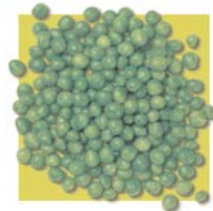


# Healthy Eating and Cooking Tips

Sandwell **NHS**  
Primary Care Trust

- Eat fruit as a snack between meals or as a dessert.
- Use fruit in puddings, for example apple crumble, banana and custard.
- Choose canned fruit in natural juice rather than syrup.
- Add chopped fresh or dried fruit to breakfast cereals.
- Eat vegetables or salad with your meals.
- Cut the fat off meat before cooking.
- Grill, bake or microwave meat and fish without adding fat.
- Add pulses such as peas, beans and lentils to casseroles stews and mince dishes or use these instead of meat.
- Drain excess fat from roast meat or fried mince.
- Use strong flavoured cheese such as mature cheddar or parmesan in sauces and in cooking- you'll find you'll need to use less of it than mild cheese.
- Grate cheese - it makes a smaller amount go further.
- Choose tomato based pasta sauces rather than cheese or creamy sauces.
- When you have chips choose low fat oven chips.
- Scones, currant loaf, plain popcorn, tea cakes, fruit and vegetables are healthier snack options.
- Choose water, diet/sugar free/low sugar and no added sugar fizzy drinks and squashes.



## How to contact us:



Telephone: 0800 011 4656



Email: [foodteam@nhs.net](mailto:foodteam@nhs.net)



Website: [www.eatwellinsandwell.co.uk](http://www.eatwellinsandwell.co.uk)

If you need this leaflet in another format such as audio or large print please contact Communications on 0845 155 0500.

إذا كنت بحاجة إلى هذا المنشور على شكل خطوط مطبعية كبيرة أو على شكل شريط كاسيت أو مطبوع بهذه اللغة، يرجى الاتصال بمركز الاتصالات على هاتف رقم 0121 612 1679.

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਦਸਤਾਵੇਜ਼ ਵੱਡੇ ਛਪੇ ਵਿੱਚ, ਆਡੀਓ ਤੇ ਜਾਂ ਇਸ ਭਾਸ਼ਾ ਦੇ ਵਿੱਚ ਚਾਹੀਦਾ ਹੋਵੇ ਤਾਂ ਕਮਿਊਨੀਕੇਸ਼ਨ (ਸੰਚਾਰ) ਵਿਭਾਗ ਨੂੰ ਟੈਲੀਫੋਨ ਨੰਬਰ 0121 612 1679 ਤੇ ਫ਼ੋਨ ਕਰਨ ਦੀ ਕ੍ਰਿਪਾਲਤਾ ਕਰਨੀ।

Aby otrzymać tę ulotkę w wersji dużym drukiem, audio lub w tym języku, proszę się skontaktować z działem komunikacji pod numerem: 0121 612 1679.

اگر آپ کو یہ کتابچہ بڑے پرنٹ، آڈیو یا اردو میں درکار ہو تو براہ مہربانی ٹیلی فون نمبر 0121 612 1679 پر کمیونیکیشنز (communications) سے رابطہ کیجئے

in Sandwell  
**Eatwell**

Eat well, look good, feel great