



Chest
Heart &
Stroke

**Feed your
family the
healthy way**



Introduction:

This booklet was created by NICHHS in co-production with Mater Dei hostel residents and staff to support and encourage people to eat more fruit and vegetables in a healthy, creative and affordable way.

It is important for overall health that we eat a balanced diet from all food groups on the Eatwell Guide (find me on page 4-5) and that we don't rely on just one food or food group to provide us with all our essential nutrients. Often different foods work together to keep our body running efficiently. For example, Iron and Vitamin C work well together, as do Calcium and Vitamin D.

**WE'RE
ON YOUR
SIDE**

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Eat a balanced diet

A healthy diet is about having a balanced diet so your body gets all the nutrients it needs, as well as maintaining a healthy weight, blood pressure and cholesterol level.

The EATWELL guide shows us which food groups to eat and in what amount, in order to achieve a healthy and balanced diet. Portions can be measured with your hand or everyday objects.

Check the label on packaged foods.

Each serving contains

Energy 1046kJ 250kcal	Fat 5g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
	7%	6.5%	38%	15%

of an adult's reference intake
al values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars.

Kcal per day



All food + all drinks

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

NOTE: The Eatwell Guide shows the proportions of a healthy diet over the course of the week. It does not have to be split as shown for every meal or even every day.



Eat less often and in small amounts.



Water, lower fat milk, sugar free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

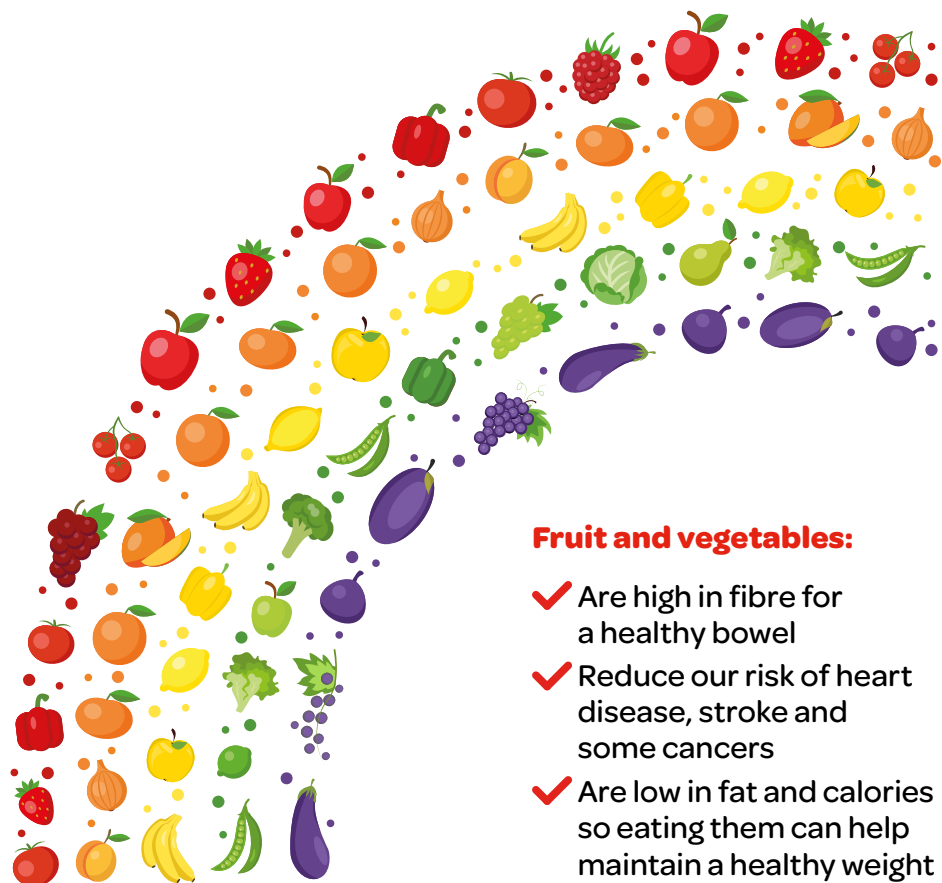


Choose unsaturated oils and use in small amounts

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016

Eat the rainbow

We should eat a wide variety of fruits and vegetables. These can include fresh, frozen, tinned and dried. Smoothies and juices also count as one portion, but we should have no more than 150ml total from these a day. We should aim to eat different colours as each fruit and vegetable provides different nutrients.



Fruit and vegetables:

- ✓ Are high in fibre for a healthy bowel
- ✓ Reduce our risk of heart disease, stroke and some cancers
- ✓ Are low in fat and calories so eating them can help maintain a healthy weight

Examples of different colours of fruit and vegetables:

Red

Strawberries, red pepper, red cabbage, tomatoes

Orange

Orange, butternut squash, sweet potato, carrots

Yellow

Banana, sweetcorn, yellow pepper

Green

Apple, kiwi, spinach, broccoli

Blue

Blueberries, aubergine

Purple

Plum, purple cabbage, beetroot

Pink

Pink grapefruit, rhubarb, radishes

White

Cauliflower, onion, sprouts, mushrooms

Did you know that in 2013 only 16% of children consumed five portions of fruit and vegetables per day?*

*Central Survey Unit, Northern Ireland Statistics and Research Agency (NISRA). 2013 Young Persons Behaviour and Attitudes Survey.



For a portion size guide on fruit and vegetables see **page 28**.

Mineral and vitamin friends

Sometimes the body finds it difficult to absorb certain minerals and vitamins as well as others, but fortunately for these nutrients they usually have a buddy who helps them out. Some examples are shown below:



iron

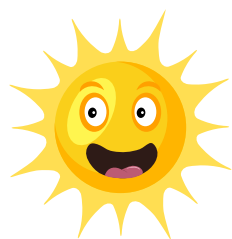


vitamin C

If you eat vitamin C it helps absorb the iron from food. An example of a recipe that contains this is **curried vegetable soup** (page 18).



calcium



vitamin D

If you have vitamin D in your diet it helps the body absorb calcium. An example of a recipe that contains this is **veggie omelette** (page 15).

Five tips to get your 5-a-day (...or more)

- 1** For fussy eaters, you could try hiding vegetables in some food such as grating carrot and adding it to recipes such as Spaghetti Bolognese, or you could finely chop peppers and add them to boiled rice.
- 2** Keep a fruit salad chopped up and ready in the fridge for when hunger strikes.
- 3** Tinned fruit and vegetables are another great source. Just make sure they are tinned in water or fruit juice instead of syrup or unsalted water for vegetables. Did you know that 80g of beans also count as one portion of your fruit and vegetable intake?
- 4** As a healthy afternoon snack, cut some carrots up into sticks and eat them with our healthy hummus or tzatziki.
- 5** Get creative and make some fun shapes with your fruit and vegetables, such as fruit skewers but be careful with the skewer! If using grapes remember to cut them length ways to avoid choking.



Store cupboard essentials

These are some of the things which would be really useful to have in your store cupboard:

- Vegetable oil
- Dried herbs
- Spices
- Tinned fruits and vegetables
- Stock cubes
- Pepper

Little cost, big nutrition

- 1** Loose fruit and vegetables are cheaper than packaged.
- 2** Look for seasonal fruit and vegetables as these are often cheaper. See the seasonality circle on page 29 to get an idea of some of the fruit and vegetables that are in season at different times of the year.
- 3** Got any vegetables that aren't looking as fresh? No need to throw them away. Instead use any leftover or almost out of date vegetables in dishes like stews, casseroles and soups, helping you save on food waste.
- 4** Become your very own fruit and vegetable deal investigator. Go in to the supermarket and have a look at what fruit and vegetables are on offer that week, and plan your meals to include them. Keep an eye for staple vegetables which are normally quite low cost, such as onions, carrots, cabbage, frozen mixed vegetables and frozen peas.
- 5** Save money on snacks and get one of your 5-a-day by selecting a piece of fruit from the supermarket such as a banana, apple or orange. These normally cost around 20-30p, much cheaper than a chocolate bar or a packet of crisps.
- 6** When you are on a tight budget try batch cooking and freezing. A good tip would be to make a basic mince recipe and freeze it, and then when it is needed you could defrost it and adapt the recipe to suit three different options such as bolognese, cottage pie and chilli con carne.

Top Tips when cooking with your family

- 1** Make sure everyone who is helping washes their hands thoroughly before handling the food and especially after touching raw food, the bin, pets and going to the toilet.
- 2** Look at the recipe that you plan to make and give everyone a job. Not only will it stop too many cooks doing the one thing, but it will reduce the preparation time of the recipe.
- 3** If small children are getting involved be aware of potential hazards such as sharp knives and boiling water. Why not get them to measure out ingredients such as spices, or they could even help plate the food?
- 4** Don't have one of the vegetables or spices mentioned in the recipes? No need to worry – you can just use whatever you already have. Cooking is all about experimenting and you never know, you may end up preferring your version! Don't be afraid to substitute.
- 5** Make sure to use separate chopping boards and knives when chopping fish, chicken and vegetables, all raw and ready to eat foods, as using the same chopping board for all of these will lead to cross contamination.

Recipes

Breakfast:

All breakfast recipes cost less than £2 per serving

- **Veggie omelette** – page 15
- **Carrot cake overnight oats** – page 16
- **Healthy beans on toast** – page 17

Lunch:

All lunch recipes cost under £2 per serving

- **Curried vegetable soup** – page 18
- **Bruschetta pitta** – page 19
- **Hummus wrap with roasted Mediterranean veggies** – page 20-21

Dinner:

All dinner recipes cost under £4 per serving

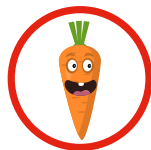
- **Lighter lasagne** – page 22-23
- **Fish and chips with baked beans** – page 24
- **Chickpea burgers** – page 25

Dips:

- **Tzatziki** – page 26
- **Chunky salsa** – page 27



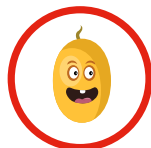
Recipe Key:



Contains Vitamin A



Contains Vitamin C



Contains Calcium



Contains Iron



Contains Vitamin D

**Did you know
we can get
small amounts
of vitamin D
from our diet
but the best
source is from
the sun?**

**When you are reading this recipe book
or other recipe books you may see the
following abbreviations:**

Tsp - teaspoon **ml** - millilitres
Tbsp - tablespoon **g** - grams
Dsp - dessertspoon



Recipes — Breakfast

Veggie omelette



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Serves 1

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Ingredients:

1 tsp vegetable oil
2 medium eggs
40g mushrooms
45g red pepper
½ red onion
50g tomatoes
50g spinach

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Method:

1. Prepare and chop all vegetables to 1cm pieces.
2. Heat the oil in a frying pan.
3. Crack the eggs and whisk them. Add in the vegetables and mix well.
4. Pour the egg mixture into the pan and cook until the edges are brown, around 2-3 minutes.
5. Flip your omelette (be careful when doing this as it can be difficult), and cook for another 2-3 minutes.
6. Serve and enjoy.

**Did you know eggs are
a source of vitamin D?**

Carrot cake overnight oats



Walnuts are a good source of Omega 3 fatty acids which are great for our brain health!

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Serves 1

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Ingredients:

40g oats
175ml semi skimmed milk
9 tbsp grated carrots
2 tbsp raisins
½ tsp cinnamon
¼ tsp vanilla extract
20g chopped walnuts for topping

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Method:

1. Place all ingredients except the nuts in a container and mix well. Seal with a lid and place in the fridge overnight.
2. Bring the oats out of the fridge in the morning and stir. You may want to add a little more milk or yoghurt before serving if the oats are too thick.
3. Top oats with chopped nuts and serve.

Healthy beans on toast



Make sure to use wholemeal bread rather than white bread as it is higher in fibre and lower in sugar.

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Serves 2

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Ingredients:

3 tsp vegetable oil
2 garlic cloves
¼ – ½ tsp mild smoked paprika
300g passata
3 tbsp tomato puree
1 x 400g tin haricot beans
4 slices wholemeal bread

...

Method:

1. Drain the beans and rinse them.
2. Heat the oil in a saucepan over a medium heat.
3. Crush the garlic and add to the pan to cook for 2 minutes, be careful not to burn.
4. Reduce heat to low and stir in the smoked paprika.
5. Add the passata and tomato puree and then simmer for around 20 minutes until the sauce has thickened.
6. Add the beans and simmer for a further 10 minutes.
7. Put the bread in the toaster and serve with the beans on top.

Curried vegetable soup



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Serves 4

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Ingredients:

3 tsp vegetable oil
1 onion
4 carrots
3 new potatoes
1 head of broccoli
3 leeks
2 vegetable stock cubes
3 tbsp curry powder

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Method:

1. Peel and chop the onion, carrot and potatoes. Cut up the broccoli and leeks.
2. Heat the oil in a pot, add the onion and leeks and cook until the onions become soft and slightly browned.
3. Boil 1 litre of water and make up the vegetable stock.
4. Add the carrots, potatoes and broccoli. Cook for 5 minutes.
5. Add in the curry powder and cook for 1 minute.
6. Add the vegetable stock, bring to the boil and then lower the heat, gently simmer for 20 minutes stirring frequently.
7. For a smooth soup remove the pot from the heat, wait for it to cool down and then blend using a hand blender or a food processor. Alternatively you could blend half of the soup until smooth and keep the other half to stir through, so that the soup is still a little bit chunky.
8. Reheat the soup and serve.

Why not double up on the recipe ingredients and have some soup for lunch tomorrow?

Bruschetta pitta



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Serves 6

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Ingredients:

1 pack cherry tomatoes
3 tsp vegetable oil
2 garlic cloves
1 red onion
1 handful fresh basil
Wholemeal pitta breads

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Method:

1. Cut the tomatoes, onion and garlic into small pieces and mix together.
2. Roughly chop the basil and stir through the tomato mixture. Save some for garnishing.
3. Place the pitta bread onto an oven tray and lightly drizzle with vegetable oil.
4. Toast the bread lightly in the oven.
5. Take the bread out of the oven and spoon the tomato mixture onto the pitta bread. Place the bread back into the oven for 5 minutes.
6. Remove and sprinkle the remaining basil on top.
7. Serve and enjoy.

Pitta breads are great for lunches, but you could also use them as a base for healthy pizzas.

Hummus wrap with roasted Mediterranean veggies



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Serves 4

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Ingredients:

1 tsp vegetable oil
2 red onions
1 container of tomatoes
3 garlic cloves
1 tsp oregano
1 tsp basil
4 wholemeal wraps

For the hummus:

1 x 400g tin of chickpeas (drain but keep the liquid for the hummus mixture)
Juice of half a lemon
2 cloves of garlic
¼ tsp cumin (or more to taste)

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You can use leftover hummus as a healthy snack. Why not serve it with some vegetable sticks such as carrot?

Method:

1. Preheat the oven to 180°C.
2. Wash and chop the vegetables into desired shapes and sizes.
3. Place the vegetables in an oven tray and drizzle over the oil, oregano and basil.
4. Place the vegetables into the oven and roast for 20 minutes.
5. Meanwhile place the garlic, lemon juice, chickpeas and 3 tbsp of the chickpea liquid into the blender and blend until smooth. Don't over blend as the hummus won't be as thick. If the hummus is too thick add more of the chickpea liquid.
6. Spread the hummus onto the wrap then add the roasted vegetables, roll and serve.



Lighter lasagne



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Serves 4

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Ingredients:

3 tsp vegetable oil
8 whole wheat lasagne sheets
2 onions
500g turkey mince
250g mushrooms
1 green pepper
2 x 400g tin chopped tomatoes
500g passata
3 tsp tomato puree
3 tsp mixed herbs to taste
1 handful basil roughly chopped
50g low fat grated cheddar cheese
100g baby leaf spinach

For the white sauce:

20g corn flour
240ml semi skimmed milk
10g low fat cheddar cheese
5g reduced fat spread

...

Turkey mince may seem unusual in a lasagne, but it is a much leaner meat and is the same price as beef mince!

Method:

1. Heat up the oven to 180°C.
2. Chop up the vegetables to desired size.
3. Heat the oil in a large frying pan and cook the onions for 5 minutes until softened.
4. Add the turkey mince to the onions and cook thoroughly.
5. Add the pepper and mushrooms, plus the two tins of chopped tomatoes, the passata and the tomato puree and mix well.
6. Add the spinach, mixed herbs and basil but save some for garnishing.
7. Cook on a medium heat for 10 minutes.
8. Meanwhile for the white sauce, mix 50ml of milk with the cornflour in a bowl. In a saucepan add the remaining milk, cheese and butter and bring to the boil. When the mixture is at the boil add in the milk and cornflour mixture, stirring well until it becomes a thick sauce. Keep an eye on the sauce to make sure it doesn't boil over or stick to the bottom of the pan.
9. Make the lasagne by layering the turkey mince mixture, then add a layer of white sauce and then a layer of lasagne sheets. Repeat this one more time and top with the cheese.
10. Put the lasagne in the oven and cook for 20-25 minutes.
11. Serve and enjoy.



Fish and chips with baked beans



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Serves 1

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Ingredients:

1 fillet of salmon
225g potatoes
2 tsp vegetable oil
Healthy baked beans

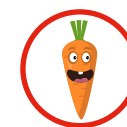
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Method:

1. Preheat the oven to 200°C.
2. Peel and cut the potatoes into the desired thickness and shape.
3. Parboil the potatoes for 5 minutes.
4. Lightly oil the potatoes in an oven tray and place them in the oven to cook for 40 minutes turning them over occasionally.
5. Meanwhile place the fish in a lightly oiled piece of tin foil and wrap it in a loose parcel.
6. Place the fish into the oven on an oven tray and leave to bake for 20 minutes.
7. When the fish and chips are cooking start making the bean recipe from page 17 or alternatively if you have leftover beans, just reheat for 2-3 minutes in a saucepan.
8. When everything is ready, serve and enjoy.

To save money, why not buy the salmon from the frozen aisle as it will be cheaper than the salmon found on the chilled aisle.

Chickpea burgers



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Makes 6 burgers

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Ingredients:

3 tsp vegetable oil
1 medium carrot
1 garlic clove
1 x 400g tin chickpeas
1½ tsp ground cumin
1½ tsp ground coriander
1 large egg
6 tsp plain flour
6 wholemeal rolls
1 tomato
1 red onion
½ iceberg lettuce

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Method:

1. Peel and grate the carrot.
2. Peel and roughly chop the garlic.
3. Drain and rinse the chickpeas and put them into a food processor with the garlic and spices. Process the mixture into a rough paste then add the carrot, egg and flour and process until mixed but not smooth.
4. Heat the oil in a frying pan and divide the mixture into 8 burgers. Fry in batches for 2–3 minutes on each side, until golden.
5. Serve in a wholemeal roll with slices of tomato and red onions and some iceberg lettuce.

Use up any leftover potatoes by making some homemade chips to serve with this recipe, reducing your food waste.

Tzatziki

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Ingredients:

1 x 500g tub fat free Greek yoghurt
Cucumber
2 garlic cloves
1 red onion
Dried or fresh mint
Pepper to taste

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Method:

1. Grate the cucumber and squeeze the liquid out of it using a clean dish towel.
2. Cut the garlic and onion quite finely.
3. Mix the garlic, onion and cucumber into a bowl with the yoghurt and add in the dried or fresh mint and pepper.
4. Stir through and place the tzatziki in an airtight container to store in the fridge. You could serve it straight away, or for a stronger flavour store in the fridge overnight and eat it the next day.



Make sure to use wholemeal bread rather than white bread as it is higher in fibre and lower in sugar.

Chunky salsa

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Ingredients:

1 garlic clove
1 red onion
3 large tomatoes
3 tsp fresh coriander
1 chilli or 1 tsp chilli powder
1 pepper to taste
1 lime

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Method:

1. Finely chop the garlic, red onion, tomatoes and coriander.
2. Cut up the chilli, remove the seeds for a less spicy salsa, or if you want a bit of spice in your salsa keep the seeds in.
3. Juice the lime.
4. Combine all the ingredients and serve in a bowl.
5. If you have any leftovers, store in an airtight container in the fridge and use within three days.



Serving suggestion:
Make your own tortilla chips by cutting a wholemeal wrap into triangles and bake in the oven for 5-6 minutes until they are crisp.

Fruit and vegetable portion size guide

Your serving guide to **vegetables, salad and fruit***.

*This is a Republic of Ireland Resource.

Small fruits 1 serving is 2 mandarin oranges, 2 kiwis, 2 plums or similar size fruit	Medium fruits 1 serving is 1 apple, 1 banana, 1 orange, 1 pear or similar size fruit	Large fruits 1 serving is ½ grapefruit, 1 slice of melon, 1 slice of pineapple, 2 slices of mango
Berries 1 serving is 4 strawberries, 10 grapes/cherries or 16 raspberries	Dried fruit 1 serving is 1 heaped dessert spoon of raisins or softens, 2 figs, 8 prunes or 1 handful of dried banana chips	Tinned and cooked fruit 1 serving is ½ cup of fruit tinned in own juice or stewed fruit
Juices and smoothies 1 serving is 1 glass (250ml) of unsweetened 100% fruit or vegetable juice can count as a portion. But only one glass counts. Further glasses of juice don't count toward your total 5-A-DAY	Cooked vegetables 1 serving is ½ cup of cooked vegetables, herbs, frozen or tinned	Salad vegetables 1 serving is 1 bowl of mixed salad, 1 medium tomato or ½ cm piece of cucumber
Soup 1 serving is 1 bowl homemade vegetable soup	Measure up Dessert spoons and disposable plastic cups are handy ways to check serving sizes.	

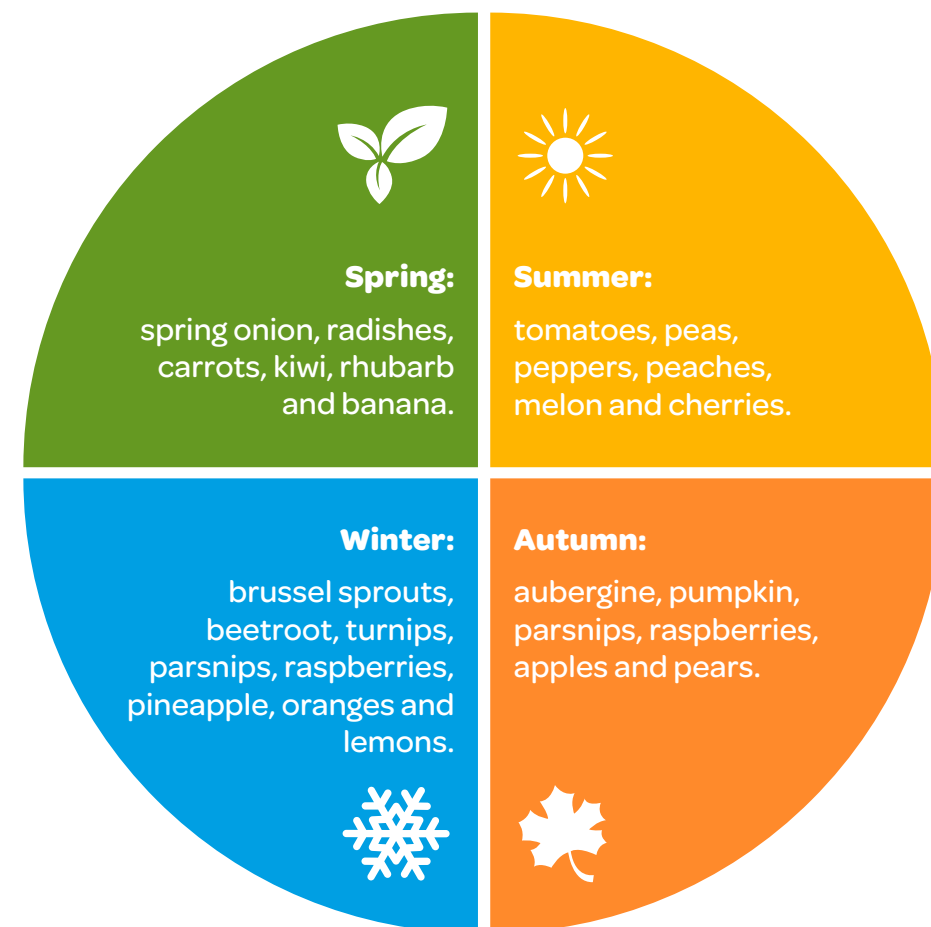


safe food

For more healthy eating facts visit www.safefood.ie

Seasonality circle

This shows a few of the fruits and vegetables that are in season. Fruits and vegetables that are in season tend to be cheaper and taste better!



Menu planner

Weekday Menu:

Breakfast: Carrot cake overnight oats

Snack: Orange

Lunch: Bruschetta pitta

Snack: Vegetable stick with tzatziki

Dinner: Chickpea burgers, served with a side salad

Weekend Menu:

Breakfast: Veggie omelette

Snack: Banana

Lunch: Hummus wrap with roasted Mediterranean vegetables

Snack: Fresh fruit salad

Dinner: Lighter lasagne, served with a side salad



See resource pack for some fun activities

NICHs is your local charity that is leading the fight against chest heart and stroke diseases. One of our priorities is to promote a healthy lifestyle, to prevent people becoming unwell.

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Thanks to: Meadhbh McDaid for her work on the production of this leaflet, Mater Dei Supported Accommodation, Jeanie Mahood, Child Support worker at Depaul Mater Dei, Safefood and the BHSCT Community Dietetic Health & Wellbeing team, who were consulted with regards to the accuracy of nutritional information in this resource.



To find out more about
chest, heart and stroke conditions
and how to keep healthy, visit
nichs.org.uk/choosetobehealthy

Please note that the information in this booklet is not a substitute for the advice your doctors or other health care professionals may give you based on their knowledge of your condition.

Northern Ireland Chest Heart & Stroke is a local charity which relies on the generosity of the people of Northern Ireland to carry out its work. If you would like to support us by giving a small donation or by volunteering, please visit **nichs.org.uk**. Thank you.

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