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GOOD FOOD
for lovers of life!



GOOD FOOD - EUROPEAN STYLE

When it comes to enjoying healthy eating we can take some tips from our European neighbours. France and Italy, for example are famous for their love of good food, yet their level of heart disease is much lower than in Northern Ireland.

EAT MORE FIBRE-RICH STARCHY FOODS

Use baked or boiled potatoes, pasta, rice or bread as the main part of a meal. They add fibre and are very filling, so we can use less meats.

EAT MORE FRUIT AND VEGETABLES

Fruit and vegetables can also be used to fill out meals. They provide fibre and essential vitamins and minerals. Eaten raw they are a tasty snack and fresh fruit makes a healthy dessert.

USE LESS FAT

Spread fat thinly. Use spreads which are labelled low fat or high in polyunsaturates or monounsaturates. Europeans use olive oil for cooking and salads. Cheaper alternatives are rapeseed oil or corn oil but like all oils they should be used sparingly. Beware of hidden fats in foods such as cheese, cakes, biscuits, crisps and pastry. Try the low fat varieties of milk, cheese and yogurt.

COOKING METHODS

Try new ways of cooking old favourites!

Grill instead of fry

Bake potatoes in the oven or microwave

Stew or casserole food - it's economical and easy to prepare

Steam food - it's tasty and inexpensive

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