

READ YOUR FOOD LABELS

The guide below will help you to identify foods that contain a little or a lot of sugar, salt and fat per 100g

This is a LITTLE	This is a LOT
2.0g of sugar	10.0g of sugar
3.0g of fat	20.0g of sugar
1.0g of saturates	5.0g of saturates
0.3g of salt	1.5g of salt

CHECK THE INGREDIENTS LIST

The biggest ingredient will appear first in the list going down to the smallest last.

Eg. **Fruit flavour sweet foam gums:** glucose syrup, sugar, water, gelling agent, dextrose, citric acid, flavourings, colours and glazing agents.

The biggest ingredient is glucose syrup (sugar) and the smallest ingredient is glazing agents.



COCK-A-LEEKIE SOUP

Serves 4 people

Preparation time: 10 minutes
Cooking time: 1 hour

THIS RECIPE IS:

Low in fat

Includes one of your five-a-day portions

Can be made on a low cost budget

1 medium chicken leg quarter skin removed
1 chicken stock cube
50g pearl barley
1 bay leaf
2 onions, sliced.
2 leeks, sliced
2 carrots, chopped
2 tablespoons chopped fresh parsley
Black pepper

Put the chicken portion into a large saucepan and add 1.2 litres of cold water and 1 stock cube. Add the pearl barley and bay leaf, and bring to the boil. Reduce the heat and simmer gently for 30 minutes.

Add the onions, leeks and carrots to the saucepan and continue to cook for about 20 minutes until vegetables are tender and the pearl barley is cooked.

Remove from heat and take out the chicken portion, cool slightly and remove all the meat from the bones. Chop the meat and return to the saucepan with the parsley.

Remove the bay leaf and reheat the soup. Ladle into warm bowls.

If freezing do not reheat soup but leave to cool. Once cool, transfer into a suitable container and place in freezer.

Produced by Sandwell Food Team
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Eatwell in Sandwell



Making healthier choices

FATS



Sandwell **NHS**
Primary Care Trust



FATS

Not all fats are bad!
But which ones are better?

Saturated fat

Saturated fat comes from animals and are found in most biscuits, cakes, pastries, meat pies and sausages. **DON'T HAVE TOO MANY OF THESE FOODS!** This type of fat can increase the risk of heart disease because it raises blood cholesterol.

Hydrogenated fat

Look out for hydrogenated fat, sometimes called **Trans Fats**. It may be worse than saturated fat. These fats are used in the manufacturing process found in many processed foods because it gives food a longer shelf life. **IT IS BAD NEWS FOR YOUR HEART!**

NO MORE THAN 30% OF YOUR TOTAL CALORIES FOR A DAY SHOULD COME FROM FAT



HEALTHIER FATS

Healthier fats come from **polyunsaturated** and **monounsaturates**.

These come from plants. Such as sunflowers and olives. They still contain a lot of calories so beware!



Omega 3 and 6

These are very good for health and are found in fish (salmon, sardines and tuna), walnuts, rapeseed and soya oil.

WHAT ABOUT CHILDREN?

If your child is under two years old make sure you give them full fat milk. Try to introduce a wide variety of foods. It is much easier to form eating habits when children are young.

After two years of age, if your child is eating a well balanced diet, you can gradually switch to semi skimmed milk.

Skimmed milk is not suitable for under 5s.



HEALTHIER CHOICES



Eat more fruit and vegetables.



Base meals on starchy foods such as bread, pasta and rice. These foods contain less than half the calories of fat.



Cut down on fat—especially saturated fat and trans fat. These include processed foods, cakes, biscuits, butter and meat pies.



Choose lean cuts of meat and trim off any fat.



Try boiling, steaming, grilling, poaching or microwaving foods rather than frying or roasting.



Try dry roasting—this is like frying with no oil.



Choose lower fat dairy foods such as semi skimmed milk and lower fat yoghurts.