

# HEALTHY EATING PLANNER

They say the best helping hand is the one at the end of your own arm!

If you're in need of some tasty, but hasty, nutritious meal solutions, here's a little inspiration from Bord Bia.



HEALTHY NOTES

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# YOUR HEALTH YOUR DIET

Healthy eating  
is essential for  
good health.



## INTRODUCTION

We make millions of food choices throughout our lives which have a major impact on our health and nutrition. Good food choices won't leave you and your family feeling unsatisfied, hungry or deprived. Instead, they will make you feel in control and in charge of your life, as well as give you energy, a strengthened immune system and a slimmer waistline.

The good news is that food that is good for us tastes good too. The problem is we have been seduced into believing that we save time in using convenience foods. The real truth is that it's just a matter of stocking up on foods which don't take much preparation, but which deliver far more satisfaction in terms of appetite and keeping us going for long periods of time between meals. When we eat a lot of so-called convenience foods, we get more sugar, fat and salt but very little to sustain us. We feel hungrier sooner and end up eating far too much for our size.

Most of us don't need a cookery course or even an elaborate glossy cook-book. We simply need to make time for planning and preparing our meals and to build up a simple repertoire of just 5-7 nutritious recipes that become family favourites. And of course what we have to learn, we learn by doing. We hope you enjoy this medley of nutrition tips and recipes designed to help you on your way.

**Paula Mee**  
Consultant Dietitian

GREEN FRITTATA  
WITH SPINACH SALAD

# SEVEN DAYS OF HEALTHY EATING



'Hide and go sneak' those green vegetables into dishes they like

We've put together some tips to bear in mind when planning your core shopping list. It's not a definitive list, but it should help get you started.

**Stretching the budget?**

- Plan meals for the week and make out your list based solely on your plan
- Look for fresh foods on special offer
- Buy in bulk and freeze extras if you can
- Cut out expensive convenience items like pre-cut vegetables

**Cupboard essentials**

- Tinned fish, tomatoes, tomato puree, peas and beans
- Tomato and herb based pasta sauces
- Pasta and rice
- High fibre or wholegrain breakfast cereals
- Olive oil

**Fresh is best**

- Skinless chicken or turkey fillets, minced beef, lamb or pork
- Seasonal fruit, vegetables and herbs.
- Fresh fruit juice
- Sliced ham or turkey
- Milk, cheese and yoghurts (low fat)
- Bord Bia Quality Assured Eggs
- Wholegrain bread and rolls

**Frozen foods**

- Frozen vegetables
- Frozen fruit e.g. berries, perfect for adding to smoothies
- Prawns or un-breaded fish cutlets
- Frozen yoghurt or sorbet

COMPLEXITY	TIME	SERVES	METHOD
moderate	15min	4	pan/grill

- 2 tablesps olive oil**
- 1 bunch of scallions, chopped**
- 2 x 250g bags of baby spinach leaves, washed and drained**
- 5-6 eggs**
- Good handful of Regatta cheese**
- A little salt and black pepper**
- 2-3 teasps. Balsamic vinegar**

Heat the grill. Heat a tablesp. of the oil in a large non stick pan, add the scallions and half the spinach. Stir-fry for 2-3 mins until they soften. Tip into a colander and press down to squeeze out the excess moisture. Beat the eggs and cheese and then add in the spinach mixture and stir well.

Reheat the pan adding a little oil, pour in the egg mixture and cook, stirring gently until well set on the base. Finish cooking under the grill.

Slide onto a large plate for serving or cut into wedges and serve from the pan.

Mix remaining spinach with the olive oil and balsamic vinegar, season lightly and serve with the frittata and some crusty bread.

**Nutritional analysis per serving:**

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
281KCAL	17G	21G	2.7MG	2G

## TUESDAY QUICK AND SIMPLE

# PORK STIR-FRY



You can use a non-stick pan if you want to reduce the amount of oil.

COMPLEXITY	TIME	SERVES	METHOD
easy	10min	4	stirfry

- 450g lean pork strips**
- 2 tablesp. soy sauce**
- 1 tablesp. oil**
- 2 cloves garlic, chopped**
- 225g vegetables, chopped**
- 50g cashew nuts/peanuts (optional)**

Mix the pork with the soy sauce. Heat a wok or large pan. Add the oil. Then add the garlic and pork and stir-fry for 5-6 minutes. Add the vegetables and nuts and stir-fry for another 2-3 minutes.

Serve with noodles, rice or wrapped in a tortilla or pitta bread.

### Nutritional analysis per serving (analysis includes portion of rice):

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
496KCAL	31G	13G	1.6MG	60G

## WEDNESDAY FISH NIGHT

# SPICY SALMON



Full of omega 3, salmon is food for the brain, body and heart.

COMPLEXITY	TIME	SERVES	METHOD
easy	10min	4	pan

- 4 salmon portions**
- Cajun seasoning**
- A little oil**

Rinse salmon, pat dry using kitchen paper. Dust all sides of salmon with cajun seasoning.

Heat oil, sear salmon on all sides for ½ minute.

Reduce heat and continue to cook in pan for 8 minutes or transfer salmon to baking tray and place in pre-heated oven Gas mark 5, 200°C (400°F) for 8 minutes.

Serve with baked or boiled potatoes, vegetables of choice or salad.

### Nutritional analysis per serving:

ENERGY	PROTEIN	FAT	IRON	CARBOHYDRATE
354KCAL	28G	13G	1.6MG	31G

THURSDAY BURGERS ARE BEST  
LAMB BURGERS WITH  
SPICY YOGHURT DRESSING



Serve with plenty of crunchy salad veg e.g chopped peppers, grated carrots, red onions, cherry tomatoes and shredded lettuce.

**COMPLEXITY** moderate    **TIME** 20min    **SERVES** 4    **METHOD** grill or BBQ

- 450g minced lamb
- ½ tablesp. oil
- 1 onion, finely chopped
- ½ tablesp. curry paste
- 1 tablesp. scallions, chopped
- Black pepper

**YOGHURT DRESSING**

- 125ml natural yoghurt
- ½ tablesp. curry paste
- A little salt and black pepper
- 1-2 tablesp. chopped scallions

Place the lamb in a large bowl, heat the oil in a pan, sauté the onion. Add the curry paste, cook for a minute or two – cool. Stir the mixture through the minced lamb plus the scallions and seasoning. Shape into 4 burgers (they could be frozen also at this stage).

Heat a grill or barbecue. Cook the lamb burgers for five to six minutes on each side. Meanwhile mix the yoghurt with the curry paste, seasoning and scallions. Taste for seasoning. Serve the lamb burgers, on a burger bun, with a spoonful of the dressing, salad and some finely chopped red onion and chilli (optional).

**Nutritional analysis per serving:**  
ENERGY 447KCALS    PROTEIN 28G    FAT 21G    IRON 3.5MG    CARBOHYDRATE 29G

FRIDAY NIGHT TAKE-AWAY  
EGGY RICE WITH CHICKEN



Fast, nutritious and a great alternative to a high fat take out on a Friday night.

**COMPLEXITY** easy    **TIME** 10min    **SERVES** 4    **METHOD** pan

- 4-6 eggs
- 2 tablesp. light soy
- 2 tablesp. oil
- 4 chicken fillets, cut into strips
- 400g cooked brown rice
- 1 red pepper, seeded and diced
- 1 chilli, chopped
- 1 bunch scallions, chopped
- Handful of coriander, chopped

Heat a wok or large pan, then add a little oil. Beat the eggs and soy together. Pour the mixture into the wok. Cook quickly stirring as the egg cooks. Tip the cooked egg on to a plate. Reheat the wok and cook the chicken strips, adding a little more oil if necessary, then add in the red pepper, chilli and scallions. Stir-fry for another minute, tip the mixture on to a plate.

Reheat the wok with remaining oil, add in the rice and stir fry for 3-4 minutes, add back the chicken and egg mixture, mix the lot, check the seasoning, add more soy if necessary. Sprinkle some coriander over each plate and serve with a big bowl of mixed salad.

**Nutritional analysis per serving:**  
ENERGY 447KCALS    PROTEIN 43G    FAT 18G    IRON 2.3MG    CARBOHYDRATE 31G

## SATURDAY CASSEROLE

### MEXICAN BEEF CASSEROLE



This hearty protein and iron rich casserole can hide a multitude of nourishing vegetables.

<b>COMPLEXITY</b>	<b>TIME</b>	<b>SERVES</b>	<b>METHOD</b>
moderate	1½hrs	6	casserole

- 1 kg. chuck beef, trimmed and diced**
- 1 tablesp. oil**
- 1 large onion, diced**
- 1 teasp. ground cumin**
- 1 teasp. ground coriander**
- ½ teasp. chilli powder**
- 1-2 fresh chillies, chopped**
- 2-3 cloves garlic, chopped**
- 1 teasp. fresh ginger, grated**
- 1 can tomatoes, chopped**
- 125ml (¼ pt) stock or water**
- Juice of ½ lemon**
- Black pepper**

Set oven Gas Mark 4, 180°C (350°F). In a large pan heat the oil and brown the beef, then the onions. Transfer to a casserole as they brown. Add the spices to the pan and heat, stirring for 1-2 minutes. Add garlic, ginger, tomatoes, stock, lemon juice and seasoning. Pour the sauce over the meat and onions. Place in the oven for 1½ hours or until the meat is tender - this dish will taste even better 2-3 days later. Top with a teaspoon of Greek-style yoghurt and extra chopped chillies if you like it hot. Serve with potatoes and tomato and red onion salad.

#### Nutritional analysis per serving:

<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>IRON</b>	<b>CARBOHYDRATE</b>
452KCALS	42G	15G	4.7MG	40G

## SUNDAY BRUNCH

### POACHED EGGS ON TOMATO AND MUSHROOM TOASTS



Complement this high protein brunch with plenty of salad vegetables and with wholesome wholegrain, nutty, seedy breads.

<b>COMPLEXITY</b>	<b>TIME</b>	<b>SERVES</b>	<b>METHOD</b>
moderate	15min	4	sauté/poach

- A little olive oil**
- 2 large flat mushrooms, thinly sliced**
- Pinch of salt & black pepper**
- 1 tablesp. white wine vinegar**
- 4 eggs**
- 4 thick slices of good bread, toasted on one side**
- 4-6 cherry tomatoes, thinly sliced**
- 4 slices cheese**

Heat a little of the olive oil and sauté the mushrooms for a minute or two and season. Set aside. Bring a shallow pan of water to simmer, add the vinegar and salt. Break one egg onto a saucer, stir the water to create a whirlpool, tip in the egg and leave to cook for 3 minutes. Using a slotted spoon, lift on to a plate. Repeat with the remaining eggs. Keep the water hot.

Heat the grill to high, arrange the mushrooms on the untoasted side of the bread, cover with the tomatoes and then the cheese, grill for 5-6 mins until the cheese has just melted. Place the toast on warmed plates. Slide all the eggs back into the hot water and leave for 30 seconds. Lift out and drain on kitchen paper, then put one on top of toast. Season and serve.

#### Nutritional analysis per serving:

<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>IRON</b>	<b>CARBOHYDRATE</b>
292KCALS	16G	16G	2.2MG	25G

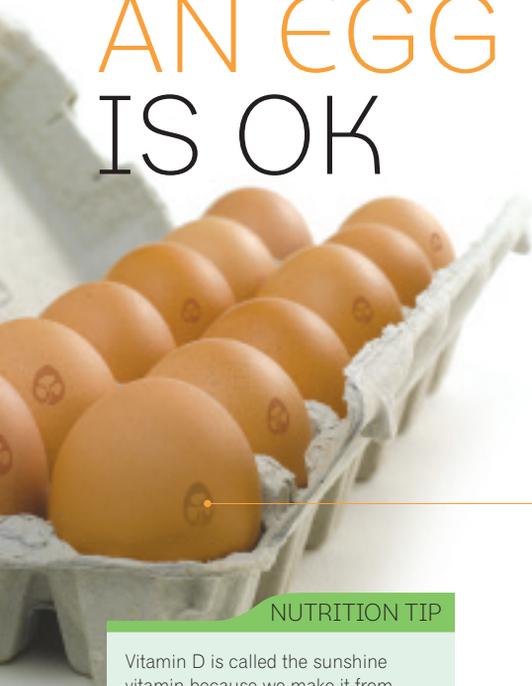
### 'What's in the fridge?' Omelette

Take your basic omelette and just add whatever's available in the fridge - potatoes, chopped bacon, scallions, mushrooms or tomatoes!



Nutrition guidelines recommend that a healthy individual can have up to seven eggs a week<sup>1</sup> and those on a cholesterol lowering diet can have four to six eggs a week<sup>2</sup>.

# AN EGG A DAY IS OK



### NUTRITION TIP

Vitamin D is called the sunshine vitamin because we make it from the action of sunlight on our skin. Egg yolks are one of the few sources of vitamin D, along with oily fish and liver. Vitamin D is essential for the absorption of calcium.

Eggs are great value, easy to cook and a very versatile ingredient for both savoury and sweet dishes. One egg provides nearly one sixth of the daily protein required by an average woman and almost one eighth of an average man's requirement. Eggs contain substantial amounts of the vitamins A, B, D and E. They are also a good source of essential minerals - iron, zinc, selenium and phosphorus.

### Why choose Eggs produced under Bord Bia's Quality Assurance Scheme?

The Bord Bia Egg Quality Assurance Scheme (EQAS) identifies eggs that have been produced and packed to the highest standards of food safety and traceability and in a manner which protects the environment. In addition the EQAS is accredited to an international standard which includes the independent inspection and certification of participants.

### The Quality Assurance Scheme

The Bord Bia Egg Quality Assurance Scheme was developed by a specialist group representing the Egg Industry and key state agencies including the Food Safety Authority of Ireland. The EQAS was designed to produce a quality product to the highest standards.

### References:

1. Guide to Daily Healthy Food Choices, The Health Promotion Unit, Department of Health and Children, 2001.
2. Irish Heart Foundation Nutrition Policy, 2007. [www.irishheart.ie](http://www.irishheart.ie)

# TEN FOODS FOR BETTER HEALTH



## 1 OATS

Just a bowl of heart-healthy soluble fibre for breakfast (unsweetened oat-based muesli or porridge) will fill you up until lunchtime. Also add oats to crumble toppings to boost the fibre and add some crunch.

## 2 OILY FISH

Salmon, mackerel, herring and fresh tuna are rich in essential fatty acids, important for a healthy heart, brain and body.

## 3 BANANAS

Full of potassium and fibre which are both essential for good health, bananas are the ultimate convenient nutritious snack for boosting energy levels.

## 4 POTATOES

A good source of vitamin C and fibre (if you eat the skin!), potatoes are versatile, inexpensive and a great source of carbohydrate for active growing children.

## 5 TOMATOES

Good sources of Vitamin C and beta-carotene and are by far the richest source of lycopene, an important weapon in the fight against cancer.

## 6 SPINACH AND GREEN LEAFY SALADS

Packed with beta-carotene and rich in lutein and zeaxanthin. High intakes of these protective compounds may reduce the risk of age-related macular degeneration, the leading cause of blindness in people aged over fifty.

## 7 EGGS

Full of protein, B vitamins, iron, zinc and Vitamins A, D and E. They also contain choline and biotin for healthy skin and hair.

## 8 YOGHURT

Low fat live probiotic yoghurts contain very little saturated fat and lots of 'friendly bacteria' which produce enzymes that can be absorbed through the gut wall and enhance the immune system

## 9 BEEF

Rich in iron and zinc. The iron in meat is 7 times more easily absorbed than it is from vegetables. Also a good source of chromium, necessary for insulin to function properly in order to control blood glucose levels.

## 10 GARLIC

Is renowned for its antiviral, anti-fungal and antibiotic properties.

# HIDE AND GO SNEAK

**Getting some children to try a single bite of broccoli can take forever. Try sneaking healthy foods into some family favourites...**

**Blend and serve...**

Puree vegetables such as red peppers (loaded with vitamin C) or carrots (for a vitamin A boost) into tomato sauce for pasta.

**Contains traces of...**

Add a little shredded carrots or mashed courgette or broccoli into a casserole or meatloaf to enhance the nutritional composition without changing the flavour.

**Give it a whirl...**

Juices and smoothies made with berries, mango, papaya, and bananas are a great way to get vitamin A, C and potassium into fussy eaters. One small glass a day is recommended.

**Bury it in bread**

Breads and muffins are a neat "hiding" spot for shredded carrots or courgettes, which have the added benefit of keeping breads and muffins moist.

**Pop it on a pizza**

Many children will gobble up their greens when they're served on a slice of pizza. Try making your own pizza with pre-made pizza bases and a basic pasta sauce with pureed spinach or broccoli topped with cheese.

## FOOD LABELS



### Five things to watch

#### 1. Choose foods with less sodium or salt ...

- 0.5g sodium or more per 100g is a lot of sodium or salt
- 0.1g sodium or less per 100g is a little sodium or salt

#### 2. Choose foods with less trans fats

Trans fats increase our levels of "bad" cholesterol and heart disease. They may appear on the labels of margarines, spreads, biscuits, cakes and pastry foods as hydrogenated oils.

#### 3. A 'No-added sugar' statement

This doesn't necessarily mean that the food is sugar-free or even low in sugar. It may still be high in naturally occurring sugars such as those found in fruit and milk. It may also have artificial sweeteners.

#### 4. The sugar content

Check the 'Carbohydrates (of which sugars)' figure in the nutrition information panel on the label.

- 10g sugars or more per 100g is a lot of sugar
- 2g sugars or less per 100g is a little sugar
- Between 2g and 10g per 100g is a moderate amount of sugar.

#### 5. The saturated fat content

Too much saturated fat raises our bad cholesterol and risk of heart disease.

- 5g saturates or more per 100g is a lot
- 1g saturates or less per 100g is a little fat
- Between 1g and 5g of saturates is a moderate amount of saturated fat.

# Meal make-over

- Swap breaded fish, chips and baked beans for grilled salmon fillets, new boiled potatoes and steamed vegetables.
- Swap breaded chicken and chips for a chicken and vegetable stir fry with basmati rice.
- Swap pepperoni pizza for pasta with a tomato based sauce, chopped vegetables and lean bacon.



## Tasty Travels



- Water, tomato and fruit juices
- All kinds of fresh fruits
- Vegetable sticks such as carrots, peppers and celery
- Humus or herby yoghurt dips
- Unsalted nuts, dried fruit and seeds
- Mini rice cakes, wholewheat crackers and peanut spread
- Homemade sandwiches (depends on length of journey!)
- Cold cous cous or pasta salads
- Oat based home-made biscuits

## Healthier Desserts

**Adapt your favourite recipes. Use less table sugar, butter and cream and more fresh, dried or tinned fruit, nuts and seeds, oats and low fat yoghurts.**



- Frozen yoghurt
- Oat and cinnamon topped fruit crumbles
- Fresh fruit salad with Greek yoghurt or low fat fromage frais
- Rice pudding made with skimmed milk and sweetened with high-fruit jam or fruit puree
- Baked apples with raisins and vanilla yoghurt
- Mixed berries topped with yoghurt and a layer of toasted oats, honey and raisins.
- Poached pears in red wine
- Stewed rhubarb or apple with low fat custard or crème faiche
- Mango sorbet

- Pancakes with fresh fruit, honey and crème fraiche



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