



Food swaps



- Delicious dinners
- Eating out



Delicious dinners



Try to eat less red meat by using leaner meats such as turkey or chicken



If you do eat red meat, trim/drain off any visible fat and choose the lowest fat-content for mince



You should aim to eat 2 portions of fish a week, one of which is oily fish such as tuna or salmon



Have some meat-free meals, instead bulk dishes up with vegetables and pulses such as lentils and beans



Baking, steaming and grilling are healthier ways to cook compared to cooking methods with fats & oils like frying and roasting



Spray oils are a good alternative to cooking oil as they are very low in calories and you tend to use a lot less oil



To try and reduce your salt intake, add flavour to foods with spices and herbs



Swap creamy or cheesy sauces for tomato based sauces



Delicious dinners



Choose brown or wholegrain options where possible such as brown rice or wholegrain pasta to increase your fibre intake



If you want to reduce carbs try spiralised veg as an alternative like courgetti, butternut squash noodles or rice made from cauliflower or broccoli



If cooking with milk or butter, try using some lighter options such as skimmed milk or low-fat spreads instead



Worried you're not hitting your 5 a day? Try switching traditional mashed potato for a root vegetable mash



Protein cheese is a great alternative to traditional cheddar as it has 90% less fat and over 40% more protein than standard cheddar



For recipes that use sour cream or mayonnaise, swap for 0% fat Greek or natural yoghurt. Same flavour, but it's lower in fat and higher in protein



It's worth spending a Sunday doing some batch cooking so that you have a supply of healthy meals in the freezer for when you need a quick meal



If you like having a dessert then some healthy alternatives are sugar free jelly, fresh fruit with Greek or natural yogurt or try dark chocolate instead of milk



Eating out



Look up the menu online so you have an idea of what's available and what would be some healthier options you could order



Have a snack before you go out as if you're really hungry you may end up eating too much



Avoid snacking on bread or nibbles before your meal arrives, you can always ask the restaurant not to bring any



Don't over-order, it's always more difficult to resist food that's in front of you. You can always order something else if needed



If you're trying to do low carb then ask for more steamed vegetables to bulk out your meal



Salad dressings & sauces have a lot of hidden calories, fat, sugar & salt. Ask for them on the side so you can control how much you use



Alcohol adds significant calories to your meal. Clear spirits such as gin or vodka with sugar free mixers have much less calories than wine or beer



Foods described as pan-fried, sautéed or crispy will usually contain more fat & calories. Stick to poached, boiled, steamed or grilled foods.