

**Easy & enjoyable healthy eating : simple tips & menu planning ideas : your free copy / Tesco Stores Ltd.**

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TESCO



*Easy & Enjoyable*  
**HEALTHY  
EATING**

*Simple Tips &  
Menu Planning Ideas*



*YOUR FREE COPY*





## 5 MAIN ACTION POINTS FOR A HEALTHIER SHOPPING TRIP

Eating healthily starts with the food you buy. The easiest way is to look out for the Healthy Eating Man which can be found on many of our products - our guarantee for healthier food. On other foods, check the nutrition panel on the pack - amongst other details, it shows you the fat and fibre content of the food. Listed below are the 5 most important things to remember when shopping. Follow these tips and you will be well on your way to a healthier diet.

**1. Choose half or lower fat varieties**  
From margarine to burgers you'll find a great variety of alternatives at Tesco.

**2. Select rice, pasta, potatoes and bread as the basis for your main meals**

Start thinking of rice and chilli, rather than chilli and rice. Many Mediterranean dishes are based on this principle and it saves on cost, as well as fat.

**3. Go for plenty of fruit and vegetables**  
Fresh, frozen or canned, it doesn't matter.

**4. Look for lean meat and poultry**  
You'll find extensive Healthy Eating and Extra Lean ranges at Tesco.

**5. Try and go for more fish**  
All fish is healthy. Many stores have fresh fish counters, or try pre-packed fresh, frozen, or tinned, fish for extra convenience.

## HEALTHY RECIPES



*Eating healthily is easy for everyone. Try some of the mouthwatering dishes below, specially created by the Tesco cookery team to be easy to prepare and easy on your budget. Each recipe shows you clearly how to make meals healthier by saving on fat and using more bread, potatoes, rice and pasta. If it's extra convenience that you're after, why not try the Tesco range of ready prepared Healthy Eating meals from Chilli Con Carne to Prawn Cocktail Sandwiches, chilled or frozen, you'll find a tempting selection, just look out for the Healthy Eating Man.*

## 5 MAIN ACTION POINTS FOR HEALTHIER FOOD PREPARATION & COOKING

Buying the right foods is obviously important, but it can all be spoilt by the wrong preparation and cooking - the fat used to turn potatoes into chips triples their calories. These tips will help you get it right!

**1. Cook with half or lower fat varieties**

You can even use low fat spreads if you follow the method below. Pour 1/2 pint of half fat milk into a saucepan and add 1 oz of low fat spread (e.g. Healthy Eating Half Fat Sunflower Spread) and 1 oz of plain flour. Bring the sauce to the boil over a low heat, whisking constantly with a balloon whisk until the sauce thickens. (Not suitable for very low fat spreads with less than 30% fat).

**2. Cut down on frying and roasting**  
Grill, bake or microwave meat, poultry and fish rather than frying it and add herbs to bring out the flavour.

**3. Steam, microwave or stir fry vegetables**  
That way, they not only taste good, but more nutrients are preserved too.

**4. Cut out the fat**  
Trim the excess fat off meat and remove the skin from poultry. Drain the fat off cooked mince and skim off any fat in casseroles, stews or gravy.

**5. Use oils instead of butter**  
Switch from highly saturated fats such as butter, to sunflower and corn oils, or try olive and some of the other specialty oils for extra taste.

## Breakfast



Get set up for the day with a bowl of porridge made with Healthy Eating Porridge Oats, half fat milk, raisins, topped with a knob of low fat spread, honey and chopped mixed nuts.

Give the children a filling start with a slice of wholemeal toast, spread with half fat sunflower spread, crunchy peanut butter and sliced banana.

No need to give up cooked English breakfast - poach or scramble the eggs and serve on wholemeal toast spread with half fat sunflower spread, grilled Healthy Eating Half Fat Sausages, lean bacon and tomato slices.



## Lunch / Snacks



Try cheese and ham roll-ups for a quick made snack. Place a Healthy Eating Half Fat Cheese Slice on a slice of lean ham, top with Healthy Eating Cheddar and roll up. Delicious on a bed of mixed lettuce leaves with a wholemeal roll.

Add chopped green beans and mushrooms to traditional cauliflower cheese. Make the cheese sauce as the recipe above, adding Healthy Eating Half Fat Cheddar and sharpening the taste with a teaspoon of lemon juice and some freshly ground black pepper. Pour over the cooked vegetables then sprinkle with wholemeal breadcrumbs mixed with dried thyme. Top with tomato slices, dot with half fat spread and brown under the grill.

For an instant healthy soup, simmer quick cook, shelled macaroni in stock made with a cube, adding a few canned chick peas, finely sliced carrot, celery, spring onion and watercress.



Stuff wholemeal pitta bread pockets with a healthy concoction of shredded lettuce, tuna, fish, canned butter beans (or haricot beans), sliced tomatoes, onion rings, olives. Sprinkle with chopped fresh parsley, olive oil and lemon juice.



For a light lunch, mix left-over diced, cooked chicken with low fat cottage cheese or yogurt, chopped celery and hazelnuts. Sprinkle with chives and serve on a bed of lettuce leaves, with bran crispbread.

Make individual pizzas on wholemeal muffins. Top with a sauce of crushed seeded tomato, then add sliced mushrooms, peppers, black olives and grated Healthy Eating Half Fat Cheddar. Sprinkle with olive oil, some dried marjoram or thyme and brown under the grill.

## Main Meals



For a hearty vegetarian meal, make a cheesy root vegetable bake from a combination of potatoes, parsnips, celeriac, swede or turnip. Slice thickly and steam together until just tender, then bake with canned chopped tomatoes, plenty of chopped fresh chives and parsley, topped with wholemeal breadcrumbs and grated Healthy Eating Half Fat Cheddar. Serve with a green salad.

Increase your fibre intake with a colourful Mexican bean stew - lightly fry Healthy Eating Low Fat Minced Beef, onion, garlic and peppers, then add canned Healthy Eating Kidney Beans, canned chopped tomatoes, frozen or canned sweetcorn, chili powder and cumin to taste and simmer in stock made with a cube. Serve with green beans and brown rice mixed with plenty of chopped fresh coriander or parsley.

Stir-fry thinly sliced pork fillets or escalopes with sliced ginger, garlic, almonds or cashew nuts, celery, mangetout, red peppers, spring onions, canned pineapple slices cut into chunks, light soy sauce and a dash of sherry if you have it. Thicken the juices with a little cornflour. Serve with noodles.



For a healthy family favourite make individual breads in the hole with Healthy Eating Half Fat Sausages. Make the batter with half fat milk, half wholemeal and plain flour. Serve with broccoli and carrots.

Serve pasta shells with a sauce made with lightly sautéed finely diced onion, garlic, mushrooms, celery and carrot, simmered with canned chopped tomatoes, tomato purée, dried thyme or marjoram and a little stock or wine.

Serve with grated courgettes cooked for 5 minutes in a knob of low fat spread, seasoned with chopped fresh rosemary and freshly ground pepper.



Live up Healthy Eating Skinless Boneless Chicken Thighs in a Mediterranean-style casserole. Lightly fry in a little olive oil with onion, garlic, sliced red pepper, courgettes, tomato purée and a little chopped, fresh green chili. Then add some stock, drained, canned beans in brine (eg Cannellini Beans) and simmer. Serve with pears, ideally tagliatelle, and frozen green beans.

You can still have fish and chips - top chunky cod fillets (or other white fish) with slices of carrot, onion, mushroom, and a knob of low fat spread, a sprig of fresh thyme and some freshly ground pepper and bake in a foil parcel (the fish will cook in its own juice). Serve with oven-chips and peas.

## Desserts



Make a traditional bread-and-butter pudding without the butter. Instead use Healthy Eating Brown and White Bread, Healthy Eating Half Fat Spread, half fat milk, and live up the flavour with saffron and vanilla essence.

Live up a sugar-free jelly - stir in sliced bananas and a few chopped almonds before it sets and serve with extra fruit.



For a healthy and quick-made treat, make pancakes with wholemeal flour. Fill with naturally sweet, fresh, sliced fruit and some low fat fromage frais. Serve with a sauce of frozen raspberries puréed with a little sugar and lemon juice.

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# HEALTHY EATING IS FOR YOU

Do you think of your family's health when you are shopping? Have you been on crash diets to change your weight today, but with no thought for your health tomorrow? Do you always give your children the food **they** want just to keep them quiet? Do you eat the same food every week, rather than a changing variety of dishes?

If so, now is the ideal time to start making changes to your and your family's diet - changes that may well be too small to be noticeable, but large enough to have a positive impact on your life and health.

The link between diet and health is indisputable. The rate of early death from heart disease among the British population is one of the highest in the world. By contrast, people in Mediterranean countries have much lower rates of heart disease.

*What is their secret*





# WHAT SHOULD I DO?

An easy way to look at your own diet is by splitting it into 4 groups:



1 CEREALS, BREAD, PASTA, RICE, PULSES (foods like kidney beans, chick peas and lentils)



2 FRUIT, VEGETABLES

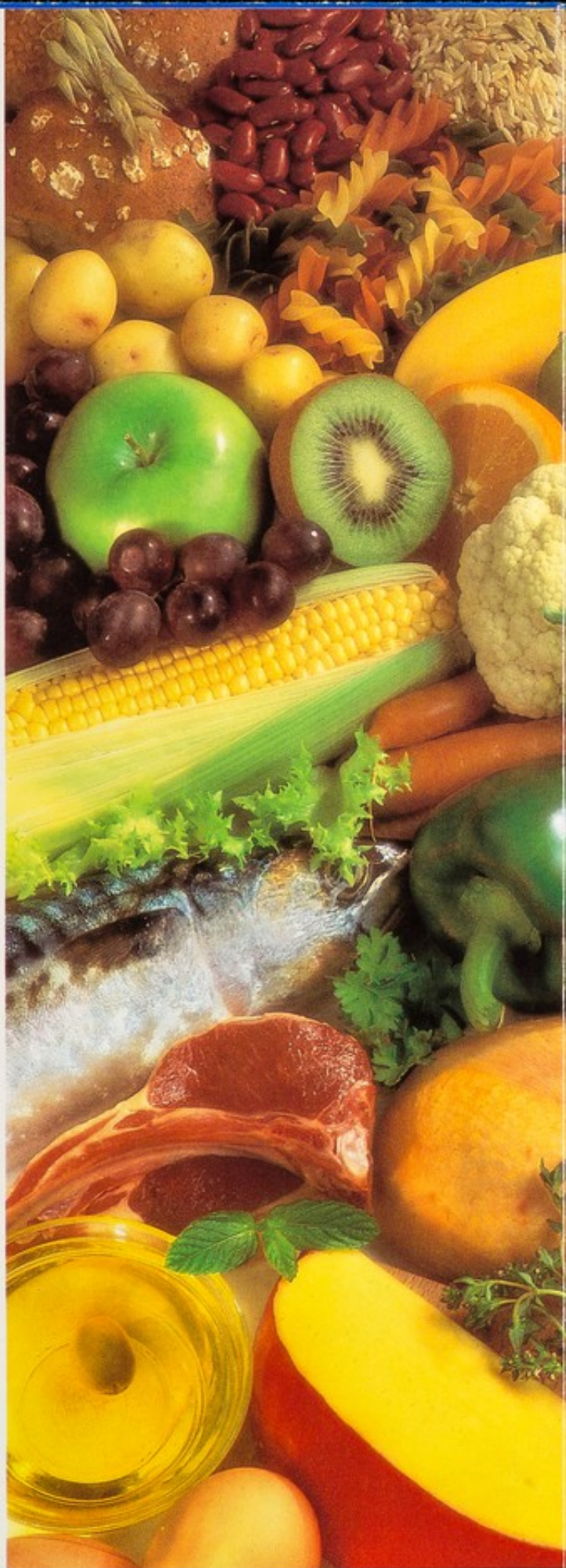


3 MEAT, FISH, POULTRY



4 DAIRY FOODS, EGGS, FAT

Having done that, just apply these 3 simple rules and you will be well on your way to eating more healthily.





1 Half of your daily energy (calorie) intake should come from food groups 1 and 2 e.g. pasta, rice, bread and fruit and vegetables - so make these 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). Don't worry it might sound a lot but just 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.

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.

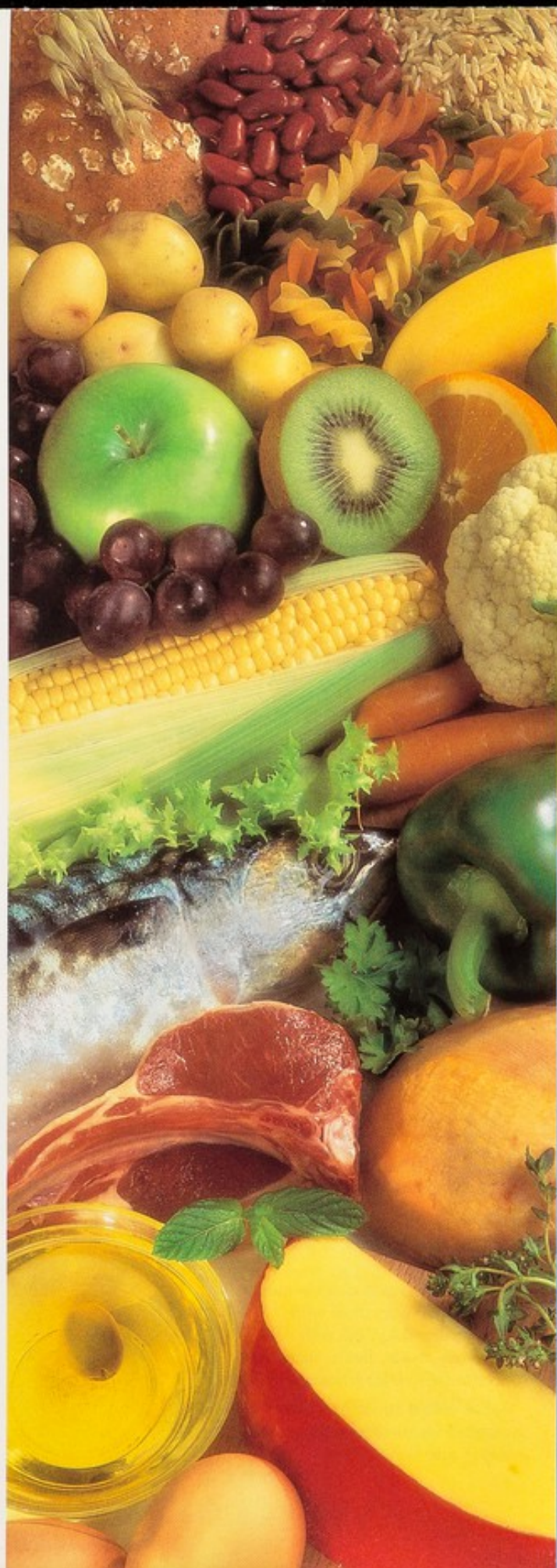




The key to good health lies in a balanced diet, that is eating more of the right foods and less of the wrong, but always eating a variety. Eating a balanced diet can be just as

## *Tasty & Satisfying*

as your current diet and it needn't be more expensive.





# PUTTING IT INTO PRACTICE

The typical daily menu shown below looks quite healthy at first glance - around half the calories do come from cereals, bread and potatoes etc (food groups 1 & 2), and the right amount of fruit and vegetables have been included - but look a bit more closely at the fat. It adds up to a hefty 135g - that's nearly twice the maximum recommended amount for a woman. However, simply by making the easy changes shown on the right, the fat is reduced to 63g, a level that is absolutely fine for both men and women.

## Breakfast

Cornflakes	
Milk	Switch to Half Fat Milk
Toast	
Spread	Use Half (40%) Fat Spread
Marmalade	
Fruit Juice	

## Lunch

Bread Roll	
Spread	40% Fat Spread
Cheese	Try Half Fat Cheese
Tomato	
Cucumber	
Pickle	
Banana	
Milk (in tea)	Half Fat Milk

## Dinner

Sausages	Tesco now sell Half Fat Sausages
Chips	Try Oven Chips
Peas	
Sweetcorn	
Bread	
Spread	40% Fat Spread
Apple Crumble & Cream	Use Half Cream
Milk (in coffee)	Half Fat Milk

The chart below shows you where the fat came from in this menu and also where you can make the big savings. Try and adapt these changes into your diet every day.



N.B. Figures are based on average serving sizes

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