

**Easy & enjoyable healthy eating : all the taste, easy to do & no extra cost : simple tips & menu planning ideas / Tesco Stores Ltd.**

**Contributors**

Tesco (Firm)

**Publication/Creation**

Cheshunt : Tesco, [1993]

**Persistent URL**

<https://wellcomecollection.org/works/h2z5nggg>

**License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

TESCO



*Easy & Enjoyable*  
**HEALTHY  
EATING**

*All the Taste,  
Easy to Do  
& No Extra Cost*



*Simple Tips &  
Menu Planning Ideas*







Eating healthily can be tasty, easy and cost no more than your current diet. Try some of the ideas shown here, specially created by the Tesco cookery team to be easy to prepare and easy on your budget. The recipes include ideas to make meals healthier by saving on fat and sugar and using more foods from Groups 1 and 2. If you are looking for extra convenience, why not try the range of

Tesco Healthy Eating ready prepared meals developed specifically for a healthier diet? With over 240 products in the range, there is everything from Ocean Pie to Lasagne and Rice Pudding to Iced Dessert. Chilled, frozen or ambient, you will find a selection to tempt anyone, just look out for the Tesco Healthy Eating Man - our guarantee for healthier food.

On other foods check the nutrition panel shown on virtually all Tesco food products to make it even easier for you to plan your balanced diet.

## FOOD PREPARATION ACTION POINTS FOR A HEALTHIER DIET

1. Switch to half or lower fat varieties - from half fat spread to burgers you will find many alternatives at Tesco.
2. Cut down on frying and roasting - grill, bake, steam or microwave instead.
3. Select rice, pasta, potatoes and bread as the basis for your main meals - many Mediterranean dishes are based on this principle and it saves on cost, as well as fat.
4. Go for plenty of fruit and vegetables - fresh, frozen or canned, it doesn't matter.
5. Look for lean meat and poultry and go for more fish - Tesco has extensive Healthy Eating and Extra Lean ranges of meat. Many Tesco stores have fresh fish counters, or try pre-packed fresh, frozen or tinned fish for extra convenience. All fish is healthy.

## BREAKFAST



### BAKED EGGS

Spread crustless slices of wholemeal bread with Healthy Eating Half Fat Sunflower Spread. Press into a lightly greased ramekin, spread side down, and crack an egg into the centre. Top with a tomato slice and season. Bake at 190°C/375°F/gas mark 5 for 12-15 minutes until just set.

### EGGS AND BACON

Make eggs and bacon a healthy treat with a large puffy omelette and grilled lean bacon. One omelette will be enough for 3 or 4. Just separate 3 large eggs, whisk the whites until stiff, beat the yolks with 3 tbsp water and seasonings, then fold them into the stiffly beaten whites. Heat a knob of sunflower spread in a 30cm/12in pan, pour in the mixture and level the surface. When almost set scatter grilled diced bacon along the middle, fold over and cook for another minute. Cut into wedges and serve with sliced tomato on wholemeal toast spread with Healthy Eating Half Fat Sunflower Spread.





## MAIN COURSES

Eating healthily doesn't mean going without the traditional Sunday roast. Just one or two small changes will help cut down on fat content and keep the meal within the budget too.

### NUTTY MEAT LOAF

Nuts, lentils and split peas add texture and fibre to a traditional meat loaf. Finely chop 1 onion, 2 garlic cloves, 125g/4oz mushrooms and 1 carrot. Gently fry together until soft in a little sunflower oil. Stir in 225g/8oz Healthy Eating Beef Mince and cook until no longer pink. Transfer to a large bowl and mix with 75g/3oz cooked red lentils, 75g/3oz mashed yellow split peas, 50g/2oz chopped mixed nuts, 2 beaten eggs, grated zest of 1 lemon, 3 tbsp chopped parsley, 1 tsp salt, 1/4 tsp freshly ground pepper. Add about 75g/3oz wholemeal breadcrumbs to give a stiff, moist consistency. Press into a greased loaf tin, cover with foil and bake at 180°C/350°F/gas mark 4 for 1 1/2 hours. To microwave, press into a greased non-metallic container, cover with greaseproof paper and place on an upturned plate. Microwave on Full Power for 10-12 minutes. Leave to stand for 5 minutes. Serve with tomato sauce and a green salad. Cold slices are good for packed lunches.

### SELF-BASTING LEMON AND ROSEMARY CHICKEN

Roll two lemons on a hard surface with the palm of your hand to release the juices, then prick them all over with a cocktail stick. Remove any loose fat from the chicken and stuff the lemons into the cavity with a few rosemary sprigs. Rub the chicken with salt and pepper then seal the opening with cocktail sticks. Place breast down in roasting tin - but don't add any fat. Roast for 30 minutes at 190°C/375°F/gas mark 5 then turn the chicken over, increase the temperature to 200°C/400°F/gas mark 6 and continue to roast until the juices run clear. Pour off any fat. No need to make gravy - just serve with the pan juices mixed with a little stock or vegetable cooking water. Serve with spring greens and a selection of root vegetables, steamed instead of roasted to reduce fat content. Cut potatoes, parsnips, carrots, yams, celeriac or swede into even sized chunks and steam over boiling water.



### LIVER AND ONIONS

Liver is richly flavoured and nutritious, so a little goes a long way. Use lamb's liver or chicken livers. Gently fry finely sliced onions in a little oil. Add herbs and seasonings then cover and stew for 45 minutes until very soft. Cut liver into very thin slices, add to the onions and cook briefly until no longer pink. Serve with boiled rice or a baked potato and sliced steamed leeks, courgettes and carrots.





## HEALTHY VARIATIONS TO FAMILY FAVOURITES

### STIR-FRY VEGETABLE PANCAKES WITH HOT AND SOUR SAUCE

Make up a standard batter with wholemeal flour, or half plain and half wholemeal, and **Healthy Eating Half-Fat Milk**. Keep fat to a minimum by brushing the pan with sunflower oil rather than pouring from the bottle. Make a filling of stir-fried vegetables cut into matchstick strips - leeks, carrots, celery, green pepper, ginger and garlic with some sliced water chestnuts for texture. Add shredded cooked chicken if you want to include meat. For the sauce, combine 1 tbsp soy sauce, 2 tsp wine vinegar, 2 tsp sugar, 1-2 tsp chilli sauce, 1½ tsp cornflour and 6 tbsp stock. Stir over a gentle heat until thickened. Place the filled pancakes in an ovenproof dish and pour over sauce.

Reheat under the grill, sprinkle with sesame seeds and serve.

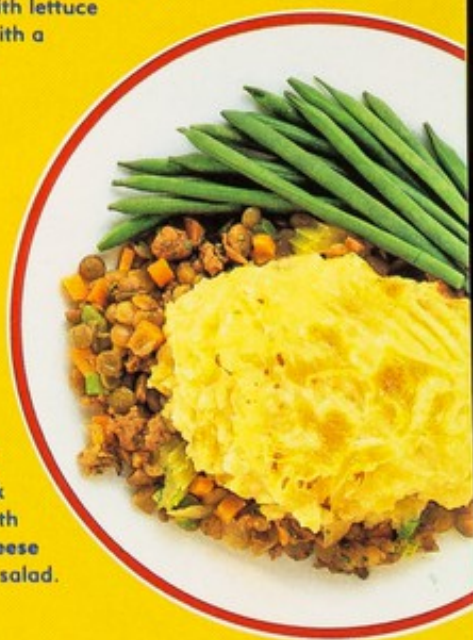


### TANDOORI CHICKEN

Skinless chicken baked in the oven makes a healthy virtually fat-free version of this popular takeaway. Marinate chicken pieces in yogurt, lemon juice, crushed garlic, ginger, coriander and cumin seeds, cayenne pepper and salt. Add a dash of red food colouring if wished. Cover and leave in the fridge for at least 1 hour or up to 48 hours. Place on a rack over a roasting tin. Brush lightly with oil and bake at 200°C/400°F/gas mark 6 for 1 hour, basting with the pan juices. Garnish with lettuce and lemon wedges and serve with a cucumber and yogurt dip and boiled rice.

### SHEPHERD'S PIE

Adding green lentils and extra vegetables to **Healthy Eating Extra Lean Beef or Lamb Mince** means that the meat goes further and also increases the fibre. Gently fry mince, chopped onion, garlic, carrot, celery and green pepper until soft. Add stock, lentils, herbs and seasoning. Cover and simmer until tender. Leave out the meat altogether for vegetarians and add extra lentils or cooked chickpeas to make up the bulk. Meanwhile, boil potatoes, or a mixture of potatoes, parsnips and swede. Mash with **Healthy Eating Half-Fat Milk** and season. Transfer meat mixture to an ovenproof dish and cover with potato. Sprinkle with **Healthy Eating Half Fat Cheddar-type cheese** and brown under the grill. Serve with green beans or a salad.



### FISH AND CHIPS

Grilled oily fish, such as mackerel or herring, needs no extra fat and doesn't cost the earth. Sprinkle fillets with lemon juice and paint with a little mustard. Grill for about 5 minutes, skin side down. Sprinkle with chopped parsley and serve with frozen mixed vegetables and **Tesco Fresh Frozen Straight Cut Oven Chips**.





#### FRUITY FROMAGE MUFFINS

Toast a wholemeal muffin and thinly spread with **Healthy Eating Half-Fat Sunflower Spread**. Top with **Healthy Eating Natural Fromage Frais** and sliced banana. Or try **Healthy Eating Cottage Cheese** with Apple and Apricot.

## MEALS ON THE RUN

Bread, pastry and pizza bases form part of Food Group 1 so make them the basis of your meal. Combined with fillings made from left-overs or small quantities of fresh food, they make energy-rich meals for people in a hurry.

#### LAMB SALAD BAGUETTES

Two grilled **Healthy Eating Lamb Leg Steaks** serve four, sliced into thin strips as a sandwich filling. Cut a French stick in half lengthwise, thinly spread with **Healthy Eating Half Fat Sunflower Spread**. Cover one half with mixed salad leaves, red onion rings, sliced cucumber and tomato. Top with lamb slices and season to taste. Replace the other half and cut into four. Great for a quick lunch.



#### PIZZA PARCELS

Make a dough with **Tesco Pizza Base Mix**. Roll out very thinly into 23cm/9in circles. Place on well-oiled baking sheets. Arrange your chosen filling on one half of each circle, leaving a 2cm/3/4in margin all round. Moisten the margin with water, fold over, pressing edges together and bake in a very hot oven until golden brown.

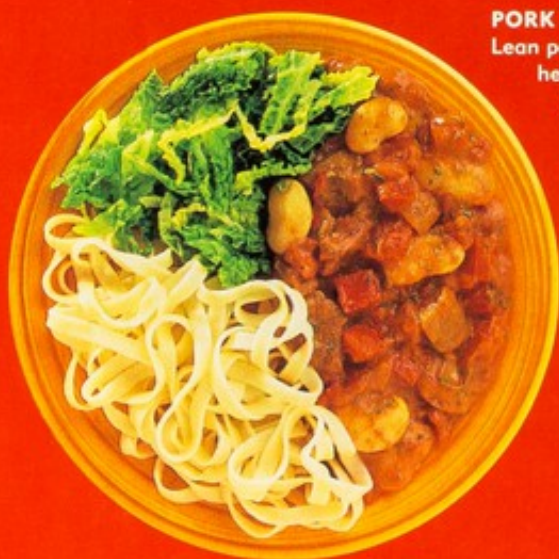
For the filling, use layers of sliced tomatoes, strips of **Mozzarella** cheese, lean ham, herbs, seasoning and a sprinkling of grated **Parmesan**. Strongly flavoured hard cheeses such as **Parmesan** and **Cheddar** can still form part of a healthy diet if you use only a little or grate it - that way you cut down on cost and fat intake.

#### POTATO PASTRY BISCUITS

Good for using up leftover cooked potato, serve these hot or cold with soup or a salad. Combine 175g/6oz mashed potato, 100g/4oz flour, 100g/4oz sunflower spread, most of 1 egg yolk and 1/4 tsp salt. Roll out, brush with remaining egg yolk, sprinkle with sesame seeds and 2 tbsp grated **Healthy Eating Cheddar** type cheese. Cut into triangles and bake at 190°C/375°F/gas mark 5 for 15 minutes.







#### PORK AND BUTTER BEAN GOULASH

Lean pork goes further if you combine it with butter beans and is healthier too. To serve four, use 400g/14oz Healthy Eating Cubed Casserole Pork and a large can of Tesco Butter Beans. Cut the meat into smaller chunks, season and gently fry in a little sunflower oil until browned. Finely chop 1 onion, 1 garlic clove, 1 small red pepper and add to the meat. Fry until soft, then stir in 1 tbsp tomato purée, 1 tbsp flour and a small can of chopped tomatoes. Stir until smooth, then add 1 tbsp paprika, 1 bay leaf,  $\frac{1}{4}$  tsp dill seeds and salt. Add the drained butter beans and enough stock to cover. Cover and simmer over a low heat for 1 -  $1\frac{1}{2}$  hours until tender. When ready to serve, stir in 1tbsp Greek style yogurt and 3 tbsp chopped parsley. Serve with noodles and herbed cabbage.

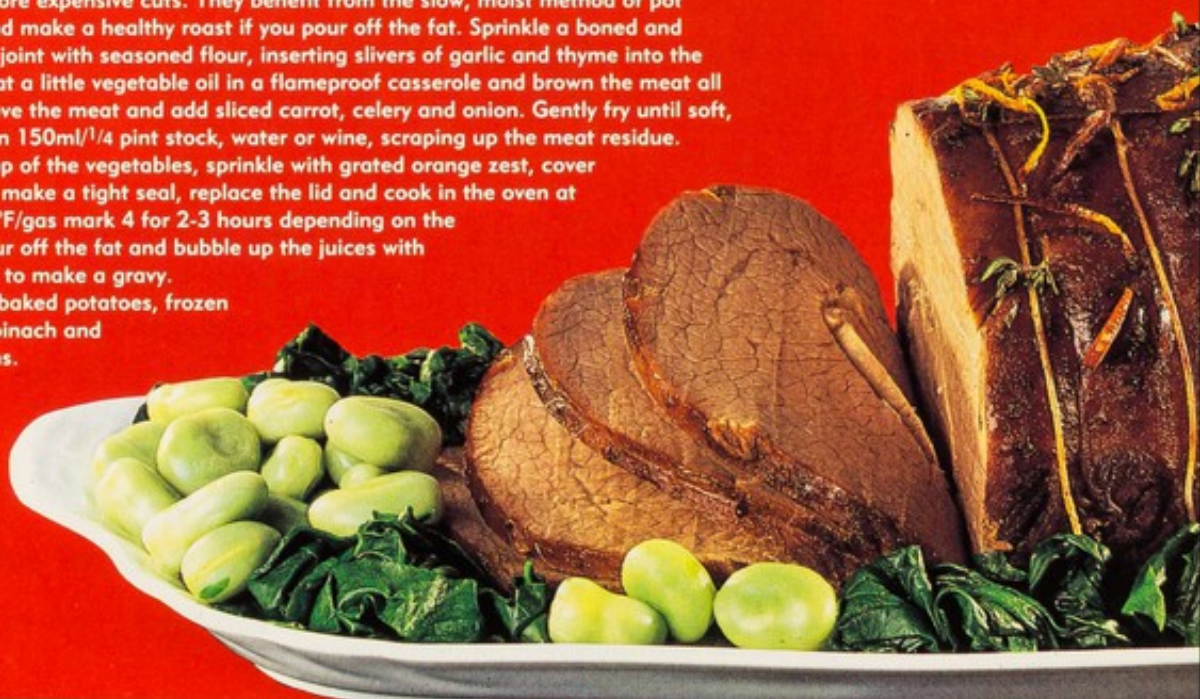
#### CHICKEN AND BROCCOLI RISOTTO

For four servings, cut two Healthy Eating Skinless Chicken Breast Fillets into small dice. Gently fry in a little sunflower oil with half a finely chopped onion, garlic, sage and chopped fresh red chilli. Stir in 250g/9oz risotto rice. Gradually add 1 litre/ $1\frac{3}{4}$  pint of boiling stock, stirring constantly and allowing the liquid to be absorbed before you add more. Meanwhile, plunge some broccoli florets in some boiling water for 1 minute. Drain and add to the rice when it is soft and creamy. Season to taste, stir in a little grated Parmesan and serve with a green salad.



#### POT ROAST WITH THYME AND ORANGE

Cheaper cuts, such as beef brisket, rolled shoulder of lamb or pork, can be tastier than the more expensive cuts. They benefit from the slow, moist method of pot roasting and make a healthy roast if you pour off the fat. Sprinkle a boned and rolled lean joint with seasoned flour, inserting slivers of garlic and thyme into the cracks. Heat a little vegetable oil in a flameproof casserole and brown the meat all over. Remove the meat and add sliced carrot, celery and onion. Gently fry until soft, then pour in 150ml/ $\frac{1}{4}$  pint stock, water or wine, scraping up the meat residue. Place on top of the vegetables, sprinkle with grated orange zest, cover with foil to make a tight seal, replace the lid and cook in the oven at 160°C/325°F/gas mark 4 for 2-3 hours depending on the weight. Pour off the fat and bubble up the juices with more stock to make a gravy. Serve with baked potatoes, frozen chopped spinach and broad beans.





## DESSERTS



### DRIED FRUIT COMPOTE

Dried fruit is a concentrated source of natural sugar, vitamins and fibre and a little goes a long way - a couple of handfuls serve three or four. Chop dried apples, pears, apricots, prunes and raisins and soak overnight in water or fruit juice. Top up with fresh seasonal fruit if you like and add some flaked almonds. Serve with **Healthy Eating Natural Fromage Frais**.



### BAKED EGG CUSTARD

Use **Tesco Healthy Eating Half Fat Milk** and only a little sugar. Easily made and delicious with dried fruit salad.



### FRUITY BATTER PUDDING

Make a Yorkshire pudding batter with 50g/2oz each wholemeal and plain flour, 1/4 tsp salt, 1 egg and 250ml/9floz **Healthy Eating Half-Fat Milk**. Brush the sides and base of a small roasting tin with sunflower oil and place in the oven until very hot. Stir in 125g/4oz sultanas, or 225g/8oz sliced apples, pears or plums, then pour in the batter. Bake at 220°C/425°F/gas mark 7 for about 45 minutes. Serve with clear honey or low-sugar jam.

### HEALTHY TRIFLE

Make a light and healthy version with fatless sponge soaked in apple juice. Cover the sponge with stewed dried apricots and apples, or sliced bananas and kiwi fruit, or use whatever fruit is in season. Make the custard with **Healthy Eating Half-Fat Milk** and top with **Healthy Eating French Style Set Vanilla Yogurt** and toasted almonds.

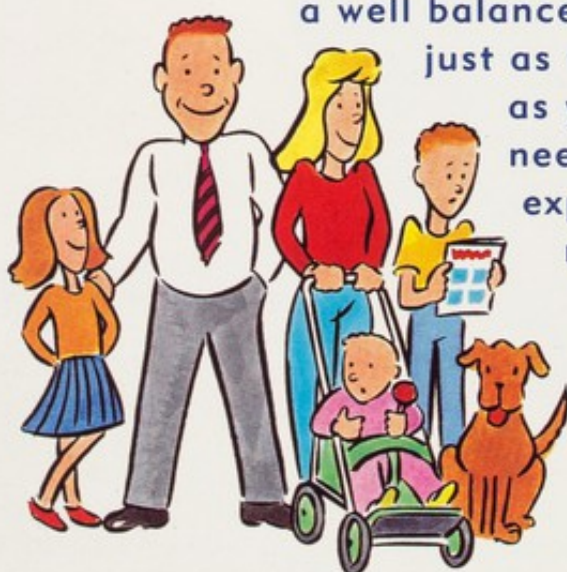




# HEALTHY EATING IS FOR ALL THE FAMILY

Tesco hopes to help you to convince your family that there is **NO PENALTY** to **EATING HEALTHILY** - and to show you the benefits when you do.

The key to Healthy Eating lies in a well balanced diet. This can be just as tasty and satisfying as your current diet, needn't be more expensive and does not mean cutting out your treats or family favourites.



## WHY SHOULD WE EAT A BALANCED DIET ?

A healthy balanced diet along with a healthy lifestyle are vitally important factors in staying fit and well. Even small changes to your diet can have a positive impact on your health, making you feel and look better.

## WHAT SHOULD I DO ?

An easy way to look at your diet is by splitting it into **4 GROUPS** shown on the next page.....



**1. CEREALS, BREAD, PASTA, RICE, AND POTATOES**

**2. FRUIT AND VEGETABLES**

**3. MEAT, POULTRY, FISH, PULSES, CHEESE, NUTS AND EGGS**

**4. DAIRY PRODUCTS**

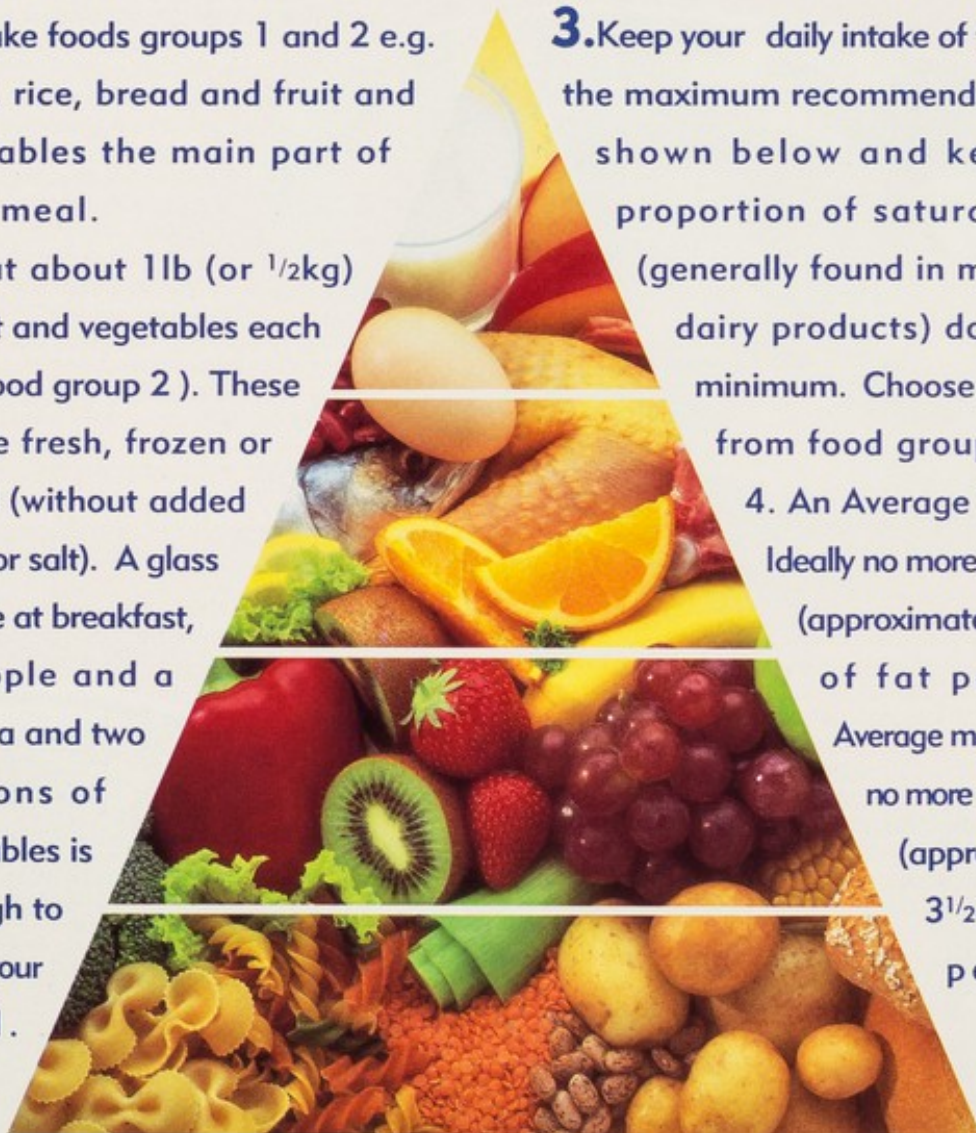
Then by eating a good variety of foods from all four groups and following these 3 simple points you will be well on the way to eating more healthily.

**1.** Make foods groups 1 and 2 e.g. pasta, rice, bread and fruit and vegetables the main part of each meal.

**2.** Eat about 1lb (or  $\frac{1}{2}$ kg) of fruit and vegetables each day (food group 2 ). These can be fresh, frozen or tinned (without added sugar or salt). A glass of juice at breakfast, an apple and a banana and two portions of vegetables is enough to reach your total.

**3.** Keep your daily intake of fat within the maximum recommended levels shown below and keep the proportion of saturated fat (generally found in meat and dairy products) down to a minimum. Choose carefully from food groups 3 and 4.

**4. An Average Woman:**  
Ideally no more than 75g (approximately  $2\frac{1}{2}$ oz) of fat per day.  
**Average man:** Ideally no more than 100g (approximately  $3\frac{1}{2}$ oz) of fat per day.



One thing to bear in mind is that cutting down on your fat intake means you will probably lose weight. If you don't need to , simply fill up on more bread, pasta and rice.



# PUTTING IT INTO PRACTICE

## BEFORE



*Cereal, Toast and Marmalade, Tea and Coffee.*

ENERGY	
430 kcal	423 kcal
FAT	
14g	7g
CARBOHYDRATE	
65g	78g
PROTEIN	
11g	12g
FIBRE	
2g	2g

## AFTER



*Switch to Semi-Skimmed Milk, Low Fat Spread and Reduced Sugar Marmalade. Serve with Orange Juice.*



*Fried Sausage, Egg and Chips.*

ENERGY	
699 kcal	553 kcal
FAT	
43g	25g
CARBOHYDRATE	
55g	54g
PROTEIN	
23g	28g
FIBRE	
3g	5g



*Tesco sell Healthy Eating Half Fat Sausages which can be grilled. Poach the egg. Try Thick Cut Oven Chips and serve with grilled tomatoes and mushrooms.*



*Cottage Pie*

ENERGY	
358 kcal	314 kcal
FAT	
22g	10g
CARBOHYDRATE	
19g	31g
PROTEIN	
21g	25g
FIBRE	
1g	6g



*Use Extra Lean Mince. Add extra vegetables and pulses and serve with vegetables or salad.*



*Apple Crumble and Custard*

ENERGY	
528 kcal	412 kcal
FAT	
16g	8g
CARBOHYDRATE	
89g	73g
PROTEIN	
7g	12g
FIBRE	
2g	7g



*Switch to apple crumble with a topping made using muesli. Use fruit and muesli with no added sugar. Switch to Half Fat Milk for the custard.*



## QUESTIONS & ANSWERS



I CAN'T AFFORD TO TRY THINGS MY FAMILY MAY NOT LIKE



ALL THE "EXPERTS" KEEP CHANGING THEIR MINDS- WHO DO I LISTEN TO?



MY HUSBAND IS ALWAYS HUNGRY WHEN HE GETS HOME FROM WORK - HEALTHY EATING WON'T FILL HIM UP.



I EAT TRADITIONAL GOOD FOOD, MEAT & 2 VEG. NOBODY'S GOING TO TELL ME MILK, CREAM & CHEESE ARE UNHEALTHY.



I CAN'T RESIST TAKE-AWAYS, SWEETS, PUDDINGS & ALCOHOL.



IF I MENTION HEALTHY EATING MY FAMILY THINKS IT WON'T HAVE ANY FLAVOUR.

Healthy Eating can mean you save money and you certainly do not have to make big changes, see the small changes we have made to the family meals on this leaflet.

- Cut down on fat, perhaps only by changing to grilling instead of frying.
- Fill up on cheaper basic foods from FOOD GROUP 1 e.g. eat pasta with a little sauce, use lean cuts of meat in casseroles but add more vegetables or pulses and serve with bread.

For some years all the Government recommendations and official bodies such as the World Health Organisation have been in agreement. They urge people to eat more fibre and less fat, particularly saturated fat, salt and sugar but most importantly to eat a healthy well BALANCED diet.

Remember the key to a balanced diet is eating more of the right foods, less of the wrong and always a variety.

Potatoes, bread, rice and pasta are an important part of a healthy balanced diet, all of which help to fill you up and alone are low in fat and sugar.

You are right, it is a matter of eating a balance of a variety of foods - more of the right foods and less of the wrong.

No problem as long as it is in moderation. Keep take-aways for treats or choose meals that come with plenty of rice, bread, salad or vegetables. Choose low fat or reduced sugar versions. Keep your drinking within sensible limits (21 units a week for men and 14 units a week for women spread throughout the week).

Just try some of the recipe suggestions on this leaflet and see how tasty healthy eating can be.

Chlorine Free Bleached Paper All lines subject to availability, some lines in larger stores only.  
© Tesco Stores Ltd, Chesham, Herts, EN8 9SL