

Good food for lovers of life / The Health Promotion Agency for Northern Ireland.

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GOOD
F♥♥D
for lovers of life



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MORE VARIETY!



MORE FUN!



MORE ENERGY!



STAY WELL!



LOOK BETTER!



FEEL BETTER!



WHAT'S THE BIG DEAL ABOUT HEALTHY EATING?

GOOD FOOD! Our bodies need different kinds of food to help us stay well. No food is 'bad'—it's when we eat too much of it, or cook it in certain ways that it becomes less healthy. That doesn't mean giving up our treats! It's what we eat most of the time that really matters.

GOOD BASICS! . . . fruit (fresh or tinned in natural juices), vegetables (fresh or frozen and cooked lightly to stay crunchy!), potatoes (boiled or baked), bread and rolls (especially wholemeal), wholegrain breakfast cereals, lean meat (especially poultry—without the skin) and fish.

GO EASY! . . . on nuts and crisps (be aware of the fat and salt content), on chips (try oven chips or make them thick and straight and fry in sunflower, soya, corn or rapeseed oil), on butter and margarine (try polyunsaturates and low fat spreads), on anything fried, on creamy foods and dairy ice-cream, (try low-fat yoghurts instead), on sugary drinks, and on sweets, chocolates, biscuits and cakes (these are expensive and can affect our weight and our teeth).

EXPERIMENT! . . . with pastas (especially wholemeal) in salads and hot meals, rice (especially brown), breads (try French rolls and pitta bread filled with vegetables), pizzas (a tasty treat with low fat cheese), kebabs (grilled with lean meat and fresh vegetables), burgers (make and grill your own using lean meat and onion and put it in a wholemeal roll), with beans and lentils in stews, curries, chillis and soups. Discover new ways of cooking your food—try cheap and easy steaming or stir-frying where almost no fat is used!

TASTY SNACKS! . . . When you need a packed lunch, or when you fancy something quick and tasty, take the challenge and amaze yourself with your imagination! Create your own special fillings for sandwiches, rolls and baked potatoes. Good ingredients include baked beans, tuna, chicken, turkey, egg, sweetcorn, lettuce, tomato, low fat cheese, lean meat, and raw chopped vegetables.

LESS FAT!



MORE FIBRE!



LESS SUGAR!



LESS SALT!



ENJOY LIFE — ENJOY GOOD FOOD!