

Remember,

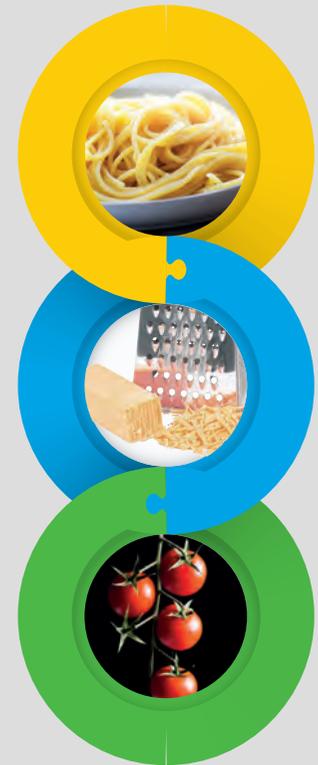
be positive about food. Enjoy eating. Don't think about what you can't eat, think about what you can eat.

What's on the menu this week?



Shopping list

Keep the Meal Real



Look inside for
simple everyday eating

www.eatbetterfeelbetter.co.uk

KEEP IT SIMPLE, KEEP IT REAL

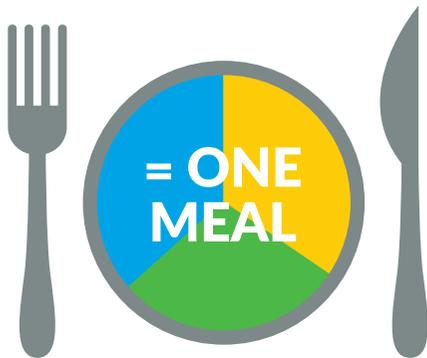
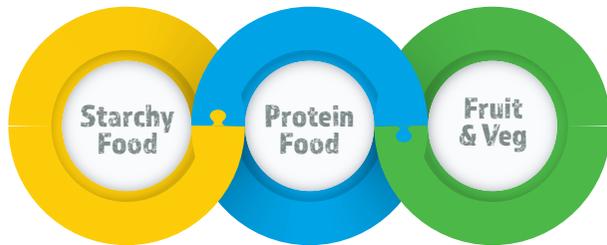
KEEP IT SIMPLE, KEEP IT REAL

Enjoy eating for better physical & mental health

Aim to have 3 main eating times each day to:

- Satisfy hunger
- Fuel your body & brain
- Help you feel good about food

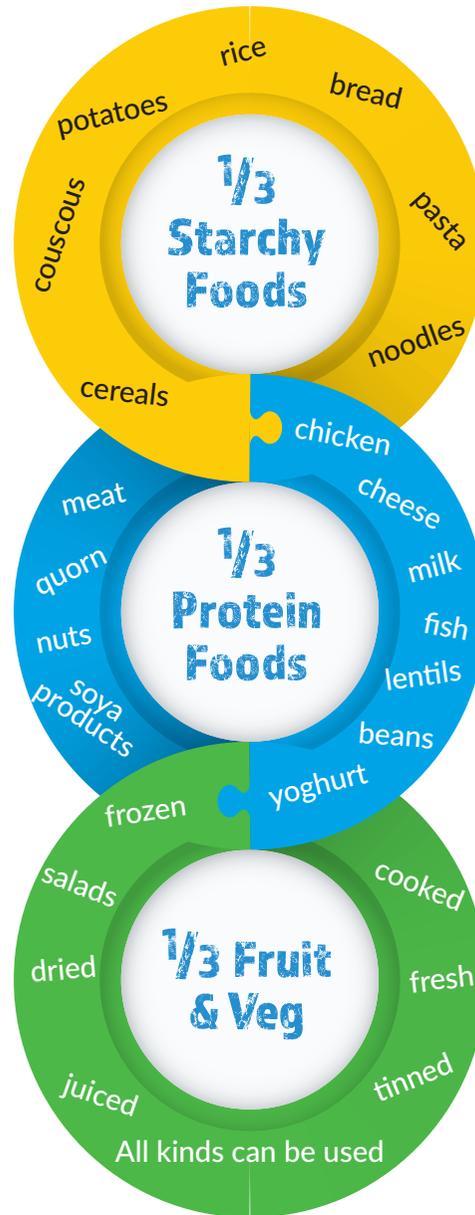
Keep it simple, keep it balanced by having the 3 main food types in every meal.



Try to eat regularly at least every 4 hours.

KEEP IT SIMPLE, KEEP IT REAL

Where do I get these different food types from?



KEEP IT SIMPLE, KEEP IT REAL

Balanced meal ideas



Morning or first meal

- Toast Yoghurt Fruit juice
- Cereal or porridge Milk Dried fruit
- Eggs on toast Tomato/mushrooms
- Bacon roll Fruit juice

Light Meal

- Beans / scrambled eggs on toast Fruit
- Vegetable soup Cold meat bread/wrap
- Oatcakes Humous/cheese Vegetable sticks
- Baked potato Tuna/chilli/beans Salad
- Chicken salad Pasta/rice/couscous Yoghurt



Main Meal

- Mince Potatoes Carrots Rice pot
- Chicken curry Rice/naan bread Fruit
- Soup Cheese & tomato pizza Salad
- Fish Chips Peas
- Cheese & vegetable pasta



KEEP IT SIMPLE, KEEP IT REAL