

Eating well

Top tips to help you to eat healthier on a budget.



Eatwell Guide

Check the label on packaged foods

Energy	Fat	Saturates	Sugars	Salt
1046kj 250kcal	3.0g	1.3g	4g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	5%

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day and vegetables



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other
 Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of vegetables
 Eat less red and processed meat
 Proteins = 2-3 portions/day
 (1 portion equals a palm size)

Eating Well on a Budget



Water, lower fat milk, sugar free drinks including coffee & tea all count. Limit fruit juice and/or smoothies to a total of 150ml day

Choose unsaturated oils and use in small amounts



Oil & spreads

It can be hard to eat healthily on a budget. Here are some simple tips to help you choose healthy foods without spending too much.

Be prepared

Plan your meals for the week and write a shopping list. Check what you already have at home so you don't buy things you don't need.

Fruits and Vegetables

Look out for special offers. Buying fruit and veg that are in season is often cheaper. Frozen options can save money and last longer. Fruit and vegetables are also a good choice - choose ones with no added sugar or salt.

Beans and pulses

Beans, lentils and peas are cheap and healthy. They are high in protein and fibre and low in fat, making them a great addition to meals.

Meat and fish

If you eat meat, try to use smaller amounts and add beans or vegetables to make it go further. Cheaper cuts like chicken with skin or bones cost less - just remove the skin before cooking. Tinned fish is affordable and ready to eat, and frozen fish can also be good value.

Bread, rice, potato and pasta

Wholegrain options are usually the same price as white versions but are better for your health. Porridge oats are also a cheap and healthy breakfast choice.

Ways to cut energy costs when cooking:

- Plan meals and cook in batches
- Use lids on pans and match the pan size to the hob
- Don't open the oven door often
- Turn heat off in the oven 5mins early, food will keep cooking.
- Only boil the water you need
- Use microwaves, air fryers, or slow cookers where possible
- Use leftover meals to avoid having to cook again

Cook smart, save energy, and save money

Useful Websites:

Hubbub (10 tips for cooking more with less energy) -
www.hubbub.org.uk/10-tips-for-cooking-more-with-less-energy

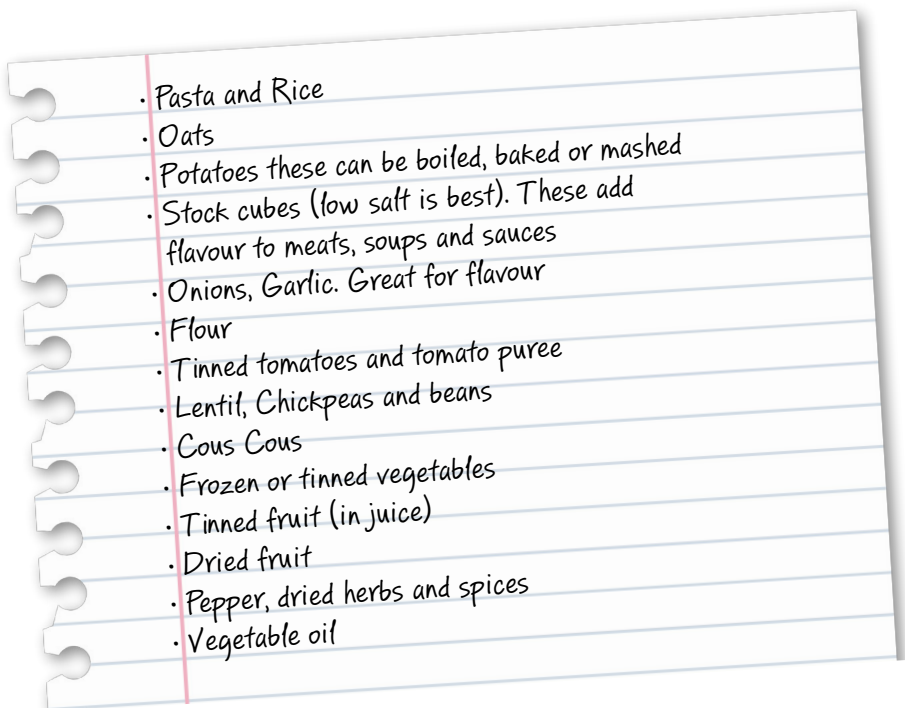
British Dietetics Association (Food Facts) -
bda.uk.com/food-health/food-facts.html

NHS Better Health -
www.nhs.uk/healthier-families/food-facts

British Nutrition Foundation -
www.nutrition.org.uk/creating-a-healthy-diet/eating-healthily-on-a-budget

Shopping tips:

- Make a plan – what foods do you use regularly?
- Plan your meals – this avoids buying food items you don't need
- Check what you already have at home to avoid buying twice
- Use food labels to choose healthier options
- Look out for sale items – but always check the use-by date before you buy
- Use offers wisely – do you need it? Is it really a saving?



Having basic food items in your cupboard means you will have ingredients ready to turn your shopping into tasty meals. Here are some ideas:

Breakfast ideas:

- Low sugar wholegrain value cereals, milk and a portion of dried or fresh fruit
- Porridge oats soaked overnight with yoghurt and frozen berries
- Hot porridge topped with dried fruit
- Eggs (poached, scrambled or boiled) on wholemeal toast
- Baked beans or nut butter on wholemeal toast

Lunch ideas:

- Homemade or tinned soup with wholemeal bread
- Tinned fish on toast or in a sandwich served with salad
- Egg or cheese sandwiches
- Jacket potato with baked beans, cheese, cottage cheese or tinned fish with salad
- Daal
- Tuna and sweetcorn pasta bake

Dinner ideas:

- Cottage pie served with peas and carrots
- Vegetable curry
- Chicken and vegetable stew with Jollof rice or couscous
- Spaghetti Bolognese with peas and carrots
- Stir fried noodles with vegetables
- Chilli con carne with vegetables
- Rice and peas with mackerel in tomato sauce
- Veggie burger with homemade potato wedges

For more ideas on recipes visit:
foodwiseleeds.org/recipe-hub

Understanding food safety labels

Top tips – use food labels

Most pre-packed foods have a food information label on the back or side of the packaging. You can use food labels to help you eat a balanced diet.

Saturated					
		Fat	Fat	Sugar	Salt
Healthier choice	Low	3g or less	1.5g or less	5g or less	0.3g or less
OK most of the time	Medium	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
Just occasionally	High	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

Understanding dates – what do the terms mean?

Use by dates - This means the food (usually meat and dairy products) can be eaten or frozen before or on the date.

Best before dates - Dates refers to quality not food safety. You can eat the food after this date but it may not look or taste its best.

Eggs are different. Do not eat eggs after their best before date.