

How to eat a balanced diet / Tesco.

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How to eat a balanced diet

Knowing how to eat a balanced diet isn't as complicated as you might think, so we should all be able to stick to our resolution to be healthier in 2008.

Eating a balanced diet will help you maintain your general well-being and provide you with the right nutrients to keep your energy levels up.

Great healthy recipes inside!

Turn over for a simple guide to what makes up a balanced diet.

Tips for a healthier 2008

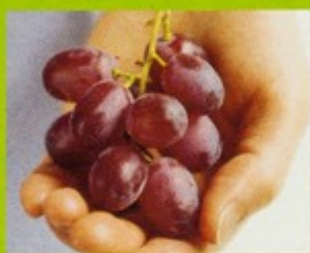
-  Try to eat 5 portions of fruit and veg every day. Remember, frozen, dried and canned count too!
-  Try to eat 2 portions of fish each week, one of which should be oily
-  Try to exercise for half an hour five times a week
-  Try to drink 6 to 8 glasses of water a day
-  Check that your child has a healthy lunch box at www.tesco.com/lunchbox



For more information visit www.tesco.com/health

HEALTHY LIVING

Your balanced diet



Fruit and veg

They can be rich in vitamin C and a great source of fibre. Plus they contain antioxidants for a healthy immune system. Different coloured fruits and vegetables contain different nutrients so try to eat a rainbow for maximum health benefits.

How much? Try to eat a least five portions a day. One handful equals roughly one portion.



Bread, rice, potatoes and pasta

Choose whole grain versions of carbohydrates for better nutrition and fibre, plus they will help keep you fuller for longer. Also included in this group are cereals, porridge, noodles, cous cous, bulgar wheat, quinoa and sweet potatoes.

How much? About a third of your diet should come from this food group.



Meat, fish, eggs and beans

Your body needs protein for growth and maintenance, plus excess protein is used for energy. Pulses, soya based foods and seeds are also included in this group for sources of iron, vitamin B, zinc and magnesium.

How much? Try to eat two to three portions a day.



Milk and dairy foods

These foods are a source of calcium, protein and vitamins which may help to keep your teeth and bones healthy. Use butter and cream sparingly and try to choose lower fat varieties of milk, cheese and yogurt.

How much? Try to eat two to three portions a day but look for lower fat options.



Fatty or sugary foods

We need a small amount of fat and sugar for energy but try to choose low fat and low sugar alternatives. Choose heart healthy unsaturated fats like nut and plant oils, lean meat and try some healthier snacks like fruit and seeds in place of sugary treats.

How much? In moderation so don't forget to read the labels to help you choose healthier options.

For more information visit www.tesco.com/health

HEALTHY LIVING

Breakfast

Fruit Stuffed Pancakes

Enjoy a hot breakfast with all the family at the weekend. The forest fruits in these pancakes are an excellent source of vitamin C.

Makes : 8

Cooking Time: 45 Minutes

Each portion contains

Calories	Sugar	Fat	Saturates	Salt
235	17g	7g	2.8g	0.2g
12%	19%	10%	14%	3%

of your guideline daily amount.

100g (3½ oz) plain wholemeal flour
2 medium eggs
1 tsp muscovado sugar
Pinch cinnamon
200ml (7fl oz) milk
75ml (2½ fl oz) water
1 tsp vegetable oil
Grated rind of 1 orange
250g (9oz) low-fat natural yogurt
500g (1lb 2oz) Tesco frozen Black Forest Fruits, defrosted
1 tbsp muscovado sugar to taste



1. Put the flour in a bowl and make a well in the centre. Break the eggs into the well and whisk, bringing in the flour from the edges. Add 1 tsp sugar and the cinnamon.
2. Put the milk and water in a jug and pour into the bowl gradually, whisking into a smooth batter.
3. Heat a non-stick frying pan and pour in a tiny amount of oil. Wipe with kitchen paper to take away any excess.
4. Pour a ladle of batter into the pan and swirl around until the pan is coated. Cook for 4 mins then flip over with a palette knife and cook for 3 mins on the other side. Repeat with the remaining batter.
5. Stir the orange rind into the yogurt.
6. Spoon 1 tbsp of the fruits on to each pancake and fold.
7. Serve with the yogurt and a sprinkling of sugar.

Lunch

Roasted Pepper, Sweet Potato & Spinach Salad with Herby Yogurt Dressing

Peppers and sweet potatoes are both rich sources of vitamin C and the antioxidant betacarotene.

Serves : 4

Cooking Time: 30 Minutes

Each portion contains

Calories	Sugar	Fat	Saturates	Salt
320	21.3g	11.5g	2.3g	0.3g
16%	24%	16%	12%	5%

of your guideline daily amount.

1 tbsp olive oil
1 tsp cumin seeds
½ tsp turmeric
2 large sweet potatoes, peeled and cut into bite-size pieces
2 red peppers, de-seeded and cut into bite-size pieces
2 yellow peppers, de-seeded and cut into bite-size pieces
100g (3½ oz) low-fat natural yogurt
Juice of 1 orange
1 tbsp lemon thyme leaves
125g (4oz) baby spinach leaves
50g (2oz) pumpkin seeds, toasted

1. Preheat the oven to 200°C/ 180°C fan/Gas 6.
2. In a large bowl, mix together the olive oil and spices before adding the chopped sweet potato and peppers. Mix well to coat them with the spicy oil.
3. Place the vegetables in a single layer in a large roasting tray and roast for 18-20 mins, until the sweet potato is tender. Remove from the oven and leave to cool slightly.
4. Make the dressing by whisking together the yogurt, orange juice and thyme.
5. Gently toss the roasted vegetables with the spinach leaves.
6. Drizzle over the dressing and sprinkle with the toasted pumpkin seeds to serve.



Dinner

Chicken and Bean Casserole

A hearty and nutritious casserole for the family to enjoy on a cold, winter day. The butter beans are low in fat but high in soluble fibre, which can help to lower your blood cholesterol levels.



Serves : 4

Cooking Time: 30 Minutes

Each portion contains

Calories	Sugar	Fat	Saturates	Salt
345	6.5g	10.7g	2.3g	1.1g
17%	7%	15%	12%	18%

of your guideline daily amount

1 tbsp olive oil
4 lean chicken breasts, cut into bite-size pieces
1 red onion, peeled and chopped
½ small cauliflower, broken into florets
420g can butter beans, drained
400g can chopped tomatoes
100g (3½ oz) kale
100g (3½ oz) asparagus tips, halved

1. Heat the oil in a pan and brown the chicken all over. Remove with a slotted spoon and keep to one side.
2. Sauté the onion in the same pan then return the chicken and add the cauliflower florets, butter beans, chopped tomatoes and 300ml (½ pt) water. Bring to a simmer and cook for 15 mins.
3. Add the kale and asparagus and cook for a further 10 mins.
4. Season before serving.

This goes well with mashed potato.

Dinner

Scallops on wilted Pak Choi

Healthy yet impressive to serve when friends come around. Scallops are low in fat and rich in vitamin B12, necessary for a healthy nervous system. They are also rich in protein and a source of zinc.



Serves : 2

Cooking Time: 20 Minutes

Each portion contains

Calories	Sugar	Fat	Saturates	Salt
200	2.5g	14.7g	1.7g	0.4g
10%	3%	21%	9%	7%

of your guideline daily amount

2 tbsp sunflower oil
200g (7oz) pak choy, washed, trimmed and leaves separated
1 clove garlic, crushed
1 small red chilli, de-seeded and finely chopped
2cm (1in) piece fresh ginger, finely chopped
12 fresh scallops (or defrosted if frozen)
Juice of ½ a lemon
2 tsp dark soy sauce

1. Put 1 tbsp oil into a saucepan, add the pak choy and stir, then put a lid on top and leave on a low heat for 3 mins.
2. Heat the remaining oil in a frying pan, add the garlic, chilli and ginger and stir over a low heat for 2 mins.
3. Turn the heat up to high, add the scallops and stir regularly for another 3 mins. Turn off the heat, add the lemon juice and stir well.
4. Put the pak choy onto individual plates, arrange the scallops over the top, and drizzle over the soy sauce.

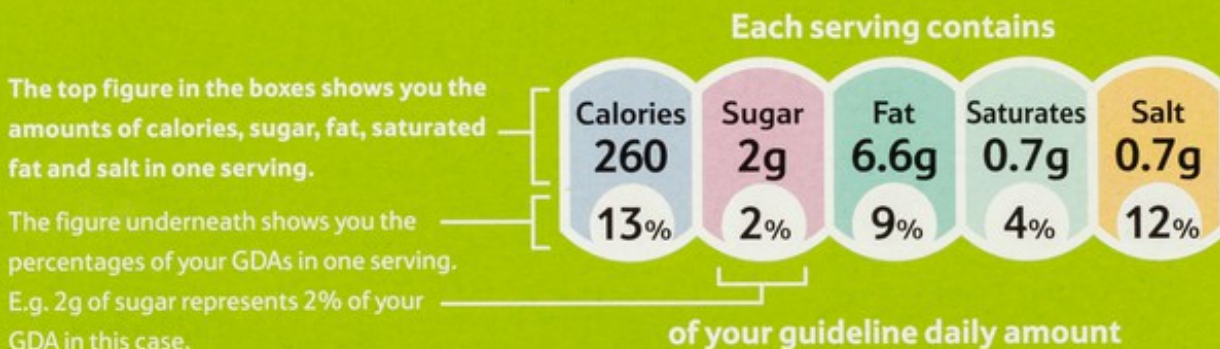
Serve with rice or noodles.

For more information visit www.tesco.com/health

HEALTHY LIVING

How to read the labels

Guideline Daily Amounts (GDAs) are the amounts of calories, sugar, fat, saturates and salt that nutritionists recommend a typical adult should consume as a maximum each day. Each day try not to exceed 2000 calories, 90g sugar, 70g fat, 20g saturated fat and 6g salt. These would be 100% of your GDAs.



Finding the balance

Remember that healthy eating is about balance, so enjoy a treat but try some healthier options too. Plus, you can balance out the energy you take in through food with the energy you burn off when you exercise.



For more information, recipe ideas, meal plans and advice visit www.tesco.com/health

HEALTHY LIVING

What we are doing to help you be healthier

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light choices...



Big on taste, light on calories, sugar or fat

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Tracker

Our new **Healthy Living food range** is designed to make it easier for you to make healthy choices. Products only contain wholesome ingredients and have limited fat, sugar and salt.

Nourishment without the punishment.

Or, if you are trying to lose a few pounds our new diet brand, **Light Choices** means you won't have to compromise on choice or taste. The range is supported by a personalised on-line diet plan at www.tesco.com/lightchoices.

Plus we've developed a new on-line tool, the **Healthy Living Tracker**. Visit www.tesco.com/health for your free personalised nutrition calculator. If you have any questions about healthy eating why not use our 'Ask the Nutritionist' service for free on www.tesco.com/health

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01/2008

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