



How to build a healthy meal

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How to build a...

Healthy breakfast

To create a balanced breakfast you should look to comprise a plate of half fruit and/or vegetables, a quarter with good quality protein and a quarter with complex carbohydrates (e.g. oats or wholemeal breads).

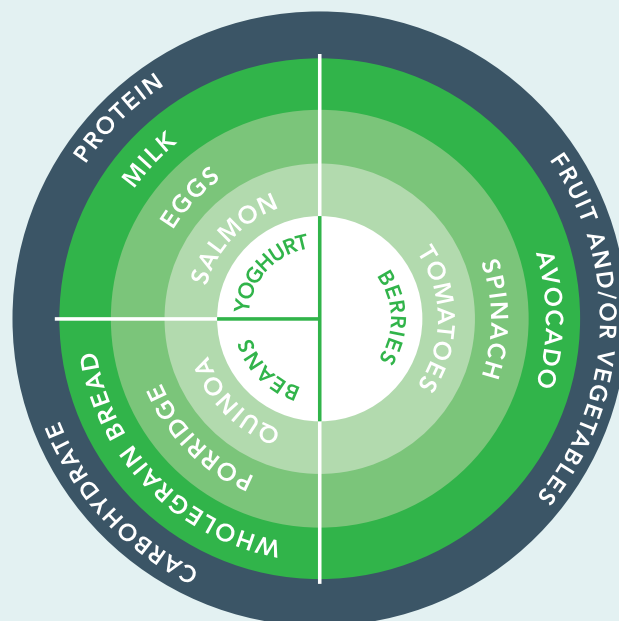
Balancing your plate in this way will give you all of the energy, vitamins and sustenance you need until lunchtime.

Protein will leave you feeling fuller for longer, while carbohydrates will boost your energy levels. Eggs are a great way to add protein to your breakfast.

Other protein rich breakfast examples include avocado with mixed seeds on wholegrain toast and natural yoghurt with nuts and fruit.

Fruit and vegetables will provide the additional nutrients to help your brain function well throughout the morning.

Choose one of each food group to build your healthy breakfast...



...or swap in your own favourite healthy foods

Healthy lunch

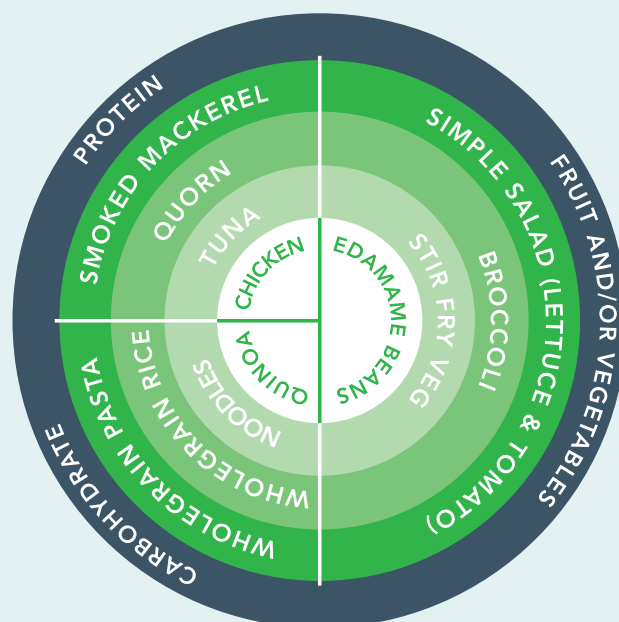
Lunch provides a large proportion of your energy and nutrient intake for the day, so it's important you have a proper lunch every day.

Some tips for eating healthily at lunch include not rushing, giving each mouthful a good chew and drinking water with your meal. This will help you to digest better and prevent overeating.

Use complex carbohydrates and lean proteins such as chicken, turkey, eggs or beans, and whole grains to keep you energised throughout the afternoon.

Having salad as part of your lunch, especially one with a range of different coloured vegetables is a great way to boost your vitamin intake. Be mindful however of high fat salad dressings such as Caesar dressing. Choose vinegar based dressings.

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Healthy dinner

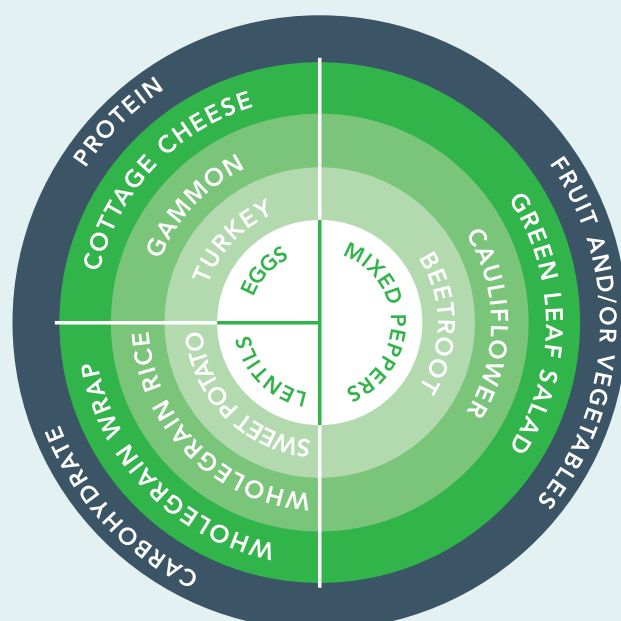
Dinner offers us a chance to be really creative with food adding different ingredients with essential nutrients and testing out new and interesting combinations of foods.

Cooking dinner can also be a really relaxing way to wind down after a hectic day at work. Put on the radio and enjoy the chance to build a nutritious meal.

With any meal you build, try to balance it with half fruit and/or vegetables, a quarter good protein and a quarter complex carbohydrates (e.g. brown pasta, brown rice, pearl barley, sweet potato or quinoa).

Find quick and easy nutritious recipes at www.nuffieldhealth.com/articles - search Nutrition or try the change4life website.

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Healthy snacking

Take control of your snacking for a healthier you with these top tips.

1. Don't skip meals

When you skip meals your blood sugar drops and your body begins to crave sugar, sending you on the hunt for the nearest source.

2. Prepare

Stocking your fridge, freezer and cupboards with healthy alternatives will allow you to be prepared when you do need a snack. Freeze watermelons and bananas; buy raisins and nuts, oat and rice cakes in place of chocolate biscuits.

3. Use protein to fill you up

Nuts and seeds are a good source of protein. Around 30g/ a small handful is a good amount to keep you full between meals.

4. Know your danger zones

Get in tune with your own body and recognise what your triggers are. Does stress or tiredness cause you to eat?

Almonds

- High in protein to fill you up
- Monounsaturated fats, reduce the risk of heart disease

Eggs

- Great source of protein, vitamin B2, B12 and iron
- Add to oatcakes for a snack

Dark chocolate (75% cocoa)

- Flavonoids in dark chocolate have been shown to improve circulation
- Lower in sugar than milk chocolate

Blueberries

- Good source of Vitamin K which strengthens bones
- Try adding them on top of cereal

Greek yoghurt

- Great alternative to high sugar yoghurt
- Add fruit or chopped nuts



Nuffield Health Leeds Hospital is the only hospital in Yorkshire with a published CQC rating of Outstanding as of June 2017.

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