½ teaspoon coarsely ground black pepper  
 1 teaspoon sunflower oil  
 1 teaspoon cumin seeds  
 1 teaspoon grated fresh root ginger  
 400g (14oz) can chopped tomatoes  
 1 tablespoon tomato purée  
 ½ teaspoon ground turmeric  
 Fresh herb sprigs, to garnish

**1** Preheat grill to medium. In bowl, combine minced meat, garlic, half the onion, garam masala and black pepper. Divide meat mixture into 24 equal portions and roll each portion into a ball.

**2** Put meatballs on rack in grill pan and grill until browned all over, turning occasionally, and allowing fat to drain away from meatballs.

**3** Heat oil in large non-stick pan, add cumin seeds and remaining onion and sauté until onions are softened. Add ginger and sauté for 1 minute. Stir in tomatoes, tomato purée and turmeric.



**4** Bring to boil, reduce heat, cover and simmer for 10 minutes. Add meatballs and simmer for a further 20 minutes or until meatballs are cooked.

**5** Garnish with herb sprigs and serve with plain boiled rice and a mixed leaf salad.

*Serves 6*

## Special vegetarian stir-fried rice

- 2 teaspoons sunflower oil
- 1 carrot, cut into julienne (matchstick) strips
- 55g (2oz) seeded red pepper, cut into thin strips
- 2 spring onions, chopped
- 200g (7oz) cooked hot rice
- 55g (2oz) frozen peas, thawed
- 55g (2oz) canned sweetcorn kernels (drained weight)
- 1-2 teaspoons chilli sauce, or to taste
- Freshly ground black pepper, to taste
- 1 teaspoon toasted sesame seeds



**1** Heat oil in non-stick wok or frying pan over medium-high heat, add carrot, red pepper and spring onions and stir-fry for 1-2 minutes.

**2** Add cooked rice, peas and sweetcorn and stir-fry for 3-4 minutes.

**3** Add chilli sauce, black pepper and sesame seeds and stir-fry to mix. Serve immediately.

*Serves 1*

**Cook's Tip:** Use 1 small courgette in place of carrot. Use baby sweetcorn, sliced, or 1 beaten egg in place of sweetcorn kernels.

## Shredded chicken and beansprouts served on a bed of crispy noodles

- 2 teaspoons light soy sauce
- 2 teaspoons cornflour
- Freshly ground black pepper, to taste
- 100g (3½ oz) skinless boneless chicken breast, cut into thin strips
- 1 block/cake (about 60g/2¼ oz) of dried Chinese medium egg noodles
- 2 teaspoons sunflower oil
- 1 clove garlic, thinly sliced
- 2 shallots, thinly sliced
- 1 teaspoon finely chopped fresh root ginger
- 150ml (¼ pint) hot home-made chicken stock
- 85g (3oz) mangetout
- 55g (2oz) beansprouts
- Fresh flat-leaf parsley sprigs, to garnish

**1** Combine soy sauce, 1 teaspoon cornflour and black pepper in bowl. Add chicken strips and turn to coat all over in soy sauce mixture. Cover and set aside to marinate in cool place for about 1 hour.

**2** Cook noodles in pan of boiling water, according to packet instructions, until cooked and tender. Drain thoroughly; set aside.

**3** Heat 1 teaspoon oil in non-stick wok or frying pan over medium-high heat, add garlic and stir-fry for 30 seconds. Add cooked noodles and stir-fry until noodles are crispy. Transfer to serving plate and keep hot.

**4** Heat remaining oil in wok, add chicken strips and marinade, shallots and ginger and stir-fry for a few minutes, or until chicken is just cooked.

**5** Add hot stock and stir-fry for a further 2-3 minutes. Add mangetout and beansprouts and stir-fry for 1 minute. Blend remaining cornflour with a little water, add to wok and stir-fry until sauce comes to boil and thickens slightly.

**6** Spoon chicken mixture over crispy noodles. Garnish with parsley sprigs and serve immediately with chilli sauce.

*Serves 1*

**Cook's Tip:** Use turkey breast or lean beef or lamb in place of chicken.

## Sweet potato and callaloo (or spinach) pie

- 2 teaspoons sunflower oil
- 1 onion, chopped
- 2 spring onions, chopped
- 2 cloves garlic, crushed
- 1 teaspoon chopped fresh thyme
- 4 tomatoes, chopped
- 525g (1lb 3oz) fresh callaloo greens, frozen or canned, or an equal amount of cooked spinach, drained
- Freshly ground black pepper, to taste
- 1kg (2¼ lb) sweet potatoes, peeled and cut into 5mm/¼ in slices
- ½ teaspoon ground allspice

**1** Preheat oven to 180°C/350°F/Gas Mark 4. Grease ovenproof baking dish; set aside. Heat oil in non-stick frying pan, add onion, spring onions, garlic, chopped thyme, tomatoes, drained callaloo or spinach and black pepper and sauté for 5 minutes. Stir well, then remove pan from heat.

**2** Place half the sweet potato slices in base of prepared dish. Spoon callaloo (or spinach) mixture evenly over top, finish

with a second layer of potato slices, covering callaloo mixture completely. Sprinkle with allspice and cover with greaseproof paper.

**3** Bake in oven for about 45 minutes or until potatoes are thoroughly cooked and tender. Serve with fresh tomato sauce.

*Serves 4*

---

**Cook's Tip:** Sprinkle top of cooked pie with finely grated reduced-fat cheddar or Edam cheese and brown under grill before serving, if desired.

---

## Rice and peas

- 250g (9oz) dried red peas or red kidney beans
- 350ml (12fl oz) home-made vegetable stock
- 6 spring onions, chopped
- 2 sprigs of fresh thyme
- Freshly ground black pepper, to taste
- 400g (14oz) long-grain white rice
- 1 whole scotch bonnet pepper or 1 fresh red chilli



**1** Put peas or beans in large bowl, cover with cold water and leave to soak overnight.

**2** Drain peas or beans, place in large, heavy-based saucepan and add enough water to cover. Bring to boil and boil rapidly for 10 minutes. Drain and discard water.

**3** Return peas or beans to pan and cover with fresh water. Bring to boil, then reduce heat, cover and simmer for about 2 hours or until tender. Drain well.

**4** Return cooked peas or beans to rinsed-out pan. Add vegetable stock, spring onions, thyme, black pepper and rice to peas or beans. Top up with water, so that there is about 2½ times as much liquid as rice and peas.

**5** Place whole pepper or chilli on top and bring to boil. Reduce heat, cover and simmer for about 25-30 minutes or until all of liquid is absorbed and rice is tender. Do not stir while cooking or allow pepper or chilli to burst!

**6** Remove and discard pepper or chilli and thyme stalks. Lightly fluff up rice and peas using fork. Serve.

*Serves 6*

---

**Cook's Tip:** Add 2 crushed cloves garlic and 1 cinnamon stick with spring onions, if desired. Remove and discard cinnamon stick before serving.

---

## Jerk chicken

- 1 oven-ready chicken (about 1.3kg/3lb), cut into quarters, skin removed
- 1 lime, cut in half
- 1 teaspoon sunflower oil
- 2 tablespoons jerk seasoning or 3 tablespoons jerk marinade
- 1 tablespoon dark rum (optional)



**1** Rub chicken quarters with lime, rinse and pat dry.

**2** Combine oil, jerk seasoning or marinade and rum, if using, in large non-metallic bowl. Add chicken quarters and rub jerk mixture thoroughly into chicken.

**3** Cover and leave to marinate in cool place for at least 4 hours, or preferably overnight.

**4** Preheat oven to 180°C/350°F/Gas Mark 4 or light barbecue. Place chicken quarters on baking sheet and roast in oven for about 45 minutes or until thoroughly cooked and very tender. Alternatively, slowly grill chicken over barbecue until cooked and very tender. Serve with rice and peas.

*Serves 4*

## Weights and measures chart

Weight		Volume		Linear	
Metric	Imperial	Metric	Imperial	Metric	Imperial
15g	½oz	50ml	2fl oz	5mm	¼in
25g	1oz	100ml	3½fl oz	1cm	½in
40g	1½oz	125ml	4fl oz	2.5cm	1in
55g	2oz	150ml	¼ pint	4cm	1½in
60g	2¼oz	175ml	6fl oz	5cm	2in
70g	2½oz	200ml	7fl oz	6cm	2½in
85g	3oz	225ml	8fl oz	7.5cm	3in
100g	3½oz	250ml	9fl oz	10cm	4in
115g	4oz	300ml	½ pint	13cm	5in
125g	4½oz	350ml	12fl oz	15cm	6in
140g	5oz	400ml	14fl oz	18cm	7in
150g	5½oz	450ml	16fl oz	20cm	8in
175g	6oz	600ml	1 pint	23cm	9in
200g	7oz	850ml	1½ pints	25cm	10in
225g	8oz	1 litre	1¾ pints		
250g	9oz	1.2 litres	2 pints		
280g	10oz	1.7 litres	3 pints		
300g	10½oz				
350g	12oz				
400g	14oz				
425g	15oz				
450g	1lb				
500g	1lb2oz				
525g	1lb3oz				
550g	1¼lb				
700g	1lb 9oz				
900g	2lb				
1kg	2¼lb				
1.3kg	3lb				
1.6kg	3½lb				
1.8kg	4lb				

Spoons	
Metric	Imperial
1.25ml	¼ teaspoon
2.5ml	½ teaspoon
5ml	1 teaspoon
10ml	2 teaspoons
15ml	1 tablespoon
30ml	2 tablespoons
45ml	3 tablespoons
60ml	4 tablespoons



# Are you a taxpayer?

Gift Aid means the BHF can reclaim tax that you have paid and add it to your gifts. It is worth 28p for every £1 you donate. It costs you nothing and all you have to do is tick and date the Gift Aid Declaration below.

GA1

**Please treat all donations I have made to the British Heart Foundation (BHF) since 6th April 2000 and all donations I make hereafter, as Gift Aid**

**Please write in today's date** \_\_\_\_\_

GA2

Please tick here if you are not currently a UK taxpayer (This is so we won't write to you about Gift Aid again)

You must pay an amount of UK income or capital gains tax at least equal to the amount we reclaim from the Inland Revenue. Please ensure that cheques from a joint account are signed by the taxpayer. You may cancel this Declaration at any time, and should do so if you cease to be a UK taxpayer, by notifying the BHF at BHF, Supporter Services, 14 Fitzhardinge Street, London W1H 6DH. Please also notify us if you change your name and address. If you pay by CAF card then it is not possible to Gift Aid your donation to the BHF.

Please return this completed form with any donation to:

## Supporter Services

British Heart Foundation  
14 Fitzhardinge Street  
London W1H 6DH

## What happens to your personal information

The British Heart Foundation (BHF) values your support. We will use information provided by you for administration and marketing purposes. We may contact you by post or occasionally by phone or email and may include news and information on the BHF's charitable work, (e.g. how your money is spent, heart health information), BHF events, and related products and services from our subsidiary companies such as Christmas gift catalogues. Please tick the box if you do NOT want to hear from the BHF at all.  S

Occasionally the BHF may pass on your details to carefully selected third party organisations we are working with, for them to send you information on their events, products and services. Please tick the box if you do NOT want your details passed on in this way.  MP02

[bhf.org.uk](http://bhf.org.uk)

British Heart Foundation is a Registered Charity, Number 225971.  
© British Heart Foundation 2003



## Acknowledgements

Thanks to Anne Sheasby, Home Economist for developing and testing the recipes and Kathy Cowbrough for nutritional analysis. Some recipes in this booklet are taken from two earlier BHF publications: Food Should be Fun by Rae Ward (1990) and A Taste of Low Fat Asian Foods: Healthy recipes for a healthy heart by Seroj Shah. The Caribbean recipes have been adapted from Walkerswood Caribbean Kitchen by Virginia Burke. The Chinese recipes are from the Chinese National Healthy Living Centre.

Photography, Martin Daly  
Chef and Food Styling, Andy Hudson

## Have your say

We would welcome your comments to help us produce the best information, for you, our audience. Why not let us know what you think? Contact us via our website [www.bhf.org.uk/yoursay](http://www.bhf.org.uk/yoursay)

## Further information

### Useful contacts

British Heart Foundation  
14 Fitzhardinge Street, London W1H 6DH  
Tel: 020 7935 0185  
Website: [bhf.org.uk](http://bhf.org.uk)

The British Heart Foundation (BHF) also produces other materials that may be of interest. To order a copy of the Publications and Videos Catalogue or the Kids' and Schools' Catalogue, please contact:

[British Heart Foundation](http://BritishHeartFoundation.org.uk)  
P O Box 138  
Northampton NN3 6WB  
Tel: 01604 640 016  
Website: [ds-bhf@mail.dataforce.co.uk](mailto:ds-bhf@mail.dataforce.co.uk)

### Further information about healthy eating

Food Standards Agency  
Website: [www.food.gov.uk](http://www.food.gov.uk)

For advice from a State Registered Dietitian, ask your GP to refer you or look at the British Dietetic Association website: [www.bda.uk.com](http://www.bda.uk.com)

Written by Paula Hunt,  
Nutritionist and Dietitian,  
Nutrition Works!, Ilkley,  
West Yorkshire