



EATING WELL IN A HEALTHY
& SUSTAINABLE WAY— A
HANDY CHECKLIST



Carbohydrates



Choose more wholegrain options. They are higher in fibre and some minerals.



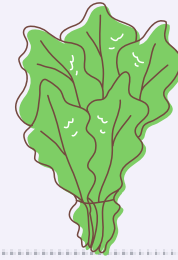
Aim for the 50/50 rule: buy half of your carbohydrates from whole grains e.g. brown cereals, wholegrain pasta, brown bread or rice, grains (Barley, Bulgur)



Potatoes, peas, corn, parsnips, and butternut squash are all examples of starchy carbohydrates.



Fruits & veg - your 5 a day



Choose more seasonal produce & check your local farmer market.



Be a friend with frozen & tinned options - they are affordable, convenient, and count as 1 of your 5 a day.



Pick your funny wonky fruits & veg. They are healthy, funny, more affordable and also help reduce food waste.



Protein sources



Be creative in adding more beans, chickpeas or lentils to your recipes.



Don't forget your 2 weekly portions of fish. Look for fresh, canned & frozen options, whichever is more accessible and affordable.



Make sure to take your Vit B12 supp (10mcg/day) if you are a Vegetarian.



Get familiar with more affordable meat cuts - choose the leaner options.



Dairy & dairy alternatives



Aim for the lower fat milk for yourself and go for full-fat options for your little ones under 2 years.

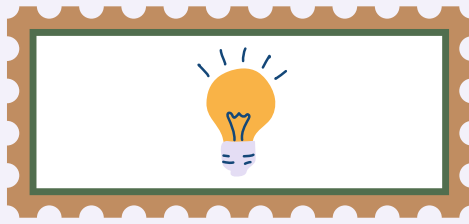


Be mindful of the amount of sugar in some yogurt & pudding - use the traffic light labeling or NHS food scanner tools.



Pick the added calcium, iodine & vitamin D plant-based alternatives.





Plan your meals & shopping list ahead.



Remember that freezer is your best friend in the busy days.



Be creative with your leftovers - use them for snacks, soups, or next-day meals.



We are here for you if you need any personalised guidance or support.

www.nourtrition.com

