



**FUNDAMENTAL  
FOODS  
PRESENTS  
SIMPLE, TASTY AND  
HEALTHY RECIPES  
FOR ALL THE FAMILY**



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## Know what's in your food

Here at the Pennypit Trust within our Fundamental Foods team we have three registered nutritionists. Together they run a range of cooking projects that aim to empower the community to cook healthy meals that are simple, family friendly and accessible (even on a budget).

For more information on our projects or any dietary questions contact Fundamental Food Manager (contact details below)

We've put together some simple information pages at the back of this booklet for you to gather tips on fussy eating, gain information on key nutrients and understanding the eatwell guide and food labelling

**Ruth Davie** (Fundamental Foods Manager):  
ruth.davie@pennypittrust.com  
07515952631

# BENEFITTING FROM YOUR BREAKFAST

## The most important meal of the day?

Our body can go as long as 12 hours without food while we are asleep and therefore our energy levels are at their lowest when we wake up. Breakfast can help replenish these stores to give us energy throughout the day and kick-start our metabolism.

Skipping breakfast can cause a number of problems including tiredness, lack of concentration and reduce our brain activity - meaning that for children, their school work is affected. In fact it's been shown that children who skip breakfast are likely to fall behind at school (academically and socially) and are likely to be heavier than their peers who eat a substantial breakfast.

## Does it matter what we eat for breakfast?

What we eat for breakfast is just very important. Our food gives us all of our essential nutrients - including vitamins A, B, C, D, E and K, iron, calcium and fibre. We need all of these for growth and development - particularly when we are children and therefore when replenishing our energy stores at breakfast we must make sure we have an adequate store of our nutrients. On top of this, many of our breakfast cereals have added goodness such as vitamin D, iron and calcium.

Having an unhealthy or high sugar/fat breakfast put children at higher risk of weight gain and can often lead to hyperactivity and behavioural problems.



## Here's some of our favourite recipes to try for your breakfast

### Green Smoothie

*(filled with vitamin C & iron)*

- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 cup spinach
- 1 cup water

Place all the ingredients in a blender or using a hand blender, blend until smooth. Drink straight away

### Eggy Bread

*(filled with fibre and protein)*

- Wholemeal Bread
- Milk
- Eggs

1. Mix an egg and a splash of milk in a wide bowl.
2. Place a slice of bread in the bowl, making sure it is fully covered in the egg mix
3. Heat in a pan for 2 minutes on each side.

### Yummy Yoghurt

*(filled with calcium and vitamins)*

- Yoghurt
- Berries
- Bananas
- Dried Fruit
- Wholegrain Cereal or Granola

Mix all ingredients in a bowl and serve.

*Make this to your taste by adding fruits of your choice!!!*



# Banana Pancakes

Makes 12 pancakes



## Ingredients

- 350g self-raising flour
- 1 tsp baking powder
- 2 ripe bananas
- 2 medium eggs
- 1 tsp vanilla extract
- 250ml milk
- butter for frying

*A healthy twist to yummy pancakes. Its a good way to use up really ripe bananas!*



## Method

1. Sieve the flour and baking powder into a large bowl.
2. In a separate mixing bowl, mash the bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk.
3. Make a well in the centre of flour mixture, tip in the banana mixture ingredients and swiftly whisk together to create a smooth, silky batter.
4. Heat a little knob of butter in a large non-stick pan over a medium heat.
5. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface.
6. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.

# Mini Spinach and Egg Muffins

Makes 12 muffins



## Ingredients

- 6 eggs
- 80g spinach
- 100g cheddar cheese
- 2 tbsp water
- Oil for greasing

## Method

1. Preheat oven to 200°C/180°C fan/gas mark 6.
2. Grease 12 holes of a muffin tin with oil
3. Wash and Finely chop the spinach
4. Grate the cheese
5. Whisk the eggs in a large bowl.
6. Add the spinach, cheese and water. Mix well
7. Pour roughly 2 tbsp of mixture into each hole
8. Bake for 10 - 12 minutes until golden and cooked through
9. Use a knife once cooled to go around the edges of the muffin to remove from the tin

**Yummy as a snack or lunch. Good source of protein**

**Can be used for weaning - chop into finger sized shapes**

**Can alter the recipe to use different veg e.g. grated carrot, courgette, peas etc or try with feta cheese**



**I am suitable to freeze!  
To defrost pop me on the counter for a few hours or in the fridge overnight**



# Apple and Carrot Muffins



Makes 12 muffins or 18 fairy-cake sized muffins

## Ingredients

Dry Mix:

- 300g Self Raising flour
- 1/4 tsp bicarbonate of soda
- 2 tsp cinnamon
- 50g oats
- 100g sugar

Wet Mix:

- 1 carrot
- 2 eggs
- 125ml oil
- 1 apple
- 150ml milk

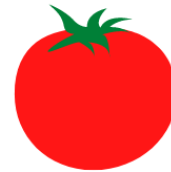
**Good for family cooking!  
Packed with healthy ingredients  
these are filling and tasty!**

## Method

1. Heat oven to 200°C, fan 180°C, gas mark 6
2. Line your muffin or fairy cake tray with appropriate cases
3. Put oats and sugar in a bowl. Sieve the flour, bicarb and cinnamon into the bowl and mix well
4. Peel and grate the carrot
5. Break the eggs into another bowl and beat with a fork
6. Add the carrot, apple, oil and milk to the eggs and mix well to combine
7. Pour the bowl of wet ingredients into the dry ingredients and mix well with a wooden spoon until just combined
8. Spoon the mixture into the cases dividing evenly
9. Bake for about 20 minutes for muffins or 15 minutes for fairy cakes. Once baked they should be golden brown and the sponge springs back when pressed lightly with your finger



# TOMATO SOUP



## Ingredients

- 2 Garlic Cloves
- 2 Carrots
- 3 Potatoes
- 2 Celery
- 1 Onion
- Tin tomato puree
- Tin Passata
- 1 tbsp Oil
- 1.5 litre Vegetable Stock
- Bay Leaf

**I'm super  
yummy, and  
good for you. I'm  
full of Vitamin C!**

## Method

1. Prepare vegetables - dice onion, crush garlic and chop celery, potatoes and carrots into cubes.
2. Put 1tbsp of oil into a pot, and fry onions and garlic for 5 minutes until softened.
3. Add potatoes, celery and carrots - cook for 1-2 minutes
4. Add 1.5litre of vegetable stock and add bay leaf
5. Bring to the boil and reduce the heat and allow to simmer for 40-45 minutes (until vegetables are softened)
6. Remove bay leaf
7. Blitz with a hand blender and serve

(for a creamy tomato soup, add milk)

# CARROT AND CORIANDER SOUP



## Ingredients

- 2 Garlic Cloves
- 4 Carrots
- 2 Potatoes
- 1 Onion
- 1 Parsnip
- 1 tbsp Dried Coriander
- 1 tbsp Oil
- 1litre Vegetable Stock
- Fresh Coriander (finely chopped)

**Not only am I super tasty, but also high in fibre and vitamin A**

## Method

1. Prepare vegetables - dice onion, crush garlic and chop parsnip, potatoes and carrots into cubes.
2. Put 1tbsp of oil into a pot, and fry onions and garlic for 5 minutes until softened.
3. Stir in dried coriander
4. Add potatoes, parsnips and carrots - cook for 1-2 minutes
5. Add 1litre of vegetable stock
6. Bring to the boil and reduce the heat and allow to simmer for 20 minutes (until vegetables are softened)
7. Add fresh coriander and allow to cook for 2-3 minutes
8. Blitz with a hand blender for a smooth texture
9. Serve



# VEGETABLE SOUP



## Ingredients

- 1 Soup Pack
- 1litre Vegetable Stock  
(use 1 veg stock cube)

**WOW,  
Delicious and  
Nutritious.  
Winner Winner Veggie  
Soup for Dinner**

## Method

1. Prepare vegetables - chopping all vegetables into small cubes
2. Add all vegetables to a large pot and cover with 1.5 litre of vegetable stock
3. Bring to the boil and reduce the heat and allow to simmer for 40 minutes (until vegetables are softened)
4. Blitz with a hand blender for a smooth texture
5. Serve

# Lentil Soup

Serves 4



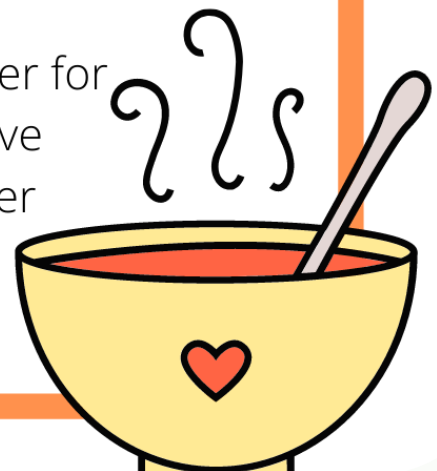
## Ingredients

- 1.2l boiling water
- 2 ham or veg stock cubes
- 100g red lentils
- 2 carrots
- 1 onion
- 1 potato
- Black pepper, to season

**Enjoy this yummy  
filling soup.  
Nutritious and  
delicious!**

## Method

1. Put the stock cubes in a large pan and add the water
2. Add the lentils and bring back to the boil
3. Peel and chop the onion, potato and carrots
4. Add the vegetables to the pan and season - if you use ham stock cubes you should not need salt as it will make it too salty
5. Bring to the boil, cover and simmer for around 30mins until the lentils have broken down and the veg is tender
6. Blend until smooth
7. Serve



# Chicken Noodle Soup



## Ingredients

- 1.8l chicken or vegetable stock
- 2 chicken breasts
- 2 tsp fresh root ginger
- 2 garlic clove
- 100g noodles
- 4 tbsp sweetcorn canned or frozen
- 4 mushrooms
- 3 spring onions
- 3 tsp soy sauce, plus extra for serving

Serves 4

**Quick and  
easy  
family meal**



## Method

1. Peel and grate the ginger
2. Peel and finely chop/crush the garlic
3. Pour the stock into a pan and add the chicken breast, ginger and garlic.
4. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.
5. Whilst the chicken is cooking Wash and thinly slice the mushroom and spring onion
6. Remove the chicken to a choppingboard and shred into bite-size pieces using a couple of forks.
7. Return the chicken to the stock with the noodles, sweetcorn, mushrooms, onion and soy sauce
8. Simmer for 3-4 mins until the noodles are tender.
9. Serve with extra soy sauce for sprinkling.

# Carrot and Butterbean Soup



## Ingredients

- 600 g carrots
- 2 tins butterbeans
- 1 onion
- 1 litre water
- 2 stock cubes chicken or vegetable (or 1 of each)
- 1 tsp ground coriander
- Black pepper to season
- 1 tbsp oil

**A filling meal for the family.  
It is a good source of fibre and vitamins**

## Method

1. Peel and chop the onion
2. Wash and chop the carrots into small chunks
3. Add 1 tbsp oil to a pan. Add the onions and cook for a few minutes until they soften
4. Add the carrots and cook for another few minutes
5. Add 1 tin of butter beans, coriander, water, stock cubes and black pepper to the pan. Bring to the boil, cover then lower the heat and simmer for 25-30 minutes.
6. When cooked use a blender to blend until smooth. (If you do not have a blender you can use a potato masher, the soup just won't be as smooth)
7. Add the 2nd tin of butter beans, then return to a low heat for a few minutes.
8. Serve



**Leftovers will last in a sealed container in the fridge for 3 days. Also suitable to freeze**

# Cajun Chicken Pasta



## Ingredients

- 1 tbsp Oil
- 1tbsp Cajun seasoning
- 1tsp paprika
- 1tsp ground cumin
- ½ tsp dried oregano
- 3 chicken breasts
- 6 mushrooms
- 200g dried linguine (or any shaped pasta)
- 1 onion
- 2 Peppers
- 2 garlic cloves
- 230ml chicken stock
- 250g plain quark

Serves 4

**Quark is a type of soft cheese. It is low fat and high protein. When you add it to recipes make sure your pan is off the heat to prevent it curdling**

## Method

1. Chop the chicken into bitesize chunks. Place in a bowl and mix with cajun seasoning, paprika, cumin, oregano and black pepper. Set aside
2. Peel and finely chop the onion and garlic
3. De-seed and chop the peppers into small chunks
4. Wash and chop the mushrooms
5. Heat the oil in a pan. Add the chicken and cook for 5 minutes
6. Add the onion and garlic and cook until soft
7. Cook the pasta according to packaging instructions
8. Add the peppers and mushrooms to the chicken and continue to cook for around 10 minutes (add 2 tbsp chicken stock if it sticks)
9. Add in the remaining stock and bring to the boil.
10. Reduce the heat to a simmer
11. When the pasta is cooked drain and add to the pan.
12. Take the pan off the heat and stir in the quark
13. Serve



**Serves 3**

## Ingredients

- 1 onion
- 2 garlic cloves
- 150g smoked bacon
- 5 sundried tomatoes
- 4 mushrooms
- 1 chilli
- handful of fresh basil or 1 tsp dried basil
- 100g Mascarpone cheese
- 1 tin chopped tomatoes
- 1 tbsp balsamic vinegar (optional)
- 230g Spaghetti or any shaped pasta

**A quick and easy recipe. You can adapt it to use different vegetables depending on preference**

## Method

1. Peel and finely chop the onion and garlic
2. Wash and chop the mushrooms
3. Chop the sundried tomatoes into small pieces
4. De-seed and finely chop the chilli.
5. Finely chop the basil
6. Chop the bacon into small chunks - try to cut off the big bits of fat
7. Cook the pasta according to packaging instructions
8. Heat oil in a frying pan and add the bacon. Fry for 3 minutes until it starts to crisp
9. Add the onion, chilli and garlic to the frying pan and cook for another 3 minutes
10. Add the mushrooms and sundried tomatoes. Cook for another few minutes
11. If you are using the balsamic vinegar add and cook for another couple of minutes
12. Add the chopped tomatoes and basil. Cook for 2 minutes
13. Stir through the mascarpone and stir until creamy
14. Once the pasta is cooked drain and add it to the sauce. Season with black pepper and serve



# Tomato and Veg pasta



Serves 4

## Ingredients

- 2 Tins Chopped Tomatoes
- 1 Onion
- 1 carrot
- 3 garlic cloves
- 1 tin mushrooms (optional)
- 1 Teaspoon dried basil
- 1/2 tsp smoked paprika (optional)
- 300g Pasta
- 1 Tablespoons Oil

*Quick and easy to make  
for the family, AND filled  
with vitamins*



## Method

1. Peel and finely chop the onion
2. Wash and grate the carrot
3. Peel and finely chop/crush the garlic
4. Drain and wash the mushrooms. Chop them into small pieces
5. Heat the oil in a pan and add the onion and garlic. Fry for a few minutes until soft
6. Add the carrot, mushrooms, basil and smoked paprika and cook for a few minutes more
7. Add the chopped tomatoes and simmer for around 10 minutes
8. Whilst the sauce is cooking, cook the pasta according to instructions on the packaging
9. Drain the pasta once cooked and mix in with the sauce
10. Serve.

**You could top with cheese and serve with salad and garlic bread.  
Suitable to freeze.**

# Chicken and Vegetable Pasta



**Serves 5**

## Ingredients

- 1 Tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic
- 1 carrot
- 1 pepper
- 1 carton of passata
- ½ chicken stock cube
- 2 Tbsp tomato puree
- ½ tsp dried oregano
- 2 chicken breasts
- 400g pasta
- handful of basil leaves
- pepper to season

**Top Tip:**  
**Grating vegetables into pasta sauces is a good way of hiding veg!**



## Method

1. Chop the onion and pepper into small pieces
2. Peel and crush the garlic
3. Wash and grate the carrot
4. Chop the chicken into small pieces
5. Heat the oil in a frying pan. Add the onion and garlic and cook for a few minutes
6. Add the chicken and cook for 5 minutes
7. Add the carrot and pepper and cook for a few minutes
8. Add the tomatoes, tomato puree, stock, oregano, black pepper and basil
9. Bring to the boil and simmer until the sauce has thickened
10. Whilst the sauce is cooking put the pasta into boiling water and simmer for around 10 minutes until tender
11. Drain the pasta and mix in the sauce
12. Serve with grated cheese



# Lentil Bolognese

Serves 5-6



## Ingredients

- 1/2 tbsp oil
- 1 onion
- 3 cloves of garlic
- 2 carrots
- 120g (10 tbsp) dried red lentils )
- 400g tin chopped tomatoes
- 1 tbsp tomato puree
- 600ml vegetable stock
- 1 tsp basil
- 1 tsp oregano
- 1/2 tin sweetcorn (optional)
- 300g pasta

**Simple and easy to make.**  
**Lentils are a good source of protein and are filling**

**Grating vegetables into recipes is a great way to add more into your meals**

## Method

1. Peel and finely chop the onion
2. Peel and crush/finely chop the garlic
3. Wash and grate the carrots
4. Heat the oil in a pan and add the onion. Cook for 2 minutes
5. Add the garlic and carrot and fry for 5 minutes
6. Add the lentils, chopped tomatoes, tomato puree, stock, basil and oregano and bring to the boil
7. Reduce to a simmer and cook for 25 minutes until the lentils and vegetables are soft.
8. Whilst the bolognese is cooking cook the pasta in boiling water according to the packaging instructions
9. Drain the sweetcorn and add to the lentil mixture 5 minutes before the end of cooking time.
10. Drain the pasta once cooked
11. Serve - you could add grated cheese on top



**Suitable to freeze**

# Spaghetti Carbonara



Serves 4

## Ingredients

- 350g Spaghetti
- 100g Bacon
- 3 Eggs
- 3 garlic cloves
- 85g Parmesan cheese
- Black pepper
- 1tsp Dried parsley (optional)

**Quick and easy family meal!**

**You could also add onion, mushrooms or frozen peas**

## Method

1. Chop the bacon into small pieces and remove any visible fat
2. Grate the cheese
3. Cook the pasta according to packaging instructions
4. Break the eggs into a bowl and beat with a fork
5. Mix the cheese into the egg and season with black pepper and dried parsley
6. Heat oil in a pan. Add the bacon and garlic and cook until golden and crisp.
7. Drain the pasta once cooked. Keep some pasta water in case you need some for the sauce
8. Mix the pasta into the bacon mixture
9. Remove the pan from the heat and quickly pour in the egg mixture and stir. You need to do this quickly and off the heat to prevent the eggs from scrambling.
10. You can add a spoonful of pasta water if the mixture is too dry
11. Serve

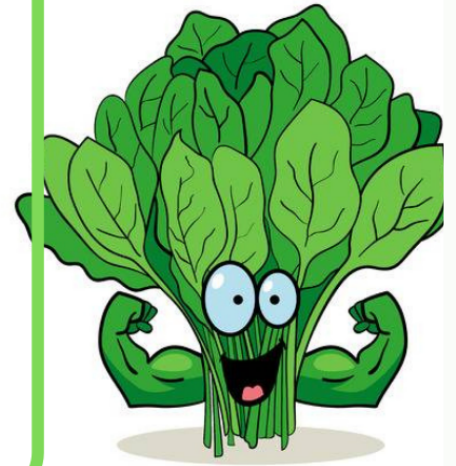


# Sweetcorn and Spinach Fritters



## Ingredients

- 1 x small 195g can no-salt sweetcorn, drained
- small handful baby spinach leaf
- 1 garlic clove, crushed
- 1 spring onion, chopped
- 50g plain flour
- ½ tsp baking powder
- 1 egg
- 50ml milk
- 1 tsp oil



## Method

1. Blend all the ingredients except the oil in a food processor until fairly but not completely smooth - you can keep some sweetcorn and spinach aside to add once blended.
2. Heat a little oil in a frying pan until hot and dollop four spoonfuls of the mixture into the pan leaving space around them.
3. Fry for just under 1 min on each side until lightly golden. When you flip the fritter, flatten with a spatula to ensure even cooking the whole way through.
4. Cook in three batches, placing the cooked fritters on a plate covered with kitchen roll. Serve warm.

**You can freeze any fritters you don't use.**

**Reheat the frozen fritters in the oven (180C/160fan/gas 4) for around 10 mins until piping hot. Allow to cool to lukewarm before serving.**

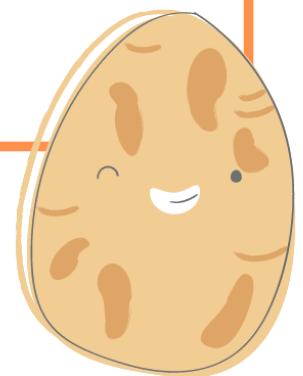
# Sweet Potato Cakes

## Ingredients

- 1 sweet potato
- 1 onion
- 1/2 tin chickpeas (200g), no added sugar or salt
- 2 tsp garam masala
- 1 eggs
- 1 tbsp oil

## Method

1. Peel and roughly chop the sweet potato
2. Peel and finely chop the onion.
3. Boil the potatoes in a saucepan for 15 minutes or until soft then drain.
4. While the potatoes are boiling, fry the onions until soft.
5. Place the potatoes into a large mixing bowl
6. Rinse and drain the chickpeas and mash with the potatoes until smooth.
7. Mix in the onion, garam masala and eggs.
8. Roll into small balls and flatten to form patties.
9. Heat half the oil over a moderate heat in a pan. Cook half the patties for 2 minutes on each side, or until golden brown and cooked through.
10. Add the remaining oil and cook the rest of the patties.
11. Drain on a paper towel.
12. Once cooled, serve on a plate as finger food.



# Mince and Tatties

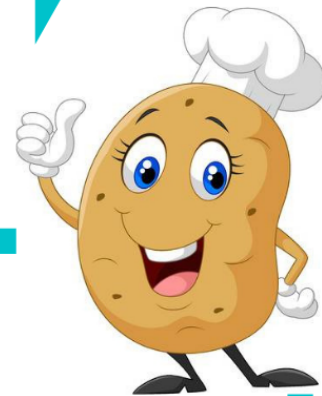
serves 4 - 5



## Ingredients

- 500g lean Minced Beef
- 1 Onion
- 1 Carrot
- 1 Tablespoon Vegetable Oil
- 2 Tablespoons Plain Flour (40g)
- 1 Beef Stock Cube, Reduced Salt if possible
- 600ml Boiling Water
- 2 Tablespoons Worcestershire Sauce
- 1 Tin of peas
- 1 Pinch Ground Black Pepper
- 4 Potatoes, Medium Sized

**A tasty filling family dinner. It has protein and carbohydrates that we need for energy**



## Method

1. Peel and chop the onion.
2. Peel and chop the potatoes
3. Wash and grate the carrot.
4. Fry the onion and carrots in the oil over a medium heat for about 5 minutes until softened.
5. Increase the heat and add the minced beef to the pan and fry until it is well browned (8-10 minutes).
6. Reduce the heat and sprinkle the flour over the meat and vegetables and stir for a couple of minutes to cook the flour.
7. Dissolve the stock cube in the water then add the stock, Worcestershire sauce and pepper to the pan. Stir until the sauce comes to the boil and starts to thicken.
8. Put a lid on the pan and and simmer for about 30 minutes until everything is tender, adding more water if needed
9. Meanwhile, cook the potatoes in boiling water for 20-25 minutes until soft.
10. When the mince has around 5 minutes cooking time left drain and add the peas
11. Use a potato masher or fork and mash the potatoes until smooth.
12. Serve with the mince.

# STOVIES



## Ingredients

- Onions
- Potatoes
- Sausages
- Stock Cube

*Not just a tasty recipe - full of fibre to keep our digestive system running well and making us feel full (so no need to snack!)*

## Method

1. Prepare Sausages - Take skins off and chop into bite-size pieces
2. Prepare vegetables - dice onion, chop potato into small cubes.
3. Put the sausages into a large pot first so they cover the bottom of the pot.
4. Followed by the onions and potato. Fill pot with stock so that all ingredients are covered.
5. Put lid on pot, bring to the boil and reduce the heat and allow to simmer for 40 minutes

# Chicken Bites

Serves 4



## Ingredients

- 500g boneless chicken breasts
- 125g cornflakes
- 3 tbsp plain flour
- 2 eggs
- Black pepper to season

*Great recipe for family cooking and high in protein. You can use rice krispies instead of cornflakes*

## **Method**

1. Preheat the oven to 200°C, fan 180°C
2. Blitz the cornflakes to make breadcrumbs using a food processor or in a bowl with a handblender (remember to cover with a tea towel)
3. Put the flour onto a plate. Season with black pepper
4. Beat the eggs in another bowl
5. Line a baking tray with baking paper or tin foil
6. Toss the chicken in the flour mixture, then in the egg, then coat with the cornflake coating
7. Put onto the baking tray once coated - make sure they are spaced out
8. Continue the egg-flour-cornflake process until all the chicken is done
9. Cook for 20 minutes until golden, crisp and cooked through - remember to turn the chicken halfway

**Suitable for freezing raw or cooked. Defrost in the fridge overnight then cook as per the recipe if raw or reheat until piping hot throughout if cooked.**

# Chilli Con Carne

Quick and easy family-friendly meal



Serves 4-5

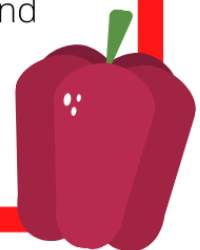
## Ingredients

- 1 onion
- 2 cloves of garlic
- 1 pepper
- 1 tbsp oil
- 2 tsp chilli powder (add more if you prefer it hot)
- 1 tsp smoked paprika (optional)
- 500g minced beef
- 1 beef stock cube
- 400g can chopped tomatoes
- 100g sweetcorn
- 410g can kidney beans
- Rice to serve (around 60g per portion)

**If you have leftovers  
you can freeze them.  
It can be frozen for up  
to 3 months.**

## Method

1. Peel and chop the onion
2. De-seed and chop the pepper into small chunks
3. Peel and crush/finely chop the garlic
4. Heat the oil in a pan. Add the onion garlic and fry for a few minutes until soft
5. Add the mince and cook until it is no longer pink
6. Add the pepper, chilli powder and paprika (if using). Cook for a few minutes
7. Add the stock cube, chopped tomatoes and 100ml water. Bring to the boil and simmer for around 15 minutes.
8. Cook the rice according to the packet instructions
9. Drain and rinse the kidney beans and sweetcorn.
10. Add the kidney beans and sweetcorn into the mince mixture and cook for another 5 minutes. If the mixture looks dry or sticking to the pan add a little more water
11. Serve





# Homemade Burgers



## Ingredients

- 500g mince
- 1 small onion
- 1 carrot
- 1/2 a courgette
- 1 garlic clove
- 1 tbsp Worcestershire sauce
- 1 egg
- 1 tsp oil

**Great recipe to  
use for  
family cooking.**

**Makes 6**

## Method

1. Finely chop the onion. Crush the garlic
2. Grate the carrot and courgette
3. Squeeze excess moisture out of the carrot and courgette using a paper towel
4. Heat the oil in a frying pan and add the onion and garlic. Cook for a few minutes
5. Add the carrot and courgette and cook until soft.
6. Put the mince, Worcestershire sauce and egg in a bowl and mix.
7. Add the vegetables into the mince and mix well
8. Divide the mixture into 6 and flatten to make burgers
9. Heat oil in a frying pan and cook the burgers until the bottom is browned and flip and cook the other side.
10. Serve.



# Fajitas



## Ingredients

- 2 chicken breasts
- 1 red onion
- 1 pepper
- 1 tbsp smoked paprika
- 1 tbsp ground coriander
- pinch of cumin
- Black pepper, to season
- 2 garlic cloves
- 1 lime
- olive oil

**Not only am I yummy  
but I am a good  
source of protein  
and tasty veg!**

Serves 4

## Method

1. Finely slice the onion and pepper
2. Chop the chicken into small slices
3. Crush or finely chop the garlic. Juice the lime
4. Place the chicken onion and peppers into a mixing bowl. Add the paprika, coriander, cumin, garlic, and lime juice. Season with black pepper
5. Heat oil in a frying pan and add the chicken and veg mixture. Keep stirring on a high heat for around 5 minutes
6. Check the chicken is cooked - cut the biggest piece in half. If there are still raw parts continue to cook a bit longer
7. Once cooked tip into a large bowl and serve with wraps and salad



# Sausage and Bean Stew

Serves 4 - 5



## Ingredients

- 8 Sausages
- Oil
- 200g back bacon rashers
- 1 pepper
- 1 large onion
- 1 Carrot
- 3 garlic cloves
- 1 tsp smoked paprika
- 1 red chilli
- 2 x 415g cans baked beans
- 4 tbsp tomato purée

*Filling and full of yummy  
flavours!  
Serve with mash and  
veg for a tasty family  
meal*



## Method

1. Preheat your grill to medium and cook the sausages according to the packet instructions.
2. De-seed and chop the pepper into small chunks
3. Wash and grate the carrot
4. Finely chop the onion and garlic
5. De-seed and finely chop the chilli
6. Chop the bacon, removing the visible fat
7. Add oil to a large pan and place over a high heat. Add the bacon and fry for a few minutes
8. Add the pepper, garlic and onion and stir-fry for 5 minutes,
9. Add the carrot paprika and chilli, and stir-fry until the bacon is lightly browned and the veg starts to soften.
10. Add the baked beans and tomato purée, and bring to the boil. Reduce the heat to medium-low. Add a small amount of water if the food is sticking to the pan
11. slice each sausage into 3 or 4 pieces and add to the pan.
12. Simmer gently for 6-8 minutes, then season with black pepper
13. Serve

# Vegetable Egg Fried Rice

serves 4



## Ingredients

- 1 tsp rapeseed oil
- 5 spring onions
- 1 red pepper
- 2 garlic cloves
- 1 head of broccoli
- 300g rice
- 175g frozen peas
- 3 eggs
- 1 tbsp soy sauce
- black pepper, to season

*Packed with vegetables,  
vitamins and protein!  
You can use any veg  
you have at home*

**Add sesame  
seeds before  
serving for  
extra protein**

## Method

1. Cook your rice and set it aside to cool
2. Wash and finely chop the spring onion and pepper
3. Crush/finely chop the garlic cloves
4. Chop the broccoli into small florets
5. Heat oil in a wok or frying pan. Add the spring onions and red pepper and stir-fry for 1–2 minutes, or until just softened.
6. Stir in the garlic and add the broccoli with 4 tablespoons of water, then bring to the boil and simmer for 2 minutes, or until the broccoli is just tender and the water has nearly evaporated.
7. Add the rice and stir fry for 2–3 minutes, or until hot through. Stir in the peas and cook for 1 minute.
8. Beat the eggs and soy sauce together using a fork.
9. Add the egg mixture to the rice and stir-fry for 2–3 minutes, or until the eggs have just set.
10. Season with black pepper and serve



# Savoury Rice



## Ingredients

- Onion
- 3 Mushrooms
- Carrot
- Garlic
- 10ml Oil
- 10ml Curry Powder
- 150g Long Grain Rice
- 550ml Boiling Water
- Stock Cube

Simple to make and  
simply delicious.  
Also low in calories and  
fat!

## Method

1. Prepare the vegetables: Peel and chop the onion, slice the mushrooms, dice the carrot
2. Fry the onion in oil until soft.
3. Add the carrot cook for a further 3 minutes
4. Add the mushrooms and cook for a further 2 minutes
5. Make stock up with boiling water and stock cube. Add the stock, curry powder and rice to the pot
6. Simmer for 15 minutes, until the rice is tender.

# Spicy Rice

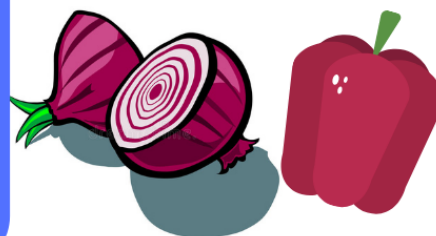


**serves 4**

## Ingredients

- 400 g long grain rice
- 1 red onion
- 1 pepper
- 70 g frozen peas
- 1 chicken stock cube or vegetable
- 1 chicken stock pot or vegetable
- 1 litre boiling water
- 1/2 tsp cumin
- 1 tsp turmeric
- 1 tsp paprika
- 1/4 tsp chilli powder or more if you like it spicy
- Oil

**Quick and easy  
alternative to  
the popular  
nandos side!**



## Method

1. Peel and finely chop the onion
2. De-seed and chop the pepper into small chunks
3. Heat oil in a pan. Add the onion, pepper, cumin, chilli powder, turmeric and paprika. Cook until they start to brown slightly
4. Dissolve the chicken stock cube in the boiling water
5. Add the rice to the onions and peppers and stir to mix well
6. Pour in the hot stock, then add the stock pot and stir
7. Bring to the boil, then cover with a lid and cook according to the packet instructions (usually 10 - 12 minutes)
8. Stir during cooking to stop it sticking to the pan
9. Stir in the peas 4-5 minutes before the end of cooking and replace the lid
10. When all the water has been absorbed and the rice is cooked, stir and serve!

# Salt and Chilli Chips

Serves 2 - add extra potatoes to serve more



## Ingredients

- Oil
  - 2 Potatoes
  - 1 Onion
  - 1 Pepper
  - 1 Chilli (can use chilli flakes)
  - 1/2 tsp Rice wine vinegar or white wine vinegar
  - 2 Spring onions (optional)
- For the seasoning:**
- 1 tbsp Caster sugar
  - 1 tsp Salt
  - 1 tbsp Chinese 5 spice
  - 1 tbsp Crushed chilli
  - 1/2 tsp White pepper
  - 1/2 tsp Garlic powder

## Method

1. Pre-heat the oven to 200°C, fan 180°C, gas mark 6
2. Wash and roughly peel the potatoes.
3. Chop the potatoes into chunky chips
4. Spread potatoes onto a baking tray and drizzle with oil. Bake in the oven for 40 minutes turning halfway
5. Put all the seasoning ingredients into a bowl and mix well - tip into a sealable tub or empty spice bottle as it makes a lot
6. Chop the onion and spring onion
7. De-seed and chop the pepper and chilli
8. Heat oil in a wok or large frying pan. Add the onion, spring onion, pepper and chilli. Stir fry for 2mins
9. Add the vinegar to the pan
10. When the chips are cooked add to the pan and sprinkle with the seasoning. Serve



# Crispy Honey Chilli Chicken

Serves 2

## Ingredients

- Rapeseed / Sunflower oil
- 2 large chicken breasts
- Plain flour
- Black pepper, to season
- 1 tbsp Sweet Chilli Sauce
- 2 tsp Soy Sauce
- 80ml water
- Juice of 1 large lemon
- 2 teaspoons cornflour
- 2 tablespoons honey
- A thumb sized piece of ginger
- A handful of spring onions
- 1 large red chilli

## Method

1. Finely slice the ginger and spring onion
2. Cut the chilli into thin strips and remove the seeds.
3. Cut the chicken breast into thin strips. Place in a bowl and add black pepper to season and the plain flour to coat the chicken. Set aside.
4. Juice the lemon into a cup or bowl, add the chilli dipping sauce, soy sauce, water and cornflour and stir together. Leave to one side
5. Using a wok or frying pan heat your oil. You'll want a good amount to deep fry the chicken.
6. Fry the chicken in batches for a few minutes in the hot oil until golden brown and remove to drain on paper towels. Repeat until all the chicken is done
7. Discard all but about a tablespoon of the oil from the wok and gently fry the ginger, spring onion and sliced chilli for a minute or so.
8. Add the honey to the wok and stir whilst it is bubbling away for another minute. Then add the lemon juice, chilli sauce, soy sauce, water and cornflour. Keep stirring and bring to the boil. The sauce will thicken.
9. Add the chicken to the pan to heat through for a few minutes, toss in the sauce to coat then serve



**Tasty fake-away recipe.  
Serve with rice or noodles**



# Crispy Chilli Beef



## Ingredients

- 350g thin cut minute steak
- 3tbsp cornflour
- 2tsp Chinese five-spice powder
- 100ml oil
- 1 red pepper
- 1 red chilli
- 4 spring onions
- 2 garlic cloves
- Thumb sized piece of ginger
- 1 tbsp soy sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp tomato ketchup
- 4 tbsp rice wine vinegar or white wine vinegar

**Serves 4**

**Ditch the take-away  
and try this yummy  
fake-away!**

## Method

1. De-seed and thinly slice the pepper and chilli
2. Slice the spring onion
3. Crush or finely chop the garlic
4. Peel the ginger (use a teaspoon). Cut into small pieces
5. Slice the beef into thin strips
6. Put the beef in a bowl and add cornflour and Chinese five-spice
7. Heat the oil in a wok or frying pan and add the beef. Cook until golden and crisp
8. Scoop out the beef and drain on kitchen paper. Pour away all but 1 tbsp of the oil
9. Add the pepper, chilli, spring onion, garlic and ginger to the pan. Stir fry for a few minutes
10. Mix the vinegar, soy, chilli sauce and ketchup in a jug with 2 tbsp water. Pour over the veg
11. Bubble for 2 minutes and add the beef back into the pan and toss well to coat.
12. Serve with rice or noodles



# Chicken, veg and coconut curry

Serves 4



## Ingredients

- 2 tsp curry paste (I used korma)
- 1 tbsp oil
- 2 chicken breasts
- 1 sweet potato/butternut squash
- 1 carrot
- 1 onion
- 2 cloves garlic
- 4 tbsp red split lentils
- 300ml water
- 1 chicken stock cube
- 400ml can coconut milk
- Rice/naan bread to serve



## Method

1. Peel and finely chop the onion
2. Crush/finely chop the garlic
3. Peel and chop the carrot and sweet potato into small chunks
4. Chop the chicken into small pieces
5. Heat oil in a pan. Add the onion and garlic and cook for a few minutes
6. Add the chicken and cook for a further few minutes
7. Add the remaining vegetables and curry paste and cook for a few minutes. (Also add extra spices if using)
8. Add the lentils and fry for 2 minutes
9. Pour in the water, coconut milk and the stock cube.
10. Bring to the boil and simmer for 20 minutes until veg is soft and the sauce has thickened (If using frozen peas add 5 minutes before the end)
11. Serve with rice or naan bread

**Optional to add:**  
**Mushrooms**  
**1x Pepper**  
**Frozen peas**  
**Ginger**  
**Chilli**  
**Garam masala**  
**Turmeric**  
**Coriander**

**Tip:**  
**You can use frozen veg. I used frozen butternut squash**

# Chicken Satay Noodles

## Ingredients

- 400g chicken or turkey breast
- 2 tbsp soy sauce
- 1 tsp cornflour
- 375g dried egg noodles
- 1 tsp rapeseed oil
- 6 spring onions, thinly sliced
- 3 tbsp peanut butter
- 2 tbsp sweet chilli sauce
- 400ml tin reduced-fat coconut milk
- 100g sugar snap peas
- 150g mixed frozen beans and peas
- 100g frozen sweetcorn
- 1 lime, juice only
- 1 carrot
- 75g spinach leaves

## Method

1. Wash and finely chop the spring onion and carrot
2. Juice the lime.
3. Wash the spinach
4. Cut the chicken or turkey into thin strips and place in a bowl. Add the cornflour and soy sauce, mix well and set aside
5. Cook the noodles according to the packet instructions.
6. Heat oil in a wok or frying pan. Add the spring onions and carrot. Stir-fry for 1 minute, or until softened.
7. Add the peanut butter, chilli sauce and coconut milk and stir until combined. Bring to a simmer, then add the marinated chicken and poach for 4 minutes, or until cooked through.
8. Add the sugar snap peas and simmer for another 2 minutes, or until nearly tender, then add the frozen peas, beans and sweetcorn.
9. Return to the boil, stir in the lime juice and check the seasoning – you might want to add more lime juice or chilli, depending how hot you like it.
10. Stir in the cooked noodles and heat for 1-2 minutes, or until hot through.
11. Stir in the spinach and remove from the heat. The heat from the dish will wilt the spinach down. Stir a couple of times then serve



Serves 4

**Quick to make  
You can make changes  
to the veg depending  
on what you have  
at home**



# Food Labels

**Checking food labels is a good way to make healthier choices and eat a balanced diet!**

The traffic light system allows you to make a quick decision about the foods you are choosing. The label shows the nutrients that are important to keep an eye on for health.

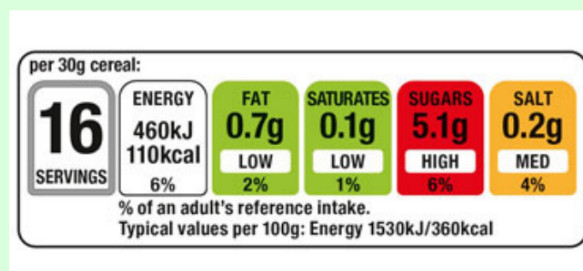
The label will contain energy in calories (kcal or KJ), per serving or per 100g. It will also show fat, saturates, salt, sugar.

**RED-** high in saturated fat, salt or sugar

**AMBER-** moderate in saturated fat, salt or sugar

**GREEN-** low in saturated fat, salt or sugar

**How the label works? Look for 5 key points:**



1.) Energy (calories)

The terms KJ and Kcal tell you how much energy is in a product.

Women need an average of 2000 kcal and men need an average of 2500 kcal

2.) Saturates

Saturates mean saturated fat,

This section tells you about the saturated fat in a product.

3.) Salt

Most adults eat more than the recommended 6g of salt per day, increasing their risk of high blood pressure. Salt may be listed as sodium.

4.) Reference Intakes also seen as RI  
RI is useful guidelines which tell you the amount of energy and nutrients you need for a healthy diet.

The %RI tells you how much of your daily healthy maximum is in the portion per product.. %RI for adults is below

5.) Serving/ portion size  
portion size is the manufacturers recommended size.

Your portion size may be more than the manufacturers so you may end up consuming more calories, fat, salt and sugar than you realise!

Kcal	Fat	Saturates	Sugars	Salt
2000	less than 70g	less than 20g	less than 90g	less than 6g

## Key points

- For healthier choices, choose products with more greens & fewer reds
- If there are a lot of reds, try and limit this food
- Be aware if it is per portion or per 100g. portion size is usually different to the portion you consume
- comparing similar products can help you make healthier choices

# The Eatwell Guide

The eatwell guide shows the proportions in which different food groups are needed for a healthy balanced diet

## Fruit & Vegetables

- make up 1/3 of food we eat each day
- aim for 5 portions of a variety of fruit and veg
- choose from fresh, canned, frozen, dried
- a portion is 80g e.g. 1 apple, 30g dried fruit, 150ml fruit juice

## Beans, pulses, eggs, meat and other proteins

- These are important sources of protein, minerals and vitamins
- beans, peas and lentils are great meat alternatives due to low fat, high fibre, protein and vitamins
- aim for at least 2 portions of fish a week (1 being oily)
- some meats can be high in fat especially saturated fat- choose leaner cuts of meat, cut off the fat and skin, grill instead of frying.
- try and reduce processed meat intake such as sausages, bacon and cured meats

## High salt, fat and sugar foods

- These foods are not needed in the diet so should be limited
- these foods are very high in energy even in small servings
- **check the label and avoid foods which are high in salt, fat and sugar!**

## Key points

- Eat at least 5 portions of a variety of fruit and vegetables everyday
- base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrains when possible
- drink 6-8 glasses of water per day

## Potatoes, bread, rice pasta and other starchy carbohydrates

make up 1/3 of food we eat

choose higher fibre and wholegrain varieties when possible

base meals around starchy carbohydrates e.g. wholegrain cereal, sandwich for lunch

### Why wholegrain?

- Contains more fibre and more nutrients
- wholegrain includes: wholemeal bread, pasta, brown rice
- you can choose higher fibre white bread and pasta to increase fibre

## Dairy and alternatives

- Try to have some dairy products e.g. yogurts, milk, cheese
- good sources of protein and vitamins such as calcium which is important for strong bones
- choose lower sugar and lower fat alternatives such as- 1% milk, reduced fat cheese, have higher fat products in smaller amounts

## Oils and spreads

- a little fat is needed in our diet but currently we consume too much.
- swapping to unsaturated fats can help reduce cholesterol
- choose plant oils rather than animal e.g. rapeseed oil, olive oil
- choose low fat spreads instead of butter
- **remember all types of fat are high in energy so should be limited**

- have some dairy/dairy alternatives; choosing lower fat where possible
- Eat some beans and pulses, fish, eggs and meat; including 2 portions of fish per week (1 being oily)
- choose unsaturated oils and spreads and eat in small amounts

# Iron

Iron is an extremely important mineral, especially in females. It is essential for making haemoglobin: a protein in blood which transports oxygen around the body

*Iron in animal products is known as Haem iron, iron in plant-based foods is known as non-haem iron. Eating haem and non-haem foods together can help increase iron absorption. for example, eating a steak alongside green leafy veg*

Group	Age (years)	Iron (mg) per day
Infants	0-3 months	1.7
	4-6 months	4.3
	7-12 months	7.8
Children	1-3 years	6.9
	4-6 years	6.1
	7-10 years	8.7
Adolescents	11-18 years	14.8(girls) 11.3 (boys)
	19-50 years	8.7 (males)
Adults	19-50 years	14.8 (females)
	50+ years	8.7

## Haem Iron

- Red Meat (lamb,beef,pork)
- Poultry
- Fish

## Non-Haem Iron

- Green-Leafy Vegetables (spinach,cabbage,kale)
- Pulses & Legumes (beans,peas,lentils)
- Tofu
- nuts
- Breakfast Cereals

## Iron Deficiency

Symptoms of iron deficiency are fatigue and more susceptible to infections.

more severe deficiency (iron deficient anaemia) would have brittle nails, heart palpitations, hair thinning and mouth ulcers.

### Tips for an iron rich diet

- Add green leafy vegetables to main meals
- Add dried fruits to desserts or as a snack
- Snack on a handful of nuts throughout the day
- Try iron fortified products

## Menu ideas\*

### Breakfast

Fortified breakfast cereal or wholemeal toast.  
Piece of fruit.

### Lunch

Wholemeal sandwich with tuna, sliced beef or pork and salad.

or

Sardines or baked beans on wholemeal toast.

or

Salad sprinkled with seeds with a portion of meat, fish or pulses and potatoes

### Dinner

Serving of meat, fish, poultry or pulses with vegetables and potatoes

or

Bean curry or chilli served with potatoes and side salad

or

Baked potato (with skin) with baked beans and vegetables

### Snacks

Fruit (fresh or dried), handful of nuts

# Sugars Fact Sheet

Small changes by limiting food and drinks high in sugar can make big differences to your health!

A little sugar is fine, but too many of us are eating too much. Added sugar is not needed for a healthy diet and added sugars are linked to **obesity** especially in children.

**Free sugars** are sugars which are added to foods (e.g. table sugar, sucrose, glucose.) or those in honey, syrups and unsweetened fruit juices. It does not include milk and milk products or whole fruits.

We tend not to think about the amount of sugar in some of the foods we eat everyday.

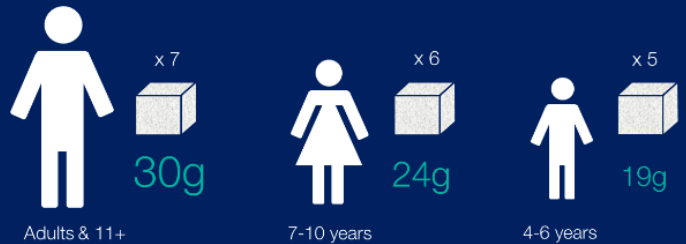
Excess sugar consumption can mean excess energy which can be stored as fat if it is not used up.

This can increase the risk of **heart disease, diabetes and some cancers. Too much sugar causes tooth decay.**

## Common names for sugar

Maltose      Glucose      Dextrose  
 Fructose  
 Honey      Syrup- Corn,  
 Treacle      glucose,  
 Invert Sugar      fructose, maple

New recommended maximum daily sugar intake\*



\*Scientific Advisory Committee on Nutrition, 2015

# Smart Swaps

**DRINKS SWAPS-** Swap sugary fizzy drinks, squash, energy drinks, cordials to diet/sugar free drinks, milk, water & low-fat milks

**BREAKFAST SWAPS-** swap sugary cereals to porridge, plain weetabix, plain shredded wheat. Try adding fruit such as blueberries, strawberries or raspberries to cereals rather than sugar

**SNACK SWAPS-** swap sugary biscuits, chocolate, crisps, cakes, pastries for a snack with less sugar such as fruits or vegetables, hummus, low fat spread, nuts and seeds

**DESSERT SWAPS-** Swap sugary desserts for low-fat yogurt with fresh or tinned fruit, fruit salad or sugar free jelly



# Dietary Fibre

## What is fibre?

Dietary fibre is a term that is used for plant-based carbohydrates that, unlike other carbohydrates (such as sugars and starch), are not digested in the small intestine and so reaches the large intestine or colon.

## Recommended intake

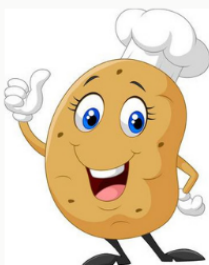
Most adults and children do not eat enough fibre. Here are the recommendations:

- 2 to 5 year-olds: 15g per day**
- 5 to 11 year-olds: 20g per day**
- 11 to 16 year-olds: 25g per day**
- 17 and over: 30g per day**

For under 2's a varied diet from the age of 6 months with increasing amounts of pulses, fruits and vegetables is encouraged

## Sources

- Wholegrain breakfast cereals
- Wholewheat pasta
- Wholegrain bread
- Fruit such as berries, pears, melon and oranges
- Vegetables such as broccoli, carrots and sweetcorn
- Peas, beans and pulses
- Nuts and seeds
- Potatoes with skin left on



## Ideas to increase your intake

- Go for potatoes with their skin on e.g. baked
- Add chickpeas or lentils to curry
- For snacks, try fresh fruit, vegetable sticks, rye crackers, oatcakes
- Choose a higher fibre breakfast cereal e.g. weetabix, porridge
- Include plenty of vegetables with meals e.g. a side dish or added to sauces

## How does fibre benefit health?

- Choosing foods with fibre makes us feel fuller, reducing snacking
- A diet rich in fibre can help digestion and prevent constipation.
- Helps keep your gut healthy
- According to the NHS there is evidence that eating plenty of fibre is associated with a lower risk of heart disease, stroke, type 2 diabetes and bowel cancer.





## Why do we need vitamin D?

Vitamin D is essential for keeping bones healthy. It is important for pregnant women, breastfeeding women, babies and children under 5 to have enough vitamin D as bones are growing.



## Where do we get it from?

We get it from sunlight, some foods and supplements:

- Our body's can make most of the vitamin D we need from sunlight. **Sunbeds are not a recommended source**
- Oily fish - both fresh and tinned such as salmon, sardines, mackerel
- Eggs
- Meat
- Some foods are fortified with vitamin D e.g. breakfast cereals
- Healthy start vitamins

## Healthy Start Vitamins

Healthy start vitamins include vitamin D.

The groups eligible for these are:

- Babies and young children up to 4 years old. If a baby is formula fed they do not need the supplements unless drinking less than 500ml a day as formula is fortified with vitamin D
- Pregnant and breastfeeding women  
You can get these from your midwife or health visitor. PSG families can also collect from the Pennypit community development trust

## What happens if we do not have enough?

Babies need enough vitamin D in their bodies before they are born. Without enough children can be at risk of developing rickets, which causes weak and badly formed bones.

In adulthood and later life, lack of vitamin D can lead to osteomalacia (softening of the bones) and a greater risk of broken bones.

## Supplements

Everyone should consider a daily vitamin D supplement. Especially those at a higher risk of vitamin D deficiency. These include:

- People who have low or no exposure to the sun e.g. those who are housebound, or live in an institution such as a care home, or those who cover their skin for cultural reasons.
- People who have darker skin and therefore need to spend longer in the sun to produce vitamin D.
- All pregnant and breastfeeding women
- Infants and children under 4
- People who have been shielding due to coronavirus may need supplements as have not been outdoors much



Fussy eating is common amongst toddlers and is considered to be a normal part of their development. When contending with a fussy eater it can be worrying and stressful, and easy to get locked in a battle of wills. However the way we deal with the situation is what impacts their eating habits. This leaflet will give you hints and tips to help you.

## What can cause fussy eating?

There are a number of factors which can impact your child's food acceptance. These include:

- A lack of routine - if your child does not have a snack and mealtime routine they may graze more during the day. This may result in your child not being hungry or not interested in food at mealtimes
- Consuming large amounts of milk, juice and/or other drinks - this will fill them up and make them less likely to eat the food you are offering them
- Feeling tired - if your child is tired at mealtimes they may feel uninterested in trying new foods. Having routines can help prevent this
- Distractions during mealtimes - Mealtimes are a social experience so it is good to minimize distractions. Some parents feel having toys, tv or tablets in front of their child during mealtimes helps with eating. This may work in the short term however your child will not be engaging in mealtimes and does not help with introducing new food.
- Delaying texture progression during weaning - you may struggle to introduce textured food later



## Strategies for fussy eating:

- Repeated exposure - the more exposure your child has to a type of food the more familiar they become with its color, taste and texture and the more likely they are to trying it. It can take 15-20 tries of a food before children are willing to try new food. It is important to persevere, it can take time to accept new foods
- Sit down together and eat the same foods - children like to copy, so if they see other family members/friends eating the food it often encourages them to taste it themselves.
- Make a routine - it is helpful to have a good meal and snack routine. try to offer meals and snacks at similar times each day. Ensure mealtimes are not when your child is really hungry or tired
- Think small: do not serve out large portions of food to your child as it can be overwhelming. Do not worry if your child does not eat all the food you put on their plate.
- Avoid giving alternative food or milk/juice if your child is not interested in the first one, just remove the food and make no comment. Giving an alternative makes your child think that if they refuse they will be offered something else which makes the fussy eating worse
- Avoid distractions during mealtimes, e.g. phones/tv etc. A social mealtime where children are engaged is more encouraging. Make sure mealtimes are relaxed. If children feel pressure to eat, it may make they feel more anxious and less likely to eat
- Offer non food rewards. Praise your child for trying new foods, or sitting nice at the table. This will help encourage good behavior. Use rewards such as star charts, time to play at the park, choosing a book to read etc
- Celebrate even the smallest success. It may just be touching or licking a new food but that is a huge progress.
- Involve your child in menu planning/shopping or cooking with you. This gets them interested in food, and helps with encouraging them to touch new food. They are also more likely to taste the food when they have been involved cooking it.
- **Remember to be patient, these changes do not just happen overnight.**

**If you have any questions or would like more information contact Lisa Kerr (Early Years Nutritionist) at [fundamentalfoodseyn@gmail.com](mailto:fundamentalfoodseyn@gmail.com), or 07798846014**